

THE ART OF MENU PLANNING

Your menu is what will attract students and staff to your canteen, so careful planning is important. Your menu will depend on

- size of your school,
- number of days you are open,
- age and cultural mix of students,
- number of volunteers available,
- what equipment you have,
- availability of food products.

In general, a menu should offer a core list of regular items that seldom change, with variety added by specials that are only offered at limited times (eg only Fridays). Many small to medium size canteens try to offer everything every day and find that their workers are running all over the canteen to make a long list of single items. This is not time efficient and items can go out of date before they are sold.

Limiting some foods to particular days is a good way to cut down on the number of AMBER foods offered.

Offering specials adds variety and interest to the menu so sales will increase. It is also a great way of introducing new foods or trialling a new menu item.

A good balance between offering variety to students whilst keeping overheads (storage space, wastage, preparation time) low is to limit your regular menu to:

- Up to 10 sandwich fillings including wraps and salads
- Up to 12 snacks for both recess and lunch time
- 6 - 10 hot food varieties, including snacks
- Up to 6 frozen items
- Water and a maximum of 3 flavours of milk and 3 of fruit juice



High schools with higher turnovers can offer more items

Most school canteens have a Summer menu and a Winter menu. This is a great way of using what is in season, tastes great and is available at a reasonable cost.

When you are planning a new menu, ask yourself:

- Does it meet the *Fresh Tastes @ School Strategy*?
- What will be in season?
- Does the menu offer something for all students and staff (eg. fussy eaters, adventurous eaters, vegetarians etc)?
- Does the canteen have enough storage, bench space and equipment to be able to supply this combination?
- Does the canteen have the staff to prepare food for the menu?
- Does the menu offer a higher proportion of GREEN foods than AMBER foods?
- Is the menu designed to favour more purchases of GREEN foods over AMBER foods (limiting AMBER foods at times)?
- Have I priced GREEN products more competitively than AMBER products?

Hints for Greening your Menu

- ✓ Use reduced fat milks, yogurts and cheese, but don't advertise that on the menu
- ✓ Use lean, unprocessed meats
- ✓ Use low fat cooking methods
- ✓ Use reduced salt or low salt alternatives when available
- ✓ Muffins and cakes must have fibre. Check the nutrition panel against the occasional food criteria table. Added fruit provides fibre. Watch the serve size!
- ✓ Use wholemeal bread products
- ✓ Fill the menu with fruits and vegetables
- ✓ Promote water and milk as the drinks of choice

Cater for students from all cultural backgrounds eg ensure there are a variety of vegetarian and halal options depending on your community's needs.

The menus provided in this section are suggestions only and provide ideas for you to use to create your own. Thank you to Canterbury Girls High School and Gordon East Primary School for some great ideas.



High School Menu

Breakfast

Thick cut raisin toast	\$
Toasted Sandwich – cheese and ham or cheese and tomato	\$
Fruit yoghurt tub.....	\$
Hot chocolate	\$
Smoothie of the day	\$

Sandwiches

(All sandwiches are made with fresh fillings daily, on wholemeal bread only)

Chicken lettuce and mayo	\$
Ham with cheese and tomato	\$
Salad (optional mayo).....	\$
Deli Mediterranean Summer sandwich- sundried tomatoes, lettuce, cheese and cucumber with or without ham	\$
Cheese and tomato.....	\$

Assorted Lebanese Wraps

(Freshly made wraps filled with gourmet fillings)

Chilli chicken with lettuce, tomato and mayo.....	\$
Pesto chicken with cucumber and lettuce	\$
Tuna Surprise with lettuce, tomato and tasty tartare mayo.....	\$

Summer Sushi Roll

Chicken teriyaki or vegetable	\$
-------------------------------------	----

Special Salads

(Freshly prepared salads all year)

Garden Chicken & Caesar salad	\$
Mixed Pasta Salad with creamy dressing.....	\$
Greek salad with feta & olive	\$

Hot Foods

Potato pie	\$
Vegetable burger roll with salad and special sauce	\$
Low fat beef burger roll with lettuce, cheese and special sauce	\$

Specials of the day

Watch the specials board	\$
--------------------------------	----

Drinks

Water.....	\$
Reduced fat flavoured milk.....	\$
Reduced fat plain milk	\$
250 ml 99% fruit juice	\$
Smoothie of the day	\$
Drinking Yoghurt.....	\$

Snacks

Fresh fruit salad	\$
Fruit of the Day	\$
Fruit bread/raisin toast	\$
Garlic/herb bread	\$
Flavoured yoghurt	\$
Popcorn	\$
Warm cheese and bacon rolls	\$
Fruit muffins	\$
Banana bread	\$
Milk ice blocks	\$
Frozen yoghurt	\$

High School Menu *Alternative Suggestions*

Breakfast

- Toasted English muffin and spread
- Fruit Salad

Drinks

- Add soy milk to your drink choices
- Lightly sweetened water (Check the nutrition information panel against the Occasional Food Criteria Table)

Snacks

- Corn on the cob
- Custard cups
- Vegie packs with hommus or salsa
- Yoghurt and muesli cups
- Dried fruit, nut and seed mix
- Fruit scones/pikelets
- Cheese and crackers
- Finger bun
- Hot cheese roll
- Pita pockets filled with warm baked beans
- Mini pizzas

Sandwiches and wraps

- Satay chicken and salad wrap
- Falafel, tabouli and hommus wrap
- Tex Mex wrap - a delicious spicy Mexican bean sauce with salsa and cheese

Salad Boxes

Vary your salads experimenting with what students like to buy. Try rice salad, pasta salad or a potato salad. Try seasonal options such as snow peas or alfalfa sprouts.

Daily Special

- choose a couple of these each day

- Burger with salad- try chicken or fish
- Hokkien noodle stir fry
- Warm chicken, lettuce and mayo roll
- Toasted Sandwiches
- Hot cheese rolls
- Lasagne – beef or vegetarian
- Nachos
- Baked Potatoes with
 - Mexican mince, cheese and guacamole
 - Coleslaw and cheese
 - Chicken mornay, vegetables and cheese
 - Creamed corn and cheese
 - Roasted vegetables in tomato pasta sauce
- Fried rice
- Tacos
- Chicken burritos
- Chicken curry and rice
- Soup with a crusty bread roll
- Vegetable bake
- Zucchini slice, frittata, quiche
- Pizza

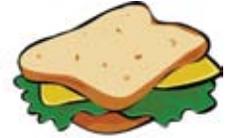
Smoothie of the day

Try rotating flavours such as banana, mango and berries. Tip: an affordable way to add mango and berries is to order bulk packs of frozen berry or mango puree.





Primary School Canteen Menu



Breakfast

Thick cut raisin toast	\$
Toast with your choice of topping	\$
Fruit yoghurt tub	\$
Wholegrain cereal in a bag	\$
Fruit of the day	\$

Snacks for Recess and Lunch

Fresh fruit salad or fruit of the day	\$
Fruit bread/raisin toast	\$
Garlic/herb bread	\$
Flavoured yoghurt	\$
Veggie pack – carrot and cucumber ribbons or sticks + grape tomatoes	\$
Polly pack - cheese and crackers	\$
Popcorn	\$

Snacks for after lunch

Mini frozen juice or milk cups	\$
Milk-based iceblock	\$
Frozen yoghurt	\$

Thirst quenchers

Water	\$
Plain milk	\$
Flavoured milk	\$
125 ml 99% fruit juice	\$

Super Sandwiches and Wraps

Captain Crunch	Crunchy lettuce, ham, tomato	\$
Rainbow Delight	Layers of grated carrot, sliced beetroot, red capsicum, lettuce and tomato	
Egg Head	Mashed boiled egg with mayo and shredded lettuce	\$
Chicken wrap	Lean chicken, lettuce and mayonnaise on Lebanese bread	\$
Cheese		\$
Ham		\$
Tuna		\$
Tomato		\$
Vegemite		\$

Salad boxes

Mini munch	Lettuce, carrot, cucumber and tomato	\$
Super salad	Crunchy lettuce, cucumber, tomato, beetroot, carrot, celery	\$
Mega salad	Super salad with ham or chicken or egg or cheese or tuna	\$

Monday only		Tuesday only		Wednesday only		Thursday only		Friday only	
Flame grilled chicken burger with salad	\$	Sushi (vegetable or chicken)	\$	Fried rice	\$	Veggie pasta bake	\$	Chicken burritos	\$
Hokkien noodle stir fry	\$	Baked potatoes with baked beans & cheese	\$	Baked potatoes with savoury mince	\$	Pizza	\$	Potato Pie	\$

More Ideas for Primary School Menus

Snacks

- Fruit kebabs
- Frozen fruit pieces
- Apple slinkies
- Frozen fruit puree
- Dried fruit packs/ sultanas
- Corn on the cob
- Veggie sticks with hommus
- Fruit and custard cups
- Wholegrain cereal in a bag
- Fruit scones/pikelets
- Mini cheese rolls
- Cheese and vegemite crusties
- Rice cakes/crispbreads
- Fruit muffins (small)
- Soft pretzels
- Bread sticks
- Finger bun

More sandwiches and wraps

- Any combination of salad, chicken, ham, roast beef, tuna, egg, baked beans
- Wraps can add variety and interest
- Sea monster- crunchy lettuce with flaked salmon or tuna, mayonnaise and finely chopped celery
- Chicken Little- creamy avocado, lean chicken and crisp lettuce

Drinks

- Soy drinks
- Drinking yoghurt
- Smoothie of the day

Salad Boxes

- Add variety by using tuna or egg or cheese or ham
- Try some gourmet salad variations such as olives or alfalfa sprouts
- Try different salads such as pasta salad, potato salad or rice salad

More hot ideas

- Mexican nachos
- Taco and salad
- Soup & crusty bread roll
- Lasagne (beef or vegetarian)
- Toasted Sandwiches (ham, cheese, tomato, baked beans or a combination)
- Try chicken, fish or vegetarian burger options
- Other fillings for potatoes – chicken mornay, vegetables and cheese or creamed corn and cheese

