

Food and drink ideas

Canteen meal ideas



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Food and drink ideas

Healthy hot food ideas for school canteens



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Healthy hot food ideas for school canteens

Try these tasty hot food ideas. Many are suggestions from schools, which have been popular with students and are easy to prepare.



Vegetable-based options

Corn on the cob

offer some toppings (e.g. sweet chilli sauce or a herb pesto).

Warm-roasted vegetable salad

with a dollop of hummus.

Vegetable pasties

made with filo pastry



Falafel wraps

falafel mix can be purchased commercially and is quick and inexpensive to prepare. The healthiest way to make them is to bake them. Serve in a wrap with salad and sauce (e.g. tzatziki, yoghurt, garlic sauce or hummus).

Spinach and ricotta filo

make a bulk batch and freeze.

Spinach and ricotta cannelloni

make a bulk batch and freeze.



Pasta with tomato-based sauces

spiral or penne shaped pastas are easier to serve, and eat.

Oven-baked vegetable chunks or wedges

served with yoghurt or hummus dip – a great alternative to a tub of hot chips.

Toasties

half and whole sizes - see Fillings sections below for ideas



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Mixed meat/vegetable options

Toasted sandwiches

half and whole sizes. See Fillings section below for ideas.

Souvlaki

lean chicken, lean mince patties, sliced steak or lamb, served in pita bread with salad and sauce (e.g. tzatziki, yoghurt or garlic sauce).

Skinless chicken drumsticks

drizzle with honey soy marinade or stir-fry sauce and bake.



Lean meat and vegetable kebabs

chicken, lamb or beef and vegetables such as capsicum, onion and mushrooms.

Warm chicken salad

mixed salad with grilled chicken or warm skinless BBQ chicken on top.

Hot rolls or wraps

fill with any selection of lean meats (e.g. roast beef) and vegetables.

Fried rice

add plenty of diced vegetables – canned or frozen are okay to use for convenience.

Pizza

topped with plenty of vegetables (use English muffins or pita for easy individual size serves, or use regular bases).

Pinwheels

scone dough rolled with filling (e.g. pizza topping, tomato chutney, cheese) – bake and serve hot or cold.

Zucchini slice

a pastry-free quiche. Serve hot or cold. Make a bulk batch and freeze into serving sizes.

Burritos

Mexican-style lean mince, beans or chicken, cheese and salad wrapped in a soft burrito



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Filling options

The following filling options are great for toasted sandwiches, rolls or wraps, baked potatoes, filo parcels, pizza toppings or in pasta sauces.



Savoury

- Salads (e.g. coleslaw, Mexican bean salad, pesto pasta salad, roast vegetable salad and spinach, beetroot, feta salad).
- Baked beans and reduced fat cheese.
- Creamed corn, reduced fat grated cheese and diced lean ham.
- Chilli con carne (mince and kidney beans mixture).
- Lean mince bolognaise sauce (try bolognaise made with mince, tomato, garlic, onion and carrot).
- Crushed pineapple, diced lean ham, low fat grated cheese mixed together with a little tomato paste.
- Tuna (canned in spring water), reduced fat grated cheese, corn and diced capsicum.
- Finely diced or grated vegetables (capsicum, carrot, corn, celery, mushrooms) combined with a sauce such as low fat mayonnaise or salsa and reduced fat grated cheese.
- Left over salads, casserole or stir-fry.



Sweet

- Low fat ricotta cheese, honey and dried fruit (diced).
- Banana and cinnamon.
- Banana, sultanas and coconut.
- Canned apple with cinnamon.

Important information for menu planning

Where possible, choose reduced fat, reduced salt, and/or no added sugar varieties of products.

Add extra fruits and vegetables to foods and drinks where possible.

When selecting commercially made food and drink products, remember to check their nutrition information panel against the nutrient criteria for **AMBER** items in the [Canteens, Healthy Eating and Other Food Services Policy](#).

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Nourishing sandwich ideas

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Spreads to vary your sandwiches

With a bit of creativity you can make the sandwiches in your canteen interesting and enticing for students.

We 'buy with our eyes' so creative presentation of healthy sandwiches is important.



Spread ideas

Hummus (chickpeas, lemon juice, olive oil, garlic, pepper and tahini), reduced fat tzatziki (reduced fat yoghurt, cucumber and garlic), vegetable based dips, salsa.

Low fat mayonnaise, mono- and poly-unsaturated spreads and margarine.

Low fat cream cheese, cottage cheese, ricotta.

Creamed corn, mashed avocado.



Filling ideas

Reduced fat cheese, tomato and salsa.

Roast chicken (skin removed) and coleslaw (with reduced fat dressing).

Roast chicken (skin removed), cucumber, lettuce and reduced fat tzatziki or avocado.

Roast chicken (skin removed), avocado, lettuce and alfalfa.

Tuna (in spring water), corn kernels, grated vegetables and low fat mayonnaise.

Tuna (in spring water), salad, and reduced fat cheese.

Roast beef, salad (lettuce, tomato, grated carrot, cucumber) and mustard.

Turkey, spinach, tomato and low fat mayonnaise.

Roasted chicken (skin removed), pesto and char-grilled capsicum.

Salmon (in spring water), spinach, spring onion, low fat mayonnaise and reduced fat Swiss cheese.



Remember

We 'buy with our eyes' so creative presentation is important. If sandwiches are presented in an attractive way, students will be more likely to make a healthy choice, which will increase sales of healthy options in your food service.



Healthy vegetarian sandwiches

- Mashed egg, salad and low fat mayonnaise.
- Baked beans and grated reduced fat cheese (toasted).
- Reduced fat cheese, salad and hummus.
- Grated reduced fat cheese, avocado and lettuce.
- Ricotta, banana, currents and cinnamon.
- Reduced fat cheese/ricotta, grated carrot and sultanas.
- Banana, tahini and honey or cinnamon.



Themed sandwich fillings

Tropicana

Lean, reduced salt ham, reduced fat cheese, tomato and crushed pineapple (drain well).

Mexicana

Baked beans, grated reduced fat cheese (toasted) and salsa.

Meatball

Sliced meatballs, reduced fat cheese and spinach.

Souvlaki

Lean chicken/mince patties or lamb, salad and reduced fat tzatziki served in pita bread.

Falafel

(falafel mix can be purchased commercially and is quick and inexpensive to prepare): Falafel balls, salad and reduced fat tzatziki or hummus served in a wrap.

Christmas lovers

Lean, reduced salt ham or turkey, roast vegetables and cranberry sauce.

The Aussie

Roast beef, beetroot, reduced fat cheese, pineapple and salad.

Italian veggie patch

Pesto, char-grilled zucchini, char-grilled eggplant, reduced fat feta and spinach.

Zebra sanga

Use 1 slice of white bread with 2 slices of wholemeal, rye or grainy bread with different fillings. This is a great way to increase consumption of wholemeal/grainy bread.

Pinwheel or sushi sandwich

Spread a slice of wholemeal flatbread with filling (e.g. avocado), roll up, cut in half and display with the filling showing.

Top tips for sandwiches

- Try different types of bread, such as wholemeal, grainy, seeded, rye, sour dough, fruit bread, rolls and mini rolls, wraps, pita, Turkish, Lebanese and lavash breads.
- Use poly- or mono-unsaturated margarine instead of butter and spread sparingly.
- Always try to include a protein source such as egg, lean meats, fish, reduced fat cheese or legumes (hummus dip, lentil patties, Mexican style kidney beans).
- Use lean meats and reduced fat cheeses.
- Always try to include at least one vegetable or fruit filling.
- Pat dry moist ingredients, such as tomato or pineapple, and place between dry ingredients/spreads to help stop the bread turning soggy.
- Vary sandwiches, fillings and spreads to give more food variety and choice. For example, offer toasted sandwiches and wraps, or hot rolls
- Cut sandwiches into different shapes and sizes, e.g. four triangles for smaller appetites or 'triple decker' for older students.
- Keep in mind that younger students only have little hands. Mini dinner rolls may be a good alternative.
- Use leftover bread to make toasties.
- Wrap sandwiches immediately after being made to stop the bread drying out.
- Name healthy sandwiches with catchy titles, like 'Chomping Chicken Burger' to help make them more engaging.



Use lean meats and reduced fat cheese

Important information for menu planning

- Where possible, choose products that are labelled 'reduced fat', 'reduced salt' and 'no added sugar'.
- When choosing commercial products, check nutrition information panels against the nutrient criteria tables in the Canteens, Healthy Eating and Other Food Services Policy. For more information about the Canteens, Healthy Eating and Other Food Services Policy, visit www.heas.health.vic.gov.au

Chomping chicken burger

Name healthy sandwiches with catchy titles to help make them more engaging.





Sandwich fillings quantity guide

This at-a-glance guide* will help you to plan and prepare for bulk quantities of common sandwich fillings, and standardise your serving sizes.
Where possible choose reduced fat, reduced salt, and/or no added sugar varieties of products.

Salad vegetables

Ingredients per sandwich/roll	10 sandwiches/rolls	50 sandwiches/rolls
Carrot grated, 1 tablespoon Lettuce, finely shredded, 2-3 tablespoons Tomato, thinly sliced, 2-3 slices Cucumber, 2 slices Pineapple, thinly sliced, 1 slice	2 medium ¼ medium 3 medium 1 small 10 slices (1 x 440g)	8 medium 1 medium 15 medium 3 large 50 slices (5 x 440g)



Where possible choose reduced fat, reduced salt, and/or no added sugar varieties of products.

Meat, fish, eggs and alternatives

Ingredients per sandwich/roll	10 sandwiches/rolls	50 sandwiches/rolls
Baked beans, 2 tablespoons Reduced fat cheese, sliced,1 slice Reduced fat cheese, grated,2 tablespoons Eggs, hard boiled, half an egg mashed with reduced fat milk/mayonnaise Lean ham, sliced, 1 slice Lean meats, cold, sliced,1 slice Lean, skinless chicken meat, diced, 2 tablespoons Canned tuna, salmon,1½-2 tablespoons	1 x 440g can 10 slices (250g) 200g 5 x 60g eggs 10 slices (250g) 10 slices (250g) 500g 1 x 440g can	2 x 900g cans 50 slices (1.25kg) 1kg 25 x 60g eggs 50 slices (1.25kg) 50 slices (1.25kg) 2.5kg 5 x 440g cans

Spreads

Ingredients per sandwich/roll	10 sandwiches/rolls	50 sandwiches/rolls
Margarine, 1-2 teaspoons	100g	500g



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Healthier food and drink ideas

Boost the amount of nourishing foods and drinks in your school food service by offering healthier versions of popular items.

Try swapping some commercially-prepared items (which are often **RED** or **AMBER**) for these simple healthier alternatives!



Hot foods

Swap this...	For this...
Pies and savoury pastries	<p>Cottage pie with lean mince.</p> <p>Frittata or quiche with:</p> <ul style="list-style-type: none">• lean ham and tomato, or• lean chicken and mushroom, or• try our Easy egg and ham slice recipe. <p>Filo pastry squares or triangles with:</p> <ul style="list-style-type: none">• ricotta and spinach, or• savoury mince, or• roast pumpkin and feta.
Hot dogs, frankfurts, sausage rolls, Chiko® rolls	<p>Hot meat rolls with any combination of:</p> <ul style="list-style-type: none">• lean meat kebab sticks (skinless chicken, beef, pork, lamb or fish),• lettuce, tomato, onion or beetroot,• reduced fat cheese, on• wholemeal or multigrain rolls

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Swap this...	For this...
Hard taco shells with fillings	<p>Burritos or soft tacos made with:</p> <ul style="list-style-type: none"> • Mexican beans, corn and reduced fat cheese, or • lean chicken, spinach leaves, avocado, salsa, or • lean mince, lettuce, tomato and reduced fat sour cream.
Nachos made with corn chips	<p>Homemade nachos made with any combination of:</p> <ul style="list-style-type: none"> • pita chips • tomato salsa • kidney beans or Mexican beans • corn kernels, green or red capsicums (cubed), and • reduced fat cheese or reduced fat plain yoghurt
Commercially prepared pizza	<p>Homemade pizza - mix any combination of:</p> <ul style="list-style-type: none"> • mushrooms, sliced tomatoes, capsicum, spinach leaves, corn, or roast pumpkin • skinless/lean roast meat, or lean ham, • reduced fat mozzarella/feta/parmesan cheese or Greek yoghurt, and • herbs and spices <p>Homemade 'open grills' on an English muffin or toast base, with a variety of toppings similar to pizza toppings above</p> <p>Gourmet toasted sandwiches made with a choice of fillings, such as:</p> <ul style="list-style-type: none"> • savoury mince or chilli con carne mix with grated carrot, or • bean mix with corn and reduced fat cheese, or • chicken, spinach, onion and sweet chilli sauce, or • lean ham, tomato, reduced fat cheese and pineapple.

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Healthy food and drink ideas



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Swap this...	For this...
Fried chips/wedges	<p>Burritos or soft tacos made with:</p> <ul style="list-style-type: none"> • Mexican beans, corn and reduced fat cheese, or • lean chicken, spinach leaves, avocado, salsa, or • lean mince, lettuce, tomato and reduced fat sour cream.
Nachos made with corn chips	<p>Baked potatoes with a choice of fillings such as:</p> <ul style="list-style-type: none"> • bolognaise/chilli con carne sauce, or • mix of tuna, corn and light sour cream, or • mix of tomato paste, crushed pineapple, ham and reduced fat cheese. <p>Ove baked homemade wedges dusted with mixed herbs/paprika and served with:</p> <ul style="list-style-type: none"> • tomato salsa and a sprinkle of reduced fat grated cheese, or • reduced fat Greek yoghurt, or reduced fat sour cream and a little sweet chilli sauce.
Commercially prepared or cream-based pasta	<p>Pasta dishes made with:</p> <ul style="list-style-type: none"> • a selection of penne, fettuccini, gnocchi, or macaroni pasta (wholemeal pasta is best) • commercial tomato-based pasta sauce or evaporated milk • a variety of vegetables (e.g. sautéed onions, mushrooms, grated carrot, chopped tomatoes, broccoli, capsicum, zucchini, or chickpeas) • chopped lean meat, skinless chicken or seafood • flavouring such as garlic, mixed herbs or basil, and • topped with a sprinkle of grated reduced fat cheese.
Commercially prepared fried rice	<p>Homemade fried rice made with:</p> <ul style="list-style-type: none"> • basmati rice or brown rice • chopped boiled eggs (or sliced egg omelette) and chopped lean ham or shredded skinless chicken • corn kernels, green peas, diced tomatoes, capsicum, and/or onion/shallots, and • a small splash of light soy sauce.

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Cold foods

Swap this...	For this...
White bread sandwiches/wraps/ focaccia with processed or crumbed meats (e.g. sausage, Frankfurt, salami, bacon)	<p>Sushi (no deep-fried ingredients)</p> <p>Rice paper rolls with any combination of:</p> <ul style="list-style-type: none">• soaked rice noodles• sliced skinless chicken, roast beef, lean ham, tuna in spring water, or sliced boiled eggs• grated carrot, bean shoots, chopped bokchoy/spinach, and• a little sweet chilli dipping sauce.
	<p>Wholemeal sandwiches/rolls/wraps with any combination of:</p> <ul style="list-style-type: none">• lean meats (e.g. skinless chicken breast or thigh fillets, reduced salt ham, tuna in spring water, or roast beef)• salad/cooked vegetables (e.g. sliced tomato, red onion, mushrooms, beetroot, grated carrot, lettuce leaves, roast pumpkin or capsicum), and• reduced fat cheese.



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Snacks

Swap this...	For this...
Popcorn (highly salted, butter, caramel etc.)	<p>Canteen-made popcorn (plain, lightly salted, or lightly dusted with cinnamon)</p> <p>Corn cobs with dipping sauce</p> <p>Reduced fat cheese sticks</p> <p>Wholemeal rice or corn cakes/crackers served plain, or with any combination of toppings such as:</p> <ul style="list-style-type: none"> • canned tuna in spring water, lean ham, chicken • tomato and avocado • reduced fat cheese, or • banana and cinnamon.
Chips/crisps	<p>Reduced fat cheese and grainy cracker packs</p> <p>Canteen-made popcorn (plain, lightly salted or lightly dusted with cinnamon)</p> <p>Pita chips with dips such as:</p> <ul style="list-style-type: none"> • tomato salsa, or • reduced-fat tzatziki, or • hummus and sweet chilli, or • reduced fat Greek yoghurt, or • reduced fat sour cream and sweet chilli sauce.
Confectionary	<p>Dried fruit, nut and popcorn mix (in zip lock bags or patty cake cases)</p> <p>Seasonal fruit and apple slinkies</p> <p>Mixed fruit salad (served in cups or ice cream cones)</p> <p>Fruit kebabs with reduced-fat yoghurt (as a dipping sauce)</p> <p>Canned fruit in natural juice</p>

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Snacks

Swap this...	For this...
Sweet cakes/muffins/slices	<p>Fresh or canned fruit (in natural juice), with reduced fat yoghurt or custard</p> <p>Reduced fat yoghurt with muesli topping.</p> <p>Homemade, healthier muffins such as HEAS banana raspberry muffins, cocobanana muffins or mini muesli muffins.</p> <p>Reduced fat rice pudding.</p> <p>Un-iced fruit/currant buns.</p> <p>Warm fruit toast or English muffin base with:</p> <ul style="list-style-type: none">• ricotta, sliced banana and cinnamon, or• light spread of margarine. <p>Fruit crumble - try the following method:</p> <ul style="list-style-type: none">• bake fruits such as apple, berries, peach, banana, nectarines or pears• top with natural muesli and cinnamon or mixed spice (before baking), and once fruit is cooked (soft), serve with reduced fat custard.
Ice creams/ice blocks	<p>Reduced fat yoghurt and fruit pops (made on site)</p> <p>Frozen fruit pieces</p> <p>Frozen 100% fruit juice pops (no larger than 125mL)</p>

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Drinks

Swap this...	For this...
High sugar content soft drink	<p>Plain mineral and soda water</p> <p>At least 99% fruit juice (no added sugar and no larger than 250mL)</p>
Full fat plain or flavoured milk	<p>Reduced fat plain or flavoured milk (containing no more than 900kJ per serve sold)</p> <p>Smoothies made with any combination of:</p> <ul style="list-style-type: none">• reduced fat milk• reduced fat yoghurt (plain, vanilla or fruit flavoured)• fresh, frozen or canned fruit in natural juice (e.g., bananas or peaches), and cinnamon, nutmeg or mixed spice
Flavoured or sports water	Plain water (still or carbonated)

Food and drink ideas

One recipe, many uses



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Recipe

Beef and bean bolognese or taco mix

- 500g lean beef mince
- 1 onion, peeled and chopped
- 2 cloves garlic or 1 teaspoon garlic paste
- 1 tablespoon (15mL) oil for frying
- 1 can (400g) red kidney beans (rinsed thoroughly)
- 2 large cans (800g) diced tomatoes
- ½ cup (140g) tomato paste
- Seasoning to taste – pepper, mixed herbs or 2 teaspoons taco seasoning

Heat oil in a frypan or saucepan. Sauté onion and garlic. Add meat and brown, breaking up clumps of meat. Drain juices from pan and discard. Add tomato paste, canned tomatoes and kidney beans and stir through. Add desired seasonings and simmer until cooked.

This topping is best served hot.

Spinach and ricotta filling

- 2 cups fresh spinach, cooked, or 250g frozen spinach
- 1kg reduced fat ricotta
- 2 eggs
- Pepper for seasoning

Combine ingredients in a bowl and store in the fridge. This recipe is only suitable for cooked items such as filo parcels or for vegetarian pizzas.

For a tasty alternative, replace 250g of ricotta with 250g of reduced-fat fetta.

This topping is best served hot.



Use in a variety of menu items, for example:

- English muffins
- Pita pizzas
- Toasted sandwiches
- Bread cases,
- Hot wraps, pita pockets or hot rolls (hollow out, stuff with filling, heat)
- Pinwheels (use scone/pizza dough)
- Filo parcels or spinach and ricotta rolls (made with filo pastry)
- Stir through hot pasta and top with grated cheese for a pasta bake

Food and drink ideas

One recipe, many uses



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Recipe

Pizza supreme topping

- ¼ cup (70g) tomato paste
- 1 cup (275g) reduced salt lean ham, diced
- 2 cups (300g) green capsicum, diced
- 2 cups (140g) button mushrooms, sliced
- 2 cups (160g) reduced fat cheese, grated

Combine ingredients in a bowl and store in the fridge.

This topping is best served hot.

Hawaiian mix

- ¼ cup (70g) tomato paste
- 1 cup (275g) reduced salt lean ham, diced
- 2 cups (300g) green capsicum, diced
- 2 cups (140g) button mushrooms, sliced
- 2 cups (160g) reduced fat cheese, grated

Combine ingredients in a bowl and store in the fridge.

This topping is best served hot.

Crunchy tuna mix

- 1 large can (425g) tuna in spring water, drained
- 1 can (210g) corn kernels, drained and rinsed
- ½ cup (75g) celery or capsicum, diced
- ½ cup (75g) spring onions, chopped
- ½–1 cup (125–150mL) low fat mayonnaise
- Pepper to season

Combine ingredients in a bowl and store in the fridge.

This topping is best served cold.



Use in a variety of menu items, for example:

- English muffins
- Pita pizzas
- Regular pizza bases
- Pizza pinwheels (using scone or pizza dough)
- Pizza subs (halved bread rolls)
- Hot wraps, pita pockets or hot rolls (hollow out, stuff with filling, heat)
- Toasted sandwiches
- Jacket baked spuds
- Filo parcels
- Bread cases
- Stir through hot pasta and top with grated cheese for a pasta bake
- Sandwiches, rolls, wraps and sushi

Schools

Making recipes healthier

Many of your favourite recipes can be made healthier by swapping some ingredients or using a different cooking method.

Try some of these simple changes to increase the **GREEN** and **AMBER** foods and drinks you provide!

Recipes can generally be made more nutritious by either reducing or removing the less healthy ingredients or by using a healthier alternative. Make your recipes healthier with these simple ingredient swaps.



Ingredient	Healthier alternative
Butter and lard	Replace with margarine (preferably reduced fat). Replace with canola or olive oil.
Oil	Use a spray variety, or brush on liquid oil. Halve the quantity.
Cream and sour cream	Replace with evaporated milk (preferably reduced fat). Replace with natural or Greek yoghurt (preferably reduced fat).
Coconut cream/milk	Replace with coconut flavoured evaporated milk (preferably reduced fat) or yoghurt. Replace with coconut flavoured evaporated milk (preferably reduced fat) or yoghurt.
Sauces, salad dressings and mayonnaise	Use reduced fat and/or reduced salt varieties. Use balsamic or other vinegar-based dressings, lemon juice, herbs and mustards. Use low fat tzatziki instead of mayonnaise.
Cheese, milk and yoghurt	Use reduced fat varieties. Use cheese with strong flavours and less of it. Use naturally lower fat cheeses, such as ricotta or cottage cheese.

Ingredient	Healthier alternative
Meat	Choose lean cuts and lean varieties. Remove visible (white) fat before cooking. Remove skin from chicken and turkey before cooking. Replace some meat with legumes (beans, lentils, peas).
Fish canned in oil, flavour combinations or brine	Use fish canned in spring water.
Canned fruit and vegetables	Choose reduced salt and/or reduced sugar varieties. Select fruit in natural juice, rather than syrup.
Stock and gravy	Use reduced salt varieties.
White flour	Substitute all or half the white flour with wholemeal flour. Add wheat germ or whole grains to white flour in recipes.
Salt	Use fresh or dried herbs, garlic, lemon, juice, vinegar and mustards to flavour foods. Avoid adding salt when cooking. Wherever possible choose reduced salt varieties of foods.
Sugar	Replace all or some of the sugar with fruit puree, fresh or dried fruit.

Healthier cooking methods

Avoid pan-frying or deep frying items as this increases the fat content of foods.

Alternative cooking methods include:

- stir-fry,
- steam or blanch in water,
- boil braise and simmer,
- grill and toast,
- microwave, and
- roast or bake with minimal oil (e.g., using oil spray or brushing on oil).

Additional tips

Use non-stick cookware or an oil spray (like canola or olive oil) instead of a liquid oil to reduce the amount of fat added during cooking.

When baking, use baking paper instead of oil to ensure items do not stick to the tray.

Bake crumbed and coated foods instead of frying.



Food and drink ideas

Healthy recipe makeover



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Healthy recipe makeover

The example below shows how a traditional beef casserole that has been modified to become a healthier meal.

These changes have upgraded the meal's classification from the **AMBER** to **GREEN** category.



Beef casserole Serves 15

Original ingredients	Healthier alternative	Modification	Health benefit
2kg regular beef	1.5kg lean beef (fat trimmed)	Regular beef swapped for lean beef. Visible fat trimmed off meat. Beef quantity reduced.	Saturated fat content reduced
4 rashers bacon	150g lean ham (chopped)	Removed bacon completely. Replaced bacon with chopped ham.	Saturated fat content reduced
2 cups regular stock	2 cups reduced salt stock	Regular stock swapped with a reduced salt stock.	Salt content reduced
120g butter	2 tablespoons olive or canola oil	Butter replaced with olive or canola oil. Amount of oil used reduced.	Total fat content reduced
4 onions	4 onions, 4 carrots, 400g chickpeas, 1 cup frozen peas	Extra vegetables added.	Increased nutrients and fibre
850g crushed tomatoes	850g reduced salt crushed tomato	Regular tomatoes swapped for a reduced salt variety.	Salt content reduced
4 garlic cloves	4 garlic cloves		
Salt and pepper	Pepper, 1 tablespoon dried mixed herbs and rosemary	Salt swapped for extra herbs.	Salt content reduced
AMBER	GREEN		

Healthier meal
and an improved
traffic light
category!



Healthy Eating Advisory Service

Get in touch

If you are looking for more support with your school canteen offerings, get in touch with us.



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