



The *Fresh Ideas for a Healthy School Canteen* recipe folder was distributed to all NSW school canteens in 2006 and can also be downloaded from the department's website at <http://www.schools.nsw.edu.au/studentsupport/studentwellbeing/schoolcanteen/recipes.php>

Additional copies of the *Fresh Ideas for a Healthy School Canteen recipe* folder can be purchased from the Healthy Kids Association. Telephone (02) 9876 1300 or toll free 1300 724 850.

For more information about government school canteens go to: <http://www.schools.nsw.edu.au/studentsupport/studentwellbeing/schoolcanteen/index.php>

Menu guide for 'heat and serve' canteens and canteens with limited equipment

School canteens can sell a range of healthy and interesting food that meets the *Fresh Tastes @ School – NSW Healthy School Canteen Strategy* guidelines, whether they are a heat and serve operation or they have only a handful of simple equipment. The following guide has been developed to assist these canteens with their menu selection.



When purchasing or considering the use of new equipment, or when reviewing the safety of existing canteen equipment, NSW government school principals can consult the *Equipment Safety in Schools* guide for advice on some items. The guide can be accessed on the department's intranet at <https://detwww.det.nsw.edu.au/assetmanagement/safecomp/equisafe.htm>

School principals, in consultation with their canteen operators, should ensure that the space within the canteen supports the use of any proposed equipment and occupational health and safety issues have been considered. School principals are encouraged to contact their local asset management unit project officer who can address specific asset/equipment concerns.

'Heat and serve' and no cook canteens



Canteens that are primarily a 'heat and serve' operation can sell a range of sandwiches, fruit and vegetables, cereal

based products, dairy food, and reduced fat pre-packaged items some of which require heating.

If heating food, the canteen may require a microwave oven, or food warming equipment. Canteens are advised to follow the manufacturer's instructions when heating food for sale to ensure food safety requirements are adhered to. For more information on food safety see the NSW Food Authority website at <http://www.foodauthority.nsw.gov.au/>

The Healthy Kids Association has developed a *Buyer's Guide* that can provide guidance on selecting appropriate commercial pre-packaged meals, snacks and heat and serve items. All of the items listed in the Guide are compliant with the *NSW Healthy School Canteen Strategy*. All NSW schools receive a copy of the Association's *Buyer's Guide* each year. The *Buyer's Guide* can also be accessed from the School Canteens tab on the Healthy Kids Association Website at <http://www.healthy-kids.com.au>

Menu ideas:



Fresh, dried or tinned fruit



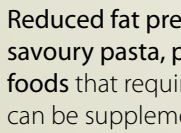
Vegetable sticks and salads



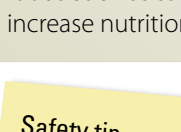
Vegetable sticks / grissini and dips



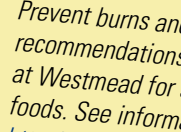
A range of sandwiches and rolls



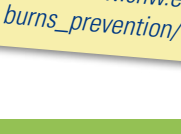
Reduced fat yoghurts and dairy desserts



Tinned tuna, baked beans, tinned vegetable dishes



Fresh sushi bought from local suppliers



Prepacked reduced fat noodles

Reduced fat pre-made foods such as savoury pasta, pastry and pizza based foods that require heating only. These foods can be supplemented with a range of fresh foods such as salads and vegetables, to increase nutritional value and variety.

Safety tip

Prevent burns and scalds by following the recommendations of the Children's Hospital at Westmead for serving noodles and hot foods. See information and resources at http://www.chw.edu.au/parents/kidshealth/burns_prevention/

Canteens that cook food on site

If your canteen prepares and cooks food on site and has a limited range of equipment, the following menu ideas may be helpful. The recipes for all of these menu ideas can be found in the

Fresh Ideas for a Healthy School Canteen folder and are grouped below according to the equipment required to prepare them.



Safety tip

Bench mounted grills should be firmly attached to the bench.

Additional recipes suitable for a *Fresh Tastes canteen*, that take into consideration your equipment needs, may be accessed from the Healthy Kids Association website at www.healthy-kids.com.au

Menu ideas:



Cook top and microwave

Chicken Curry and Vegetables
Oriental Rice
Big Vegetable Soup



Cook top

Caesar Salad
Lean Meat Sauce with Pasta
Tuna Pasta Salad
Rice Paper Rolls
Fruit Juice Jelly
Corn on the Cob
Pikelets and Pancakes



Salamander or grill

Scrambled Egg on Muffins (+ microwave)
Toasted Jaffles
Mini Pizza on Muffin Bases
Toasted Wraps
Hamburgers – lean meat or chicken
Raisin Toast or Fruit Bread

Safety tip

Cook tops must be in a place where there is sufficient room and its location provides for safe use. Bench mounted cook tops must be securely fastened to the bench surface.