



# Menu ideas for School Canteens



## Everyday foods – most suitable foods for school canteens

### Hot meal ideas



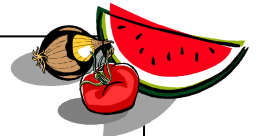
- Hot cheese rolls/toasted sandwiches
- Vegetable soups (eg pumpkin, corn, tomato)
- Noodles or rice stir fry with vegetables
- Hot pasta dishes – canteen made with added vegetables/legumes and reduced fat cheese
- Tacos – kidney beans, lean meat with salad and reduced fat cheese and yoghurt
- Filled jacket potatoes – baked beans/ lean meat/ salad and reduced fat cheese or yoghurt
- Risotto
- Canteen made pizza with lean meat, chicken or canned tuna and vegies with reduced fat cheese
- Vegetable frittata



### Drinks

- plain reduced fat milk
- reduced fat flavoured milk (250ml serve)
- fruit and milk smoothies
- plain bottled water
- 100% fruit juice (250ml serve)

### Snack ideas



- Raisin or fruit bread/buns
- English muffins (spread thinly with Heart foundation approved margarine)
- Low fat fruit muffins
- Plain or fruit scones
- Pikelets (plain or with fruche or fruit)
- Water crackers and reduced fat cheese or dip
- Dip and vegetables
- Cheese cubes, sticks triangles
- Fruche
- Yoghurt (reduced fat plain or flavoured)
- Plain popcorn
- Fresh or frozen fruit - small sizes
- Fruit salad packs
- Frozen mixed fruit served in a cone
- Dried fruit and nut packs
- Fleshy curled apple slices
- Fruit kebabs
- Boiled egg



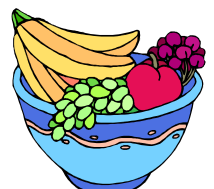
### Cold meal ideas



- Pasta and rice salads
- Mini salad packs eg tabouli, coleslaw, tinned tuna and salad
- Salad filled rolls, pita, sandwiches foccacia, wraps, and mountain bread. A variety of white, wholemeal, multigrain, and rye bread can be used. Salad ingredients may include – lettuce, tomato, carrots, sprouts, and beetroot. Meat should include lean varieties such as chicken, lean ham or roast meats.

### Meal deal ideas

1. Chicken salad wrap, yoghurt, fruit salad and bottled water.
2. Jacket filled potato with baked beans, reduced fat cheese and fruit smoothie.
3. Vegetable soup and plain roll, cheese and biscuits and fresh fruit.



## **Occasional foods – not available every day canteen is open**

These products provide some nutritional benefits but are higher in fat, sugar and/or salt than everyday foods. These products include registered or registerable:

- frozen chips/wedges
- processed meats (eg. sausages, nuggets, burgers, hot dogs), sweet and savoury pastries (eg. fruit pies, pasties, sausage rolls, quiches)
- sweet/savoury snack foods (eg. muesli bars, fruit bars, cakes, assorted biscuits, crisps)

**Hint:** As these products are higher in fat, salt and/or sugar serve these foods with healthier items or limit the quantity at point of sale.

These products can be offered on a limited basis to complement your menu but should not be offered exclusively or replace fresh “everyday” food choices. To improve the nutritional value of these food items add fruit and/or vegetables and wholemeal breads (eg add lettuce tomato and pineapple to a chicken burger in a wholemeal bun)

Many of these products have been approved in the Tasmanian Canteen Buyers guide as registered products as they have been modified to meet certain criteria (ie fat, salt, sugar levels). Eaten occasionally as part of a healthy meal these foods are better choices than their regular counterparts. However, they should not replace the everyday food and/or dominate the menu.

## **Foods not recommended – least suitable for the canteens**

These food and drinks are low in nutritional value and/or high in saturated fat, sugar and/or salt and are therefore not in line with the Dietary Guidelines for Children and Adolescents in Australia (NH&MRC, 2003).

The regular sale or promotion of these products through the school canteen is not recommended.

These products include:

- Deep fried food of any sort
- Full-fat pastry items (eg pies, sausage rolls, croissants)
- Fatty sandwich meats (eg salami)
- Chocolate or carob items and other confectionery
- Cakes and biscuits with high fat and sugar content (inc. donuts, cream cakes and buns, meringues)
- Snack foods with high fat and salt content (eg potato crisp, corn chips)
- Soft drinks, flavoured mineral water and cordials (including artificially sweetened varieties)