

Meal Deal Ideas



- A meal deal is when two or more menu items are bundled together (typically a main meal with a drink and/or snack) for a reduced price or promotion. They are a great way to encourage the sales of healthy items in your canteen.
- In order to align with the criteria of the NSW Healthy School Canteen Strategy, only Everyday items should be marketed promoted in the canteen. This means that only Everyday items should be included in specials and meal deals, placed in prominent positions such as on the counter during service time, or advertised in posters in the canteen.

Create a healthy meal deal by picking one of each of the following:

Meal	Drink	Snack
<ul style="list-style-type: none"> • Baked loaded jacket potato • Burger – beef, grilled chicken, vegie, grilled fish. • Burrito/fajita/enchilada • Butter chicken and rice • Chicken breast & gravy roll • Chicken tikka masala • Fried rice • Frittata • Hot cheese roll • Lasagne • Lentil dahl • Macaroni and cheese • Meat or vegetable curry • Meatball sub • Pasta bake • Pesto chicken pasta • Pizza (canteen made) • Ravioli • Risotto • Rogan josh • Salad • Sandwich, roll or wrap • Spaghetti bolognaise • Dumplings (steamed, pan-fried or air-fried) • Stir fried vegetables with noodles • Sushi • Vegetable curry 	<ul style="list-style-type: none"> • Water (still or sparkling) • Water infused with fruit essence or flavouring (no added sugar or sweeteners) • 99% Fruit or Vegetable Juice • Sparkling 99% Fruit Juice • Diluted 99% Fruit Juice • Plain Milk • Flavoured Milk (excludes iced coffee) • Milkshakes (made with yoghurt that's been frozen into ice cubes instead of ice cream) • Smoothies • Hot Chocolate 	<ul style="list-style-type: none"> • Piece of fruit • Fruit salad cups • Yoghurt or custard • Yoghurt cups with berries and cereal (with HSR 3.5 or more) • Plain, air-popped popcorn • Cheese and plain crackers • Vegetable sticks with dip (e.g. hummus or tzatziki) • Dried fruit (e.g. sultanas, dried apple, dried apricot, banana chips) • Pikelets or pancakes • Raisin toast • English muffins, crumpets or toast with various toppings • Canteen made garlic/herb bread • Bread rolls • Savoury vegetable muffins • Jelly using 99% fruit juice or flavoured milk • Baked bean or egg muffin cups • Mini pizzas on English muffins (canteen made) • Cup of soup • Tortilla pinwheels

Please remember that in order to be Everyday, the above items should not contain processed meats such as bacon, salami or pepperoni. They should also not include commercially crumbed or coated products, such as chicken or vegetable patties.