

CANTEEN COLLECTIONS



**A COLLECTION OF
RECIPES, TIPS, IDEAS
AND CASE STUDIES FROM
NSW SCHOOL CANTEENS**

Supporting the NSW Healthy School Canteen Strategy





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FOREWORD

A healthy school canteen is possible, and you are the proof!

This collection of canteen gems has been collated to recognise and celebrate all of the school canteens that have worked hard to apply the NSW Healthy School Canteen Strategy (the Strategy) and pass a menu check.

Straight from the source, this resource is made up of recipes, ideas and case studies provided by NSW school canteens, for NSW school canteens!

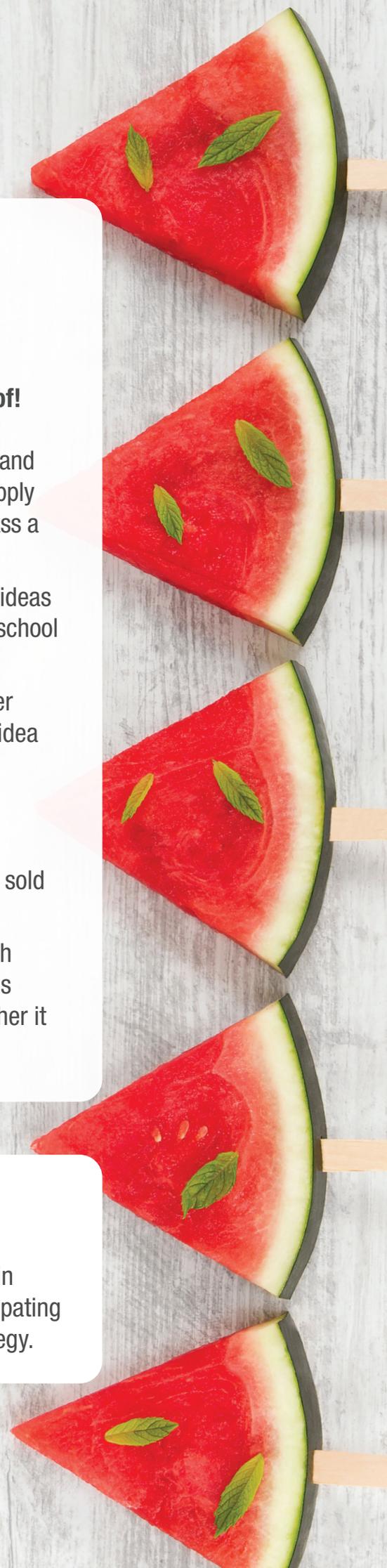
We hope this resource allows you to gain inspiration from other school canteens – whether it be a new recipe to try out or an idea to put in place!

And don't forget, when sourcing ingredients, refer to:

- **The Food and Drink Criteria:** underpins the NSW Healthy School Canteen Strategy and applies to all foods and drinks sold in the canteen.
- **Healthy Food Finder:** online database where you can search packaged items and it will let you know whether a product is **Everyday** or **Occasional**, the Health Star Rating, and whether it meets the criteria of the Strategy.

Acknowledgment

This resource was compiled by Healthy Kids Association from recipes, tips and case studies submitted by canteens in NSW in 2020. Thank you to the canteen managers and staff for participating in this resource to help support canteens in meeting the Strategy.





COLD MEALS

RICE PAPER ROLLS



Grose View Public School

Submitted by: Rebecca Camilleri

School suburb: Grose Vale

Role: Canteen Manager

Canteen managed by: P&C/P&F

About the school and canteen: We have 250 students and 25 staff members. We open Wednesdays and Fridays for breakfast, recess and lunch. I am the only full-time canteen manager and I have 2-3 volunteers each week.

“ This is on our menu every day, one serving comes with two rice paper rolls, cherry tomatoes and dipping sauce. These are very popular on a Friday lunch. ”



Classification: **Everyday**



Serves: 2 (2 rolls per serve)



Prep. Time: 12 min

Ingredients:

- 4 sheets rice paper
- 50g sliced chicken breast
- 50g mixed salad leaves
- 1 carrot, peeled and thinly sliced
- 1 cucumber, thinly sliced
- 8 cherry tomatoes
- 60mL sweet chili dipping sauce (store bought)

Equipment Needed:

- Vegetable peeler
- Round deep plate for soaking rice paper
- Chopping board
- Knife
- Containers for serving

Method:

1. Soak rice paper in warm water, then lay them on a chopping board
2. Layer chicken slices and vegetables on the rice paper, then roll up by folding the sides in first
3. Place in your container two rolls with dipping sauce and 4 cherry tomatoes



Tips & Variations

- Make these vegetarian by leaving out the chicken or replacing with tofu
- Add more vegetables like sprouts, red cabbage or celery

FLAME GRILLED CHICKEN & MANGO SALAD



Hayes Park Public School

Submitted by: Leisa Renshaw

School suburb: Kanahooka

Role: Canteen Manager/Supervisor

Canteen managed by: P&C/P&F

About the school and canteen: Hayes Park Public School has approximately 550 Students. The canteen is P&C-run with 1 staff member and 7 volunteers weekly, the canteen is open 5 days a week.

“ In the warmer months, salads are the best sellers. So, why not incorporate mango, one of our favourite summer fruits? ”



Classification: **Everyday**



Serves: 4



Prep. Time: 16 min



Cooking Time: 30 min

Ingredients:

Salad

- 3 chicken patties (uncoated/not crumbed)
- 6 cups lettuce
- 1 cup of avocado, diced
- 1 mango, diced
- 2 tbsp. diced red onion
- 1 small punnet cherry tomatoes, halved
- 1 continental cucumber, diced

Dressing

- 2 tbsp. olive oil
- 2 tbsp. white/regular balsamic vinegar

Method:

1. Cook the chicken patties using an air fryer or oven
 - Air Fryer - Place the 3 patties in the air fryer basket and cook for 15 minutes on 200°C, pull basket out and, using the tongs, turn the patties over and cook for a further 5-8 minutes
 - Oven - Wrap the 3 patties in foil and place them in a preheated oven at 200°C for 25-30 minutes
2. Remove patties from air fryer/oven and let them cool down
3. Dice the 3 chicken patties into 2cm cubes
4. In a salad bowl, combine the lettuce roughly torn, diced avocado, diced mango, diced cucumber, halved cherry tomatoes, diced red onion and the diced chicken
5. Give the salad a gentle toss
6. Combine in a jug: balsamic vinegar, olive oil and any remaining mango to make the salad dressing
7. Pour dressing over the salad and serve

Equipment Needed:

- Measuring spoons & cups
- Air fryer/oven
- Tray for oven (if using an oven)
- Knife
- Chopping board
- Salad bowl
- Tongs
- Measuring jug



Tips & Variations

- Reduced-fat feta cheese would also be nice in this salad
- Add nuts e.g. walnuts or pine nuts for a bit of crunch, only if your school doesn't have a nut restriction

FATTOUSH WITH LENTILS AND RICE

Athelstane Public School

Submitted by: Reima El Hussein

Role: Manager

School suburb: Arncliffe

Canteen managed by: Licensed operator

About the school and canteen: Our canteen is a healthy canteen and we have achieved a Great Choice certificate! We have over 350 students and providing healthy food for them to buy is very important to us. We are open 5 days a week and we cater for all dietary needs.



Classification: **Everyday**



Serves: 25



Prep. Time: 12 min



Cooking Time: 30 min

Ingredients:

To serve

- 1kg brown lentils, cooked
- 1 ½ cups rice, cooked
- 2 large brown onions, chopped finely

Fattoush salad

- 1 bunch parsley, chopped very finely
- 2 sprigs of mint, chopped finely
- 1 radish, sliced thinly
- 1 shallot, chopped thinly
- 1 capsicum, sliced thinly
- 5-6 cucumbers, sliced very thinly
- 7 tomatoes, sliced into wedges
- 1 ½ cup of purple cabbage, chopped finely
- ½ cup lettuce, chopped finely
- Juice of 1 lemon
- Olive oil for dressing
- 1 cup toasted Lebanese bread, crumbled over the top to serve

Method:

1. Cook the onion until golden and then combine with the cooked lentils and rice
2. Toss all the fattoush salad ingredients together
3. Serve the lentils and rice mix with the fattoush salad on the side, or through the fattoush salad
4. Use the lemon and olive oil to dress just before serving
5. Top with toasted Lebanese bread pieces



Note

Cooking lentils

1. Rinse lentils with water in colander
2. Add lentils to extra large saucepan with 3.75L of water
3. Bring to the boil on the stove over high heat
4. Cover, reduce heat and simmer until tender, approximately 20 to 25 minutes
5. Drain any excess water using colander

Equipment Needed:

- Chopping board
- Knife
- Stove
- Frypan
- Bowls
- Pots
- Rice cooker
- Colander
- Extra large saucepan



Tips & Variations

- For an alternative to the lemon and olive oil dressing, try adding pomegranate molasses and a little olive oil for a tangy fattoush salad
- Brown rice would be a fantastic alternative to the white rice in this recipe

“ This is a meal that I have been making for years at home for my family. When I took over the canteen I thought, why not provide it to the students? It’s healthy and tastes great. We provide this meal for teachers and students. It is sold at a reasonable price. It’s a very popular meal and we can’t keep up with the demand for it! ”

WATERMELON AND RADISH SALAD



Recipe by Healthy Kids Association



We know, we know... most kids don't like radish! It's usually too peppery. But, believe us when we say that with this recipe, disliking radish will become a thing of the past. With the addition of zesty lemon juice and juicy watermelon, it becomes a crunchy taste-bomb!



Classification: **Everyday**



Serves: 8



Prep. Time: 12 min

Ingredients:

- 8 medium-sized red radishes, thinly sliced
- 1 cup fresh lemon juice
- 10 cups of watermelon (about 1 medium sized watermelon)
- 200g reduced-fat feta cheese

Method:

1. In a large salad bowl, cover the sliced radishes with the lemon juice and leave to soak for 5 minutes while you cut the watermelon
2. Cut the watermelon into 2cm cubes
3. Toss the watermelon in with the lemon-soaked radishes, then evenly distribute into serving containers
4. Crumble feta cheese atop each salad before serving



Tips & Variations

- Turn this salad into a best-seller by giving it a fun name, such as the "Pink Power Bowl"
- Radish is a great vegetable to grow in a school garden as it can be grown all year round

Equipment Needed:

- Knife
- Chopping board
- Salad bowl
- Serving containers



HOT MEALS

CHEESY NAAN BREAD



Heathcote Public School

Submitted by: Naomi Russell

School suburb: Heathcote

Role: Canteen Manager

Canteen managed by: P&C/P&F

About the school and canteen: We currently have approximately 340 students. We have a veggie garden and hens for our eggs. Our canteen is open on Monday, Wednesday and Friday. We are a P&C-run canteen employing 1 canteen manager, and have volunteers coming in to assist the manager.

“ When looking for an alternative to garlic bread, we decided to trial this cheesy garlic naan bread. Samples were made for every student in the school to try first, and over 98% loved it! They are small, bite-sized naan breads; a great healthy alternative to garlic bread. ”



Classification: **Everyday**



Serves: 28
(2-3 per serve)



Prep. Time: 15 min



Cooking Time: 20 min

Ingredients:

- 2-3 cloves of garlic, peeled
- 2 tsps. instant yeast
- 500g (2 cups) baker's flour
- 20g (4 tsp.) oil of choice
- 1 tsp. salt
- 300mL water
- 1½ cups grated cheese

Equipment Needed:

- KitchenAid/mixer (or bowl and wooden spoon to mix by hand) and then a warm area to allow the dough to rise
- Knife
- Chopping board
- Measuring spoons & cups
- Measuring jug
- Frypan
- Spatula
- Grater

Method:

I used a KitchenAid Cook Processor to make these. You can also prepare by hand.

1. Chop the garlic cloves for 3 seconds in the KitchenAid (speed 9) or dice by hand
2. Add yeast, flour, oil, salt and water in that order. Combine 15 sec/speed 3. (Or to mix by hand, add yeast, flour, oil, salt and water to a bowl and mix until combined)
3. Allow dough to rest for 15 minutes in the machine on a warm setting (alternatively, wrap in cling wrap and put in a warm location)
4. On a floured surface, knead dough for a few seconds then divide into 30g bits
5. Flatten each bit of dough and fill the middle with a little bit of grated cheese (approximately 1 tsp.) and then enclose all around the cheese
6. Place seam side down in a dry frypan and fry until golden, then flip over to brown the other side



Tips & Variations

- If you don't have a KitchenAid, use a standard mixer or allow time for preparing by hand
- You can also add some spinach to the middle of the naan breads
- As you are cooking the naan, flatten them down a little so it cooks all the way through
- Choose mono- or polyunsaturated oils including canola, sunflower, olive, grapeseed, corn and soybean oils

HAM AND CORN FRITTERS



Tuncurry Public School

Submitted by: Justine Peters

School suburb: Tuncurry

Role: Canteen Supervisor

Canteen managed by: P&C/P&F

About the school and canteen: Tuncurry Public School has approximately 390 students. We have 2 staff members in the canteen who job share and we have a diligent group of volunteers (2 per day on a monthly roster) who also help.

“ I originally started making zucchini fritters at home for myself and tried them for the children at school. The children gave me feedback on what they preferred in the fritters and it evolved from there. ”



Classification: **Everyday**



Serves: 15



Prep. Time: 5 min



Cooking Time: 15 min

Ingredients:

- 1 cup shredded ham
- ¾ cup of corn kernels (canned or fresh)
- 1 cup self-raising flour
- 2 eggs
- ¾ cup grated cheese
- Cooking oil spray

Equipment Needed:

- Mixing bowl
- Mixing spoon
- Stove
- Frypan
- Spatula
- Ladle/Spoon

Method:

1. Mix ham, corn, flour, eggs and cheese together in a mixing bowl
2. Spray heated frypan with cooking spray
3. Ladle out for desired size and cook until golden on both sides



Tips & Variations

- My favourite variation is to grate zucchini into the mixture
- You can also use gluten-free (GF) flour to cater to GF students
- Choose reduced-fat varieties of cheese and lean ham
- Choose oil sprays made with mono- or polyunsaturated oils including canola, sunflower, olive, grapeseed, corn and soybeans oils

BLUEY'S PENNE BOLOGNESE



Woy Woy South Public School

Submitted by: Jacqui Morrison

School suburb: Woy Woy

Role: Canteen Manager

Canteen managed by: P&C/P&F

About the school and canteen: Currently we have around 560 kids, from multiple cultures. The canteen is open 5 days a week with 2 part-time (job share) staff, and we try to have 1 volunteer each day and 2 on a Friday.

“ We used to buy ready-made pasta, which wasn't that popular. We were able to purchase a Thermomix, and now we make so many foods! Our pasta now contains hidden veggies and tastes 1000 times better. The feedback from the kids is that it tastes great, and they have no idea that veggies are in it. It costs us \$1.27 to make 18 serves and we sell it for \$4.00. It has brought a huge improvement to our profit margins. ”



Classification: **Everyday**



Serves: 18



Prep. Time: 8 min



Cooking Time: 32 min

Ingredients:

- 1 brown onion
- 2 cloves garlic
- 20g olive oil
- 2 carrots
- 1 large zucchini
- 200g mushrooms
- 500g lean beef mince
- 1 cup beef stock (1 beef stock cube dissolved in 1 cup boiling water)
- 1 x 400g tin tomatoes (or overripe fresh tomatoes)
- 500g jar of pasta sauce
- 750g high fibre (i.e. wholemeal) penne pasta

Equipment Needed:

- Knife & Chopping board
- Thermomix
- Spatula
- Large saucepan
- Stove

Method:

This is a Thermomix method

1. Place quartered onion and garlic into Thermomix and chop for 3sec/speed 5. Scrape down sides of bowl
2. Add oil and cook 3min/speed 1/100°C
3. Add roughly chopped carrot, zucchini, and mushroom. Chop 10sec/speed 6
4. Add beef mince and cook 5min/speed 1/reverse/100°C
5. Scrape down sides of bowl, if mince is not cooked through then put on for another 3 minutes or until cooked
6. Add stock, tomatoes, pasta sauce and cook 10min/speed 1/reverse/100°C
7. Blend it for 5sec/speed 4/reverse
8. Cook for another 10min/speed 1/reverse/100°C
9. Meanwhile boil your pasta until al dente (firm to the bite)
10. Drain cooked pasta, pour cooked sauce over pasta and stir through
11. Portion out into 18 square foil trays and top with lids. Allow to cool and then freeze until needed



Tips & Variations

- You can do this in a fry pan, just steam the veggies until tender and then blend and add to cooked mince. And then add sauce, stock and tomatoes. Cook, stirring for 15 minutes.

BASIL PESTO PASTA



Candelo Public School

Submitted by: Kacey Weller

School suburb: Candelo

Role: Canteen Manager

Canteen managed by: P&C/P&F

About the school and canteen: We are a small canteen for a school with 85 kids. We operate once a week and the menu changes weekly, offering fresh food and nothing packaged. We were also the second canteen in the area to pass the canteen menu check.

“ The kids really love this pasta – it is on a fortnightly rotation but they’d eat it every week if they could! This is just a recipe that I cook at home for my children and thought the kids at school might enjoy it. I usually sell around 60 serves when it’s on the menu. Some kids were a bit skeptical, but we would always give them a little try before they bought it and 9 times out of 10, they like it! This works with most food they have never had before. We sell it for around \$3 for a bowl. ”



Classification: **Everyday**



Serves: 15-20



Prep. Time: 10 min



Cooking Time: 15 min

Ingredients:

- 3 bunches fresh basil (including the stalks)
- 120g baby spinach
- 4 peeled cloves of garlic
- 125g parmesan cheese
- 1 handful of walnuts (omit if there are any allergies)
- Olive oil
- 3 x 500g bags wholemeal pasta
- Extra parmesan to sprinkle on top before serving

Equipment Needed:

- Kitchen scale
- Hand blender or food processor
- Pot
- Stove
- Spoon
- Colander

Method:

1. Put all ingredients in a blender (excluding pasta and olive oil). Slowly add olive oil until it is smooth and the consistency of mayonnaise
2. Cook pasta until al dente (firm to the bite) and reserve ½ cup pasta water before draining the pasta
3. Mix pesto through the pasta and reserved pasta water, serve with a sprinkle of parmesan



Tips & Variations

- You can add chicken and roast pumpkin, broccoli or any vegetable you like or that is in season and maybe charge a bit extra
- This recipe can be made ahead of time and turned into a cold pasta salad by adding cherry tomatoes, capsicum, cucumber, baby spinach, carrot or any salad vegetable that is on hand

NACHOS/PASTA BOLOGNESE SAUCE



Oak Flats Public School

Submitted by: Anne Tolherst

School suburb: Oak Flats

Role: Canteen Manager

Canteen managed by: P&C/P&F

About the school and canteen: Primary school in Illawarra Shoalhaven with 450 students

“ This is one of our most popular recipes. ”



Classification: **Everyday**



Serves: 20



Prep. Time: 12 min



Cooking Time: 30 min

Ingredients:

- 2 onions, diced
- 2 cloves garlic, minced
- 2kg lean mince (pork, beef or chicken)
- 2 tbsp. tomato paste
- 500g carrots, grated
- 2 x 400g canned diced tomatoes
- 3 x 500g jars pasta sauce
- Rosemary, fresh or dried, to taste
- Oregano, fresh or dried, to taste
- Basil, fresh or dried, to taste
- Pepper, to taste
- For nachos: 20 tortillas/wraps
- For pasta bolognese: 1kg pasta, cooked

Equipment Needed:

- Frypan
- Wooden spoon
- Stove/hot plate (unless using electric frypan)
- Oven (if serving as nachos)
- Colander (if serving as pasta bolognese)

Method:

Mince

1. Sauté onions and garlic and add mince. Cook until brown
2. Add tomato paste, stir through and cook for 1 minute
3. Add grated carrot and stir in
4. Add tomatoes and pasta sauce
5. Season to taste with rosemary, oregano, basil and pepper

Nachos

1. Cut wrap bread into triangles
2. Place on lined baking tray and cook in the oven at 200°C for 5 minutes
3. Top with mince

Pasta bolognese

1. Bring a large saucepan of water to the boil over high heat on the stove
2. Once boiling rapidly, pour in pasta and cook according to directions on packaging, approximately 8 to 12 minutes
3. Drain pasta in colander
4. Return pasta to colander and mix in the mince

GLUTEN-FREE HAM AND ZUCCHINI FRITTATA



Terrigal Public School

Submitted by: Lyn Loveland

School suburb: Terrigal

Role: Canteen Manager

Canteen managed by: P&C/P&F

About the school and canteen: Terrigal Public School is located on the Central Coast and is a co-educational primary school with over 800 students. The P&C Association manages our school canteen.

“ One of our most popular
Everyday items, made from
scratch and easy to make! ”



Classification: **Everyday**



Serves: 8 large
(lunch) or 16-20
small (snack)



Prep. Time: 8 min



Cooking Time: 35 min

Ingredients:

- 10 eggs
- ¼ cup low fat milk
- 2 cups grated zucchini
- 1 cup grated reduced-fat cheese
- 1 cup diced ham

Equipment Needed:

- Bowl
- Wooden spoon
- Whisk
- Oven
- Oven-safe baking dish

Method:

1. Whisk eggs and milk together
2. Add all other ingredients and mix until combined
3. Bake in the oven for 35 minutes at 180°C

Side salad:

- Toss together cherry tomatoes, cucumber, grated carrot, shredded lettuce and any other veggies you have on hand, then drizzle with salad dressing.



Tips & Variations

- Makes 8 large lunch serves (serve with a side salad) or 16-20 small recess serves (we sell at \$1 each)

BAKED TORTILLA BOWLS

Grose View Public School

Submitted by: Rebecca Camilleri

School suburb: Grose Vale

Role: Canteen Manager

Canteen managed by: P&C/P&F

About the school and canteen: We have 250 students and 25 staff members. We open Wednesdays and Fridays for breakfast, recess and lunch. I am the only full-time canteen manager and I have 2-3 volunteers each week.



Classification: **Everyday**



Serves: 40



Prep. Time: 12 min



Cooking Time: 1hr 45 min

Ingredients:

- 2kg lean beef mince
- 2 x 300g mild chunky tomato salsa
- 4 x 400g canned diced tomatoes
- 4 x 420g canned red kidney beans
- 1 x 700g tomato passata cooking sauce
- 4 tbsp. tomato paste
- 2 x 40g burrito/taco seasoning
- 4 onions, peeled and diced
- 4 carrots, peeled and grated
- 4 zucchini, grated
- 2 tbsp. minced garlic
- 1 tbsp. oil
- 40 tortillas/wraps
- 2 iceberg lettuce, sliced
- 1kg fresh tomatoes, diced
- 500g reduced-fat grated cheese

Equipment Needed:

- Oven
- Microwave
- Aluminium foil
- Pie ramekins (or ceramic baking dish)
- Wire rack
- Saucepan(s)
- Wooden spoon
- Slow cooker (optional)

Method:

Tortilla bowls

1. Preheat oven to 170°C
2. Warm 6 tortillas in microwave for 30 seconds
3. Cut 6 pieces of aluminium foil approximately 30cm in width and scrunch them into 6 balls
4. Place each tortilla into a pie ramekin or ceramic baking dish and pleat and fold tortilla to fit, then to hold them in place, put a ball of scrunched foil in each of them
5. Bake them in the oven for 7 minutes or until slightly brown, then remove the foil ball and place back in the oven for 5 more minutes until golden brown, being careful not to burn the edges
6. Take them out of the oven and place on a wire rack to cool
7. Repeat with remaining tortillas

Mexican meat filling

1. Heat saucepan, then add oil, minced garlic and diced onion. Fry for 5 minutes, mixing with a wooden spoon
2. Add lean beef mince and cook till mince is cooked through
3. Add carrots, zucchini and burrito/taco seasoning mix
4. If your saucepan is getting too full, now is the time to divide your mixture between two pots to make the next steps and stirring easier
5. Now add all the remaining ingredients, the mild chunky tomato salsa, tomato paste, tomato passata, red kidney beans and diced tomatoes, dividing them evenly among the two pots
6. Stir every 5 minutes, checking that it is not sticking to the bottom
7. Lower the heat and simmer for one hour. You will find the liquid should start to reduce. Keep stirring. Red kidney beans will start to break down slightly
8. If you would like your mixture to reduce further, pour into a slow cooker and place on low till ready to serve

Assembling the tortilla bowls

1. Slice the iceberg lettuce and place a small amount in the tortilla bowls, then spoon some Mexican filling, add diced fresh tomatoes and top with some grated cheese
2. Serve and enjoy



Tips & Variations

- Tortillas can be baked the day before and kept in an airtight container
- Mexican filling can be made a few days ahead and be heated through in a slow cooker or on the stove
- Extra salad items can be added, such as fresh avocado
- Choose oil made with mono- or polyunsaturated oils including canola, sunflower, olive, grapeseed, corn and soybeans oils

“ This recipe was for a Friday Special – I have been trying to experiment with some different and new food cuisines that can be introduced into our menu. The children loved the Mexican theme and instead of the corn chips, I baked the tortillas so they were crunchy, and they could break them up and dip them into the meat sauce, topped with fresh salad and cheese. I chose to use the tortilla bases as this was more cost effective. ”

HAWAIIAN WRAP



Hunter Sports High School

Submitted by: Natasha Jackson

School suburb: Gateshead

Role: Canteen Manager

Canteen managed by: P&C/P&F

About the school and canteen: Our school has around 1100 students, with a good portion being a part of the talented sports program. Our canteen is open 5 days a week with 2 paid staff and 1 volunteer who comes to help each Wednesday. We also have 3 other volunteers who each come once a month. We have an awesome principal supporting our healthy choices.

“ This was an existing recipe which we changed to suit the NSW Healthy School Canteen Strategy. ”



Classification: **Everyday**



Serves: 1



Prep. Time: 6 min



Cooking Time: 30 min

Ingredients:

- 1 flame grilled chicken patty or uncrumbed/uncoated chicken burger patty
- 1 x 10-inch tortilla wrap, wholemeal/multigrain
- 1 tbsp. mayonnaise
- 1 tsp. barbecue sauce
- Grated reduced-fat cheese, to taste
- 2 slices shaved ham
- 1 slice of pineapple (fresh or canned)

Method:

1. Cook the flame grilled chicken patty in a 180°C oven for 20 minutes
2. Place a small amount of mayonnaise on the tortilla, then drizzle with barbecue sauce
3. Sprinkle cheese over the top, and place 2 slices of ham over cheese
4. Cook pineapple on a sandwich press, then cut in half and place it over the ham
5. Remove chicken patty from the oven, slice into thin pieces and lay on top of the pineapple
6. Fold both tortilla sides into the middle and roll over to make a rectangle shape
7. Toast in a sandwich press until golden brown
8. Wrap in sandwich paper and keep in a pie oven at 80°C until needed



Tips & Variations

- Choose reduced-fat varieties of cheese, and lean ham
- Add salad fillings such as lettuce, tomato, or avocado

Equipment Needed:

- Grater
- Oven
- Knife
- Chopping board
- Sandwich press
- Pie oven

BUTTER CHICKEN MEATBALL SUB



Recipe by Healthy Kids Association



Hot dogs are a very popular menu item in school canteens, but sometimes it can be difficult to find one that meets the criteria of the NSW Healthy School Canteen Strategy. Our solution? Mouth-watering meatball subs!



Classification: **Everyday**



Serves: 20



Prep. Time: 22 min



Cooking Time: 26 min

Ingredients:

- 2kg chicken mince
- 4½ cups wholemeal breadcrumbs
- 10 large eggs
- 1½ tbsp. garlic, minced
- 1 tbsp. mixed herbs, dried or fresh
- 3 medium onions, diced
- 4 medium carrots, grated
- 1 x 400g can diced tomatoes
- 3½ cups butter chicken sauce or 1.5 jars of commercial butter chicken sauce
- 3 cups green cabbage, chopped
- 20 hot dog bread rolls (or rolls of choice)
- 1 cup reduced-fat grated cheese

Method:

1. Preheat oven to 200°C
2. In a large bowl, combine mince, breadcrumbs, eggs, garlic, herbs, onion and carrot
3. Measure out approximately 1½ tbsp. of the mixture and roll lightly to form a ball. Repeat with remaining mixture
4. Place meatballs onto a lined baking tray, then bake for 18-20 minutes until golden brown or cooked through
5. Warm the diced tomatoes and butter chicken sauce in a saucepan over medium heat
6. Put ¼ cup of the chopped cabbage into each roll, top with 4 meatballs in each hotdog roll. Top with ¼ cup sauce and sprinkle with grated cheese



Tips & Variations

- Replace chicken with lean beef, pork, turkey or vegetarian mince
- Since this is an Everyday recipe, why not kick-start each week with “Meatball Monday”?

Equipment Needed:

- Knife
- Grater
- Oven
- Large bowl
- Mixing spoon
- Measuring spoons
- Measuring cups
- Baking tray
- Ladle

BEEF BIBIMBAP

Recipe by Healthy Kids Association



Deliciously diverse, Bibimbap is a popular Korean dish perfect for the canteen as the ingredients used are incredibly flexible. It is a quick, cost-effective and practical meal that involves throwing together your leftover vegetables, meat and rice.



Classification: **Everyday**



Serves: 8



Prep. Time: 10 min



Cooking Time: 30 min

Ingredients:

- 8 cups cooked short grain brown or white rice
- ½ cup seasoned rice vinegar
- 500g lean beef mince
- ¼ cup sesame oil
- 2 cups carrot, peel and grated/shredded
- 2 cups cucumber, grated/shredded
- 2 cups kimchi (optional)
- 4 cups bean sprouts
- 2 cups zucchini, grated/shredded
- 4 cloves of garlic, peeled and crushed
- 1 tbsp. extra sesame oil
- 8 large eggs, fresh
- ¼ cup toasted sesame seeds (optional)
- Soy sauce, reduced salt

Equipment Needed:

- Grater/vegetable shredder
- Garlic crusher (or knife and chopping board)
- Wok or large frypan
- Measuring cups & spoons
- Wooden spoon
- Spatula
- Bowls for serving
- Rice cooker
- Baking tray or small frying pan to toast sesame seeds (optional)

Method:

1. Place 1 cup of the cooked rice in the base of 8 bowls
2. Place a wok/frypan on high heat, add ½ the sesame oil and once hot add the beef mince, cook until browned
3. Equally portion the cooked beef on top of the rice in each bowl
4. Place the carrot atop the rice, next to the beef. Do the same with the cucumber, kimchi (optional) and sprouts
5. With the remaining oil, cook the zucchini and garlic until lightly browned, then add this to the top for further visual appeal
6. Heat the same pan over high heat, add the extra sesame oil and cook the eggs - three at a time, sunny side up (i.e. yolk on top). Once cooked (with still runny yolks) place one egg in each bowl atop the vegetables
7. Serve warm



Note: Toasting sesame seeds

Stovetop

1. Add sesame seeds to frying pan
2. Stir every 20 to 30 seconds over medium-low heat on the stove for approximately 4 to 5 minutes until lightly golden brown and aromatic

Oven

1. Spread sesame seeds in a single layer on lined baking tray
2. Bake in the oven at a low heat for 7 minutes, stirring half-way, until lightly golden brown and aromatic



Tips & Variations

- Make it vegetarian by leaving out the beef or substituting it with tofu
- Substitute seasoned rice vinegar with regular white vinegar
- Swap sesame oil with toasted sesame oil for a stronger flavour

SHAKSHUKA



Recipe by Healthy Kids Association



This one-pan-wonder is a very popular dish in North Africa and the Middle East. The word shakshuka means 'mixture' which perfectly describes the dish - a mixed vegetarian dish consisting of eggs in a sauce packed full of flavourful ingredients.



Classification: **Everyday**



Serves: 8



Prep. Time: 10 min



Cooking Time: 20 min

Ingredients:

- 1 tbsp. olive oil
- 1 large onion, peeled and finely chopped
- 1 large red capsicum, finely chopped
- 4 cloves garlic, minced/crushed
- 1x 400g canned crushed or diced tomatoes
- 2 tbsp. tomato paste
- 1 tbsp. honey
- 2 tsp. smoked paprika
- ½ tsp. cinnamon
- 2 x 400g canned chickpeas, rinsed and drained
- 8 eggs
- 8 cups brown rice, cooked
- 1 cup fresh parsley, chopped

Method:

1. Heat the olive oil in a large non-stick frypan on medium heat
2. Add the onion and capsicum. Cook for a few minutes until the vegetables are soft and the onion is translucent, stirring occasionally
3. Stir in the garlic, tomatoes, tomato paste, honey, smoked paprika and cinnamon
4. Mix in the chickpeas, cover and bring the mixture to a gentle simmer for 10 minutes
5. With a large spoon, create 8 wells in the mixture and crack an egg into each well
6. Cover the pan again and leave to cook for approximately 5 minutes, or until the egg whites are set but the yolks are still runny
7. While the eggs are cooking, scoop 1 cup of cooked rice into each bowl
8. Once the eggs are ready, evenly distribute the contents of the pan into each bowl, atop the rice
9. Garnish with fresh parsley to serve



Tips & Variations

- If it's more convenient, steps 1-4 can be prepared ahead of time. Cool the mixture and keep in an airtight container in the fridge until you are ready to re-heat it and continue with step 5
- Add more toppings! Why not add some reduced-fat feta or a dollop of hummus?
- This recipe works with white rice too

Equipment Needed:

- Chopping board
- Knife
- Garlic crusher
- Measuring spoons
- Measuring cups
- Large non-stick frypan
- Wooden spoon
- Ladle or spatula



SNACKS

PANCAKE BERRY TRIFLE CUPS



Hayes Park Public School

Submitted by: Leisa Renshaw

School suburb: Kanahooka

Role: Canteen Manager/Supervisor

Canteen managed by: P&C/P&F

About the school and canteen: Hayes Park Public School has approximately 550 students. The canteen is P&C-run with 1 staff member and 7 volunteers weekly. The canteen is open 5 days a week.

“ We have made this healthy version of pancakes before and the students love them. We also have fruit salad and yoghurt offered on our menu, so why not add them both together for a yummy dessert which has the students coming back for more? ”



Classification: **Everyday**



Serves: 8



Prep. Time: 12 min



Cooking Time: 12 min

Ingredients:

- 1½ cups milk
- 1 egg
- 1kg frozen mixed berries
- 500g plain yoghurt
- ½ cup plain self-raising flour
- ½ cup wholemeal self-raising flour
- 2 tbsp. margarine
- 1 cup toasted rolled oats

Equipment Needed:

- Measuring cups
- Measuring spoons
- Whisk (or fork)
- 2 mixing bowls
- Stove
- Frypan
- Pastry brush
- Sifter
- Mixing spoon
- Spatula
- Plate
- Knife
- Chopping board
- Plastic/clear cups

Method:

Making the pancakes

1. Whisk milk and egg together in a bowl
2. Sift both flours in a separate bowl, make a well in the centre
3. Add the liquid mixture to the dry mixture and whisk until well combined
4. Heat a fry pan on medium heat. Using the pastry brush, brush the frypan with the margarine
5. Using ¼ of the mixture per pancake, pour the batter into the frypan and cook for 2-3 minutes or until bubbles appear, turn over and cook the other side until cooked through
6. Remove pancake and place on a plate
7. Repeat steps 4-6 with the remaining mixture

Layering the cups

1. Slice the pancakes into strips
2. Place pancake strips into the bottom of each cup
3. Add 1 tbsp. of yoghurt
4. Add 2 tbsp. of mixed frozen berries
5. Repeat steps 2-4 until all cups are filled
6. Sprinkle toasted rolled oats on top
7. Serve and enjoy!



Tips & Variations

- Choose reduced-fat varieties of milk and yoghurt
- Choose margarines made with mono- or polyunsaturated oils including canola, sunflower, olive, grapeseed, corn and soybean oils
- Let pancakes cool before slicing
- If using smaller cups, only do 1 layer instead of 2
- Instead of using berries, why not try other tropical fruit like mango, kiwi or passionfruit?

FROZEN PINEAPPLE STICKS



Davidson High School

Submitted by: Linda Humphrey
Role: Co-Manager

School suburb: Frenchs Forest
Canteen managed by: P&C/P&F

About the school and canteen: We are a P&C-run high school canteen on Sydney's Northern Beaches at a school with over 900 students. We have 6 paid staff who cover the 5 days a week that we are open, with up to 3 paid staff each day. We have around 25 regular volunteers who help out once a month.

“ I was looking for a way to include more fruit items on our menu that were easy to prepare and easy to store. We already stocked watermelon and pineapple to use in our fruit tubs and fruit salad, so this was an easy choice. Preparation of these can be done at the same time as preparing other fruit items, simply cut the fruit sticks in the desired shape and use the off-cuts for other items. These are very popular in the warmer months with staff and students. ”



Classification: **Everyday**



Serves: 16+ (1 stick per serve)



Prep. Time: 12 min

Ingredients:

- 1 ripe pineapple

Equipment Needed:

- Popsicle sticks
- Knife
- Chopping board
- Container to freeze them in
- Go-between/cling wrap to prevent them sticking
- Freezer

Method:

1. Remove skin from pineapple and remove center core
2. Cut into chunks/wedges and push a popsicle stick in one end
3. Freeze in a container lined with go-between/cling wrap



Tips & Variations

- Watermelon also works really well
- Other variations include frozen banana rolled in desiccated coconut or frozen grapes

FROZEN YOGHURT GRANOLA BARS



Goulburn High School

Submitted by: Melinda Whitty

School suburb: Goulburn

Role: Canteen Manager

Canteen managed by: P&C/P&F

About the school and canteen: Goulburn High School is the oldest co-educational high school in Goulburn with a proud 100-year history. Our students are energetic, talented and respectful. They are good country, small city kids. They are definitely a highlight in my day.

“ Alternative frozen snack. ”



Classification: **Everyday**



Serves: 15



Prep. Time: 15 min



Cooking Time: 3 hours

Ingredients:

Base

- 2 cups granola (minimum 3.5 Health Star Rating, no confectionery e.g. chocolate chips)
- 2 cups pitted dates

Filling

- 1 kg tub yoghurt
- 1 tbsp. vanilla essence

Topping

- You can use any combination of fresh fruit you have on hand (1-2 cups)

Equipment Needed:

- Food processor
- Mixing bowl
- Tin of your choice
- Mixing spoon
- Freezer
- Knife
- Chopping board

Method:

Base

1. Pulse granola in food processor until even in texture and remove mixture and place into a bowl
2. Add dates into food processor and process until smooth
3. Combine dates with granola and mix with hands until combined
4. Press mixture firmly into a lightly greased tin of your choice (We have a half-sized chafing dish, but you can use muffin tins to form individually)

Filling

5. Mix together to combine and pour onto base mix

Topping

6. Top the mixture with fruit
7. Place in freezer for at least 3 hours
8. Remove from tin. You may need to dip tin into hot water then turn onto a clean chopping board
9. Heat knife and cut into desired size



Tips & Variations

- If using Greek/plain yoghurt this can be sweetened with 4 tbsp. of honey or maple syrup

FRUIT AND YOGHURT ICE BLOCKS



Caringbah North Public School

Submitted by: Lynne Rafferty
Role: Canteen Assistant

School suburb: Caringbah
Canteen managed by: P&C/P&F

About the school and canteen: Caringbah North Public School is a growing K-6 school and has 580 students from a number of different cultural backgrounds. The canteen is called 'The Lunch Box' and is open 5 days a week. It is run by the P&C and has its own dedicated Manager and Treasurer. There are 4 paid Canteen Assistants and on average 7 volunteers each week - both mums and dads.

“ The canteen wanted an Everyday snack menu item that was healthy, tasty, quick and easy to prepare and not expensive for the kids to purchase. We sell each ice block for 50c. ”



Classification: **Everyday**



Serves: 14



Prep. Time: 12 min



Freezing Time: Overnight

You can use any fruit of your choosing. We have used mango in the recipe below.

Ingredients:

- 1 x 425g of canned mango slices, or fresh or frozen mango
- Low fat vanilla yoghurt

Equipment Needed:

- Blender/fork
- Large ice cube trays or small cups
- Dessert spoons
- Small wooden popsicle sticks (available from most discount shops)
- Freezer

Method:

1. If using canned mango slices, first drain and discard the juice
2. Puree/mash mango slices finely (with a blender or fork)
3. Using dessert spoons, spoon mixture into a standard ice cube tray until each cube is 2/3 full
4. Fill the rest of the cube with low fat vanilla yoghurt
5. Place a popsicle sticks in the middle of each cube
6. Freeze overnight



Tips & Variations

- I tend to make 3 or 4 trays at once. Once frozen, I run the back of the ice cube tray under cold water to release the ice blocks from the tray. They can then be stored in a container in the freezer
- Choose canned fruit in juice (not syrup)
- We have also tried using crushed pineapple and pie apples
- You could also use other flavours of yoghurt if desired

RED VELVET CUPCAKES



Matthew Pearce Public School

Submitted by: Beth Gray

School suburb: Baulkham Hills

Role: Canteen Manager

Canteen managed by: P&C/P&F

About the school and canteen: A growing school with 1440 students in Western Sydney.

“ This recipe has been a great way to introduce a new vegetable (beetroot) into the canteen that not many of our children eat.

”



Classification: **Occasional**



Serves: 14



Prep. Time: 15 min



Cooking Time: 15 min

Ingredients:

- 2 cups self-raising, wholemeal flour
- ¼ cup sugar
- ¼ cup honey
- ¼ cup cocoa powder
- 1 beetroot, grated
- 1 cup milk
- ½ cup oil
- 1 egg

Equipment Needed:

- 2 large mixing bowls
- Mixing spoon
- Spoons
- 12-hole muffin tin
- Oven

Method:

1. Mix dry ingredients in a bowl
2. Mix wet ingredients in separate bowl
3. Combine wet and dry ingredients until just mixed
4. Spoon into a 12-hole muffin tin
5. Bake in the oven at 180°C for 12-15 minutes



Tips & Variations

- Make your muffins rainbow-coloured by substituting 2/3 of the beetroot with equal parts grated zucchini and carrot
- Choose reduced-fat varieties of milk
- Choose oil made with mono- or polyunsaturated oils including canola, sunflower, olive, grapeseed, corn and soybean oils

FROZEN YOGHURT



Marayong South Public School

Submitted by: Marielle Coolen

School suburb: Blacktown

Role: Canteen Assistant Manager

Canteen managed by: P&C/P&F

About the school and canteen: Our school canteen is open 4 days a week (Monday to Thursday) and is run by 2 paid employees who both work 2 days. We only have the occasional volunteer in. Our school has around 340 students (we have had a few leave and some new ones coming lately, so it varies a little bit) and about half of the students have a background other than Australian. We have lots of students order lunch on a regular basis; a smaller part will have some money to spend at both recess and lunch time.

“ With students buying at recess and lunch often only coming to school with a little bit of money to spend, we needed something healthy, fun-looking and cheap for them to eat. We started off with just making little yoghurts in miniature cups and selling them with a spoon. Sometimes we wouldn't have sold all of them by the end of the week so we started putting in a popsicle stick and freezing them so they would last longer. Our students really liked the frozen yoghurts; it's much easier for us too! As they are only small, and to have them available for the majority of students, we sell them for only 50c each.

”



Classification: **Everyday**



Serves: 40



Prep. Time: 16 min



Freezing Time: Overnight

Ingredients:

- 1kg Greek or plain yoghurt
- 1kg fruit, fresh or frozen

Equipment Needed:

- Bowls
- Forks
- Spoons
- Miniature cups
- Popsicle sticks
- Air-tight container
- Freezer

Method:

1. Put different fruits in separate bowls
2. Squash the fruit with a fork
3. Mix yoghurt into each fruit mixture (Use less yoghurt for a more fruity and colourful yoghurt, or more yoghurt for lighter and less fruity appearance)
4. Spoon the fruit yoghurt in miniature cups, add popsicle sticks and freeze overnight
5. The next morning, remove from the miniature cups and store the frozen yoghurts in an airtight container in the freezer



Tips & Variations

- Choose reduced-fat varieties of yoghurt

QUICK EVERYDAY SCROLLS



Sturt Public School

Submitted by: Jo Klimpsch

School suburb: Sturt

Role: Canteen Manager

Canteen managed by: P&C/P&F

About the school and canteen: Sturt Public is a regional primary school with 400 students.

“ These are easy to make, are versatile and classified as Everyday. Scrolls are very popular with students and staff. We sell them at \$1.00 each. ”



Classification: **Everyday**



Serves: 16



Prep. Time: 15 min



Cooking Time: 15 min

Ingredients:

Dough

- 500g Greek or plain yoghurt
- 500g self-raising flour

Filling

- 3 slices lean ham

Dip

- Corn relish
- Greek yoghurt
- Chives

Equipment Needed:

- Thermomix (optional)
- Spoon (to spread)
- Knife
- Chopping board
- Oven

Method:

1. Mix the flour and Greek yoghurt and knead with a Thermomix or by hand
2. Roll out the dough and spread with the dip and ham
3. Roll the dough up and slice into 16 pieces. Bake at 180°C for 15min



Tips & Variations

- Greek yoghurt is great for savoury and sweet, though flavoured yoghurt e.g. vanilla or berry is great for a sweeter version.
- You can make a variety of scrolls using ingredients you have available. Super easy versions include:
 - Stewed apple, cinnamon and custard
 - Vegemite and grated cheese
 - Blueberries and yoghurt
 - Creamed corn, baby spinach and grated cheese
- Choose reduced-fat varieties of yoghurt and lean ham

ZA'ATAR MANOOSH



Bossley Park High School

Submitted by: Renee Stierli

School suburb: Bossley Park

Role: Canteen Manager

Canteen managed by: P&C/P&F

About the school and canteen: A high school with 1420 students of mixed cultures. The canteen is open 5 days with 6 paid staff, 4 in each day.

“ This recipe was introduced when I was designing a breakfast menu. I had a staff member who kept bringing this in for morning tea, so I decided to try and make it. It was popular with staff and students. You just want to make sure you don't overcook it. Very cost effective. ”



Classification: **Everyday**



Serves: 20



Prep. Time: 30 min



Cooking Time: 7 min

Ingredients:

- 3 cups of self-raising flour
- 2 cups Greek yoghurt (natural)
- Za'atar* (herb mix)
- Canola oil spray

Equipment Needed:

- Electric mixer with dough hook (or bowl and wooden spoon)
- Rolling pin
- Knife
- Chopping board
- Fork
- Tablespoon measure
- Oven trays
- Oven
- Paper bags for serving

Method:

1. Mix together flour and yoghurt in an electric mixer with a dough hook until combined and smooth (or knead by hand for 5-10 minutes)
2. Cut into portions, 90g each, and, with a rolling pin, roll as thin as you can get. Lightly flour your benchtop so it doesn't stick
3. Spray oven tray with canola oil. Place dough on top, and poke dough with a fork a few times
4. Spray the top of the dough with canola oil
5. Spread 1 tbsp. of za'atar mix on top of the dough
6. Place in the oven at 200°C for 7 minutes. Ovens may vary, so be careful not to overcook
7. Then they are ready to serve! I just fold it in half and place in a white paper bag



Notes

*Za'atar herb mix consists of dried thyme, roasted sesame, sumac, caraway, fennel, coriander and dill and can be bought from select supermarkets, Middle Eastern stores or online



Tips & Variations

- Dough can be made the day before and left in fridge – just wrap well in cling wrap

CHOCOLATE BROWNIE SLICE



Caringbah North Public School

Submitted by: Lynne Rafferty

School suburb: Caringbah

Role: Canteen Assistant

Canteen managed by: P&C/P&F

About the school and canteen: Caringbah North Public School is a growing K-6 school and has 580 students from a number of different cultural backgrounds. The canteen is called 'The Lunch Box' and is open 5 days a week. It is run by the P&C and has its own dedicated Manager and Treasurer. There are 4 paid Canteen Assistants and, on average, 7 volunteers each week.

“ The canteen wanted to include a special treat on the “Freshly Baked in the Canteen” section of the menu. So, we went about looking for a healthier version of a popular recipe. This recipe makes 10 pieces, and the canteen sells them for \$1.00 each. Feedback has been good, so much so that it has been a staple on our menu for years now! The recipe is very quick and easy to make and we usually make 2 slices at a time and freeze them. ”



Classification: **Occasional**



Serves: 12



Prep. Time: 12 min



Cooking Time: 30 min

Ingredients:

Dry ingredients

- ½ cup self-raising flour
- ½ cup desiccated coconut
- ½ cup caster sugar
- ½ cup cocoa

Wet ingredients

- ½ cup low fat vanilla yoghurt
- 1 tsp. vanilla essence
- 2 tbsp. vegetable oil
- 2 eggs

Equipment Needed:

- Measuring cups and spoons
- Bowl
- Jug
- Whisk or fork (for mixing wet ingredients together)
- Large metal spoon (for mixing wet and dry ingredients together)
- Slice tin
- Oven
- Butter knife to spread mixture evenly in tin
- Sharp knife to cut slice into pieces

Method:

1. Mix together dry ingredients in a bowl
2. Mix together wet ingredients in a jug
3. Add the wet ingredients to the dry ingredients and mix to combine
4. Place in a lined slice tin and bake in the oven for 30 minutes at 180°C
5. Cool in tin and cut into 10 pieces



Tips & Variations

- The slice cuts best when cool
- I add another tablespoon of low fat yoghurt to make the slice just that little bit more moist!

FROZEN BANANA YOGHURT POPS/FLOWERS



Woronora River Public School

Submitted by: Louise Walker

School suburb: Woronora

Role: Canteen Manager

Canteen managed by: P&C/P&F

About the school and canteen: We are a little school with 100 students tucked away on the side of a river and surrounded by bushland. The canteen is open 2 days a week and is run by the P&C and staffed by volunteers.

“ A favourite with our kids, the frozen banana yoghurt pops are a modified recipe found off the internet. Priced at only 50c, they are a small, sweet treat. ”



Classification: **Everyday**



Serves: 12



Prep. Time: 16 min



Freezing Time: Overnight

Ingredients:

- 6 bananas
- 1½ cups Greek vanilla-flavoured yoghurt, reduced-fat
- 1 cup coconut, shredded

Equipment Needed:

- Knife
- Chopping board
- Popsicle sticks (to make pops)
- Cupcake cups and spoon (to make flowers)
- Baking tray
- Freezer

Method:

Banana Yoghurt Pops

1. Cut bananas into approximately 5cm pieces
2. Insert a popsicle stick into one end of the banana
3. Dip the banana in yoghurt
4. Roll in coconut
5. Place on lined baking tray and freeze overnight

Banana Yoghurt Flowers

1. Cut bananas into approximately 3cm pieces
2. Line cupcake cups across baking tray
3. Spoon some yoghurt into each cupcake cup
4. Top each with one piece of banana
5. Sprinkle coconut on top
6. Freeze overnight



Tips & Variations

- Use strawberry or berry yoghurt for a pink version



DRINKS

HEARTBEET JUICE



Recipe by Healthy Kids Association

You can also call this 'ABC Juice' for its delicious combination of apple, beetroot, carrots and celery.

For a summertime twist, we recommend freezing this juice into ice blocks! Simply replace the ice cubes with water and freeze overnight in moulds. This is an easy way to add another Everyday cold snack to your menu whilst also being the perfect solution to prevent any leftover juice going to waste.



Classification: **Everyday**



Serves: 20 x 250mL cups



Prep. Time: 10 min

Ingredients:

- 10 beetroots, halved
- 20 large carrots, halved
- 10 celery stalks, halved
- 20 red apples, halved
- 5 cups ice

Equipment Needed:

- Juicer
- Large jug or bowl
- 20 x 250mL cups

Method:

1. Place the beetroot, carrot, celery and apples into a juicer and juice into a large jug or bowl
2. Evenly distribute ice cubes into the cups, top with an even amount of juice into each cup and serve!



Tips & Variations

- Use cups that hold 250mL or less, so you know you won't exceed the fruit juice portion limit of 250mL



ARTICLES

CELEBRATING DIVERSITY

Canteen manager, Chris Curtis has shared some ideas for you to try and create for your own special cuisine week in the canteen.



Japanese Week

Chicken, tuna, or tofu sushi
Miso soup

Indian Week

Daal
Butter chicken with rice

Greek Week

Moussaka (meat or vegetable options)
Spanakopita

Middle Eastern Week

Lamb koftas
Falafel Rolls

Chinese Week

Chicken or vegetable dumplings
Fried Rice
Noodle Box



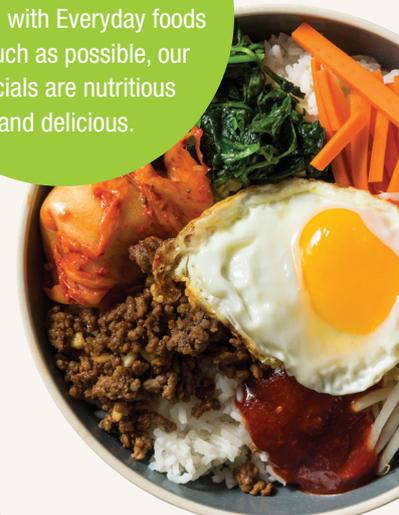
Wholesome Kids Café is open Monday to Friday and is under the management of the P&C. The school is located in the upper Blue Mountains and has 342 students.

At Blackheath Public School, the canteen celebrates cultural diversity by featuring different cuisines as specials.

The canteen, called Wholesome Kids Café, uses weekly specials as a way to promote healthy eating. Seasonal and local produce frequently star in the cuisines from around the world. The specials are often influenced by suggestions from the students and community which gives students the opportunity to try foods that they might not have at home. Since the special is 'one week only', the buzz and limited availability gives children the nudge to try something that might be outside their comfort zone.



With an aim to have at least 3 vegetables in every dish and made from scratch with Everyday foods as much as possible, our specials are nutritious and delicious.



Looking for more ideas?
Check out these Everyday dishes for your cuisine themed specials

Thai

Pad thai
Red or green curry

Vietnamese

Rice paper rolls
Vermicelli salad with chicken or tofu

French

Baguette sandwiches (chicken, lean ham, egg, or salad)
No pastry quiche

Mexican

Quesadillas
Burritos, or tacos (soft shells), or nachos (toasted wraps)

Italian

Pasta – try fun shapes such as farfalle or fusilli
Pizza with Everyday toppings

Korean

Bibimbap

REDUCING CANTEEN WASTE

Did you know that annually 1/3 of the food produced globally is lost or wasted?

When we waste food, we also waste the resources used to grow, process, package, transport and sell our food, such as precious water, land and energy. On top of this, food which is thrown out is sent to landfill. When this decomposes it produces methane, a greenhouse gas which contributes negatively to global warming.



Visit the Healthy Kids webpage *Food Waste in the Canteen* for more tips and waste-saving recipes.

In school canteens, waste can occur during preparation, storage, or after sale. Addressing waste in the canteen can not only reduce your school's impact on the environment but can help to improve profitability in the canteen. We've shared with you some ideas to help get you started.

- 1 Recycle your scraps by composting them. If you're unable to compost food scraps on site, some councils offer community sites for composting
- 2 Make food to order by introducing lunch order systems
- 3 Track sales and wastage and use this information to guide daily preparation and future orders from suppliers
- 4 Check which ingredients you already have before purchasing
- 5 Ensure food is stored correctly to increase shelf life
- 6 Use leftover or overripe ingredients in recipes. For example, fruit in smoothies and muffins, and vegetables in soups.
- 7 Freeze leftover meals in portion-sized containers
- 8 Provide extra specials and meal deals at the end of each term to use up any food and ingredients that would otherwise go to waste over holidays
- 9 Know the expiration date terms. "Use by" is about *food safety*. Your food must be eaten before this date. "Best Before" is about *food quality*. Food can still be safe to eat after this date if stored correctly
- 10 Ensure food is served in practical portions and in a way that it is easy for students to eat

More Tips to Turn Your Scraps into Snacks



FRUIT

Super ripe apples, pears and stone fruit can be chopped into chunks and mixed into muffins, or stewed and layered in cups with yoghurt and muesli. If the fruit still slices well, pop it in a low and slow oven to make dried fruit chips – these are fantastic snacks and make a lovely, crumbled topping.



“

We blitz a mix of fresh fruit with a little 99% fruit juice, then pour it in an ice block mould, add a popsicle stick and freeze. We call them 'slushy on a stick' and sell them for 50c. They are one of our best sellers. It has allowed us to offer a range of seasonal fresh fruit every day without throwing the unused cut fruit at the end of the day. This saves us wasting fruit and gives the students a healthy frozen option.

”

The canteen operates 4 days per week and is managed by the P&C. There are 2 paid staff and minimum of 7-8 volunteers per week. The school has around 750 students.



HERBS

Create flavoured olive oil by popping finely chopped leftover herbs in the bottle.

WRAPS

Extra wraps freeze well until you're ready to create rustic pizzas with plenty of vegetables and a sprinkle of cheese.

Toasted tortillas are always a favourite – simply add a sprinkle of cheese, some chopped tomato and lean ham or chicken to half a wrap, fold the other side over and then fold again into a rough triangle, then toast in a sandwich press.

Stale wraps make excellent oven baked pita chips or Everyday nachos too.



BREAD

Excess bread can be chopped and toasted into croutons for salads or soups, or blended in a food processor to make breadcrumbs for canteen-made crumbed foods.



VEGETABLES

Any whole, half or otherwise chopped vegetable can be roasted in the oven and used in a muffin pan frittata or veggie pasta bake.

Love baking and hate waste? Try baking sheets. This is what canteen manager Shona McKenzie, does in her canteen at Manly West Public School.

“ At Manly West, we try and reduce waste where possible. Reusable baking sheets are fantastic and can be put in our commercial dishwasher. The baking sheets allow us to make our healthy homemade pizza subs and baked items without adding much oil. ”

The P&C-managed canteen is open 5 days per week, with 3-4 paid staff per day and up to 20 volunteers per week. There are 900 students in the school.



Here are more eco-friendly alternatives to use in the kitchen

- Storage containers are great alternatives to cling wrap and zip lock bags when refrigerating leftover ingredients or food
- Bring reusable produce bags to the supermarket instead of using a new plastic bag each time. They also come in different sizes and can be washable
- There are silicone wraps or food covers that can replace the need for cling wrap or aluminium foil. They come in different sizes to fit a variety of bowls, plates, and containers etc.

Running a Canteen Committee

Clovelly Public School

It takes a community to run a healthy school canteen. The canteen at Clovelly Public School has harnessed the power of the community to create and implement a successful 3-year strategy. This strategy aims to meet the NSW Healthy School Canteen Strategy and the broader goals of the canteen. Libby O'Neill, the canteen manager, shares how they did it.

School and canteen background information:

Clovelly Public School, located in Waverley, in the Eastern Suburbs of Sydney, has a beach-side culture with a mixed community of students and parents/carers. Diverse would be a good way to describe our school, varied socio-economic statuses, many nationalities and religions. The school has 620 students, and the canteen operates 5 days a week. The canteen is P&C-run, the Canteen Manager reports to a subcommittee of the P&C Executive. This subcommittee has a Chair, Finance Person, Fundraising, Enviro and Volunteer positions, plus the assistant to the Chair who is called a scribe. We have 4 staff, 3 (including myself) work 4 days a week, and 1 staff member works only Fridays due to the number of orders. Volunteering was very different with COVID-19 – there were 2 canteen committee members alternating each Friday. Before COVID-19, we developed a new strategy, with the Canteen Manager presenting at each of the parent teacher nights, asking interested parents to register on the SIGNUP APP and nominate when they were available to assist. This worked well until we closed in 2020 due to COVID-19 for 6 weeks.

How did the canteen committee develop its strategy for the canteen?

We treated the process like any marketing person would do for a small business – covering all aspects, both internal and external, especially when it came to communication.

The Strategy gave us a starting point. We aligned all of our processes to our vision statement and values. In terms of our vision, we offer 95% canteen-made food, changed our packaging to biodegradable, introduced recycling in the canteen (including recycling for parents to bring in used batteries, plastic lids etc.) which we take to the local council. The children are encouraged to deposit bottles and juice boxes, which are then taken to a local recycling unit.

In terms of our values, we set about having a healthy menu, and we achieved the Great Choice certificate. Fresh produce is used, and canteen-made food equals a greater uptake for the canteen. We now make a reasonable profit each year with these funds going towards our school's playground upgrade. Before the strategy, we were averaging 30 orders Monday to Thursday and 100 orders on a Friday. Now, we have 150-200 orders Monday to Thursday and 350-450 on a Friday.

Who supported you?

Our school parent/carer community and the P&C.

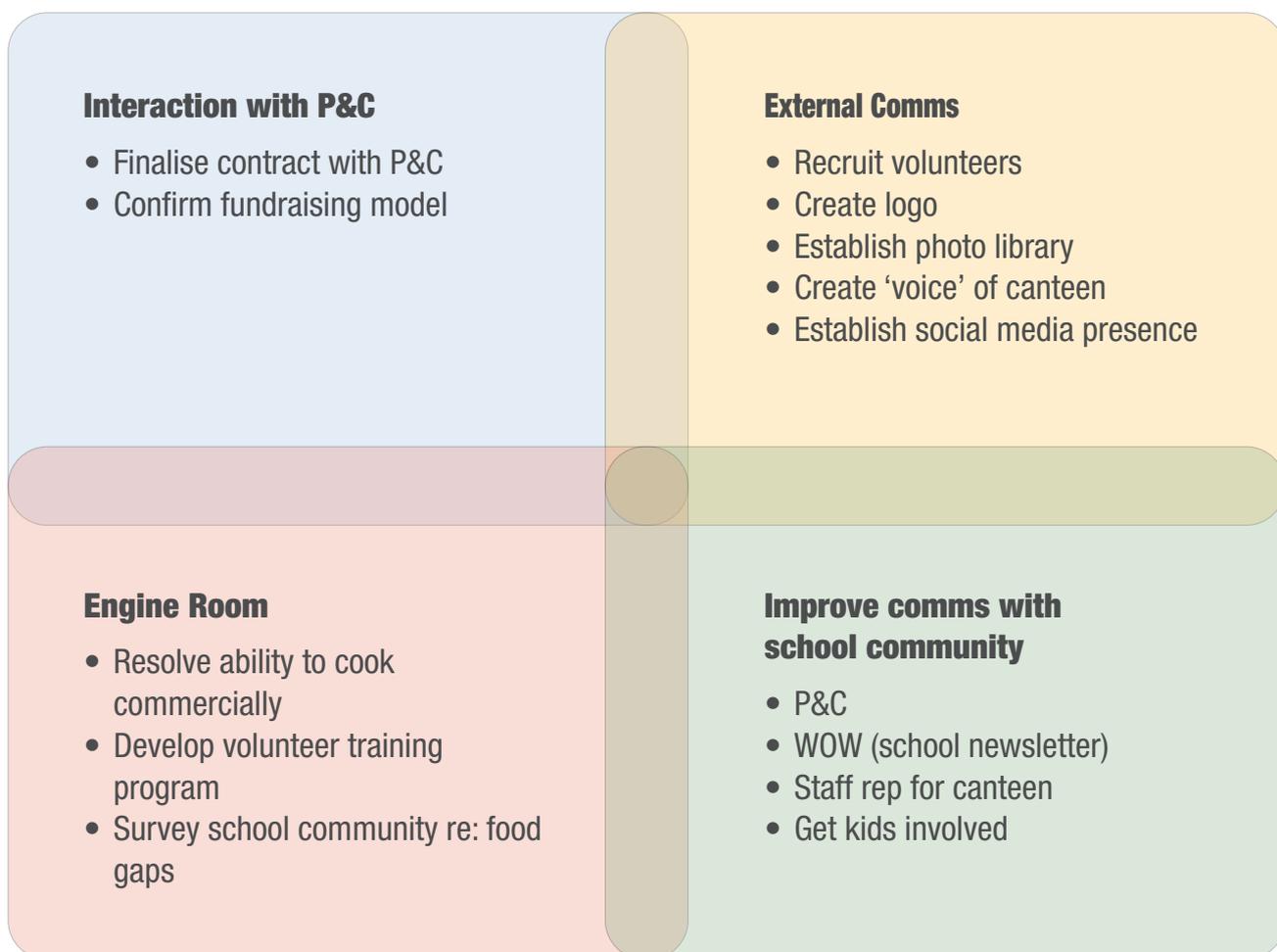
What has been the response from the school community?

The school is very happy as the canteen runs smoothly, we've had their support in also initially upgrading our canteen with all new equipment, and we meet the LGA Council requirements.

“ The outcome is that we are a successful and healthy canteen that runs with a profit for the school. The parents are guaranteed that their children are being provided with healthy options. ”



The canteen committee at Clovelly Public School uses an implementation plan for their strategy to ‘provide fresh, healthy, homemade food with an eco-friendly focus’. The plan consists of 4 action areas.



Here’s a snippet of their plan for the ‘Engine Room’ action area:

Action item	Information	Next steps	Who?	When?
Develop plan to allow for commercial cooking in the canteen	Existing infrastructure doesn’t support commercial scale cooking	Canteen upgraded oven, freezer and has upgraded yearly service of the fridge and freezers. Quotes for air conditioning and painting have been done	Canteen committee	Ongoing upgrading and maintenance
Survey school community to identify food gaps	Opportunity to offer food which reflects wider community	Focus groups took place and parents happy with the menu which meets the NSW Healthy School Canteen Strategy. Issues surrounding environmental waste - new bags, new cutlery to introduce a more eco-friendly environment	Libby and Amy	Focus groups finalised. Ongoing review
Develop volunteer training and induction program	Time consuming for Libby (canteen manager) to train volunteers every week	Develop a step-by-step manual on ‘How to Prepare’ the homemade food made within the canteen	Libby	Finalised

Menu Makeover

Vacy Public School



Angela Priestley, canteen coordinator at Vacy Public School, has transformed their previous menu to pass their menu check and also meet the needs of students and parents. She shares with us the process and the support she received to accomplish this.

School and canteen background information:

Vacy Public School is situated on the traditional land of the Wonnarua and Worimi Peoples. Currently we have 14 Aboriginal and Torres Strait Islander students enrolled.

We have 121 students. Our canteen is open Mondays and Thursdays and is run by a volunteer Canteen Coordinator. We have 2 volunteers working on a Monday and 3 volunteers working on a Thursday. The canteen is managed by the P&C/P&F.

“ We now provide a wider range of healthy menu options for the students which has also resulted in increased orders each week. More orders mean more profit for the canteen which allows us to contribute to making further improvements. ”

How did you start the menu check process?

When I took over as Canteen Coordinator at the start of the year, I had heard about a menu check so I searched the internet and found a Health Promotion Officer from Hunter New England Local Health District. I contacted them and was in regular contact over several weeks asking a lot of questions about completing a menu check and aligning our canteen menu with the Strategy. They provided feedback on resources to read and how I could get started. I completed a menu check and did not meet the Strategy, so I made it my mission to make the menu healthier and more appealing to the students. I am pleased to report that we now are a healthy school canteen.

Did you face any challenges along the way? How did you deal with them?

I created a survey to send to parents which included some questions on the variety and cost of canteen items. This revealed that not all parents agreed with the changes that were made in the canteen, however, it has allowed us to consider the feedback and consider further changes to improve the canteen. I also had to ensure that the new menu was exciting and appealing to the students as well as the parents.

What has the support you received been like?

Our local Health Promotion Officer has been a priceless support. She has answered so many of my questions, from big to small, and pointed me in the right direction. She has made suggestions on how to improve the canteen which has helped immensely. Our school principal, Karen Fonti, has also been a great support. She has welcomed the changes that I've made in the canteen and has also helped promote the canteen. It is great to have such a supportive principal.

What has been the response from the school community?

Feedback has been positive. They are loving the new menu. We have more items that are now made fresh in the canteen, a lot more variety and healthier options for the students. We are now even starting to introduce 'Special Days', which we have never had before.

PLAN YOUR PROMOTIONS

Marketing and promotion are incredibly effective ways to increase the sale of Everyday menu items. One way you can do this is by providing specials and meal deals based on calendar events throughout the school year.

To help you plan your specials for the year, here are some ideas:

FEBRUARY



Dim sum special for Chinese New Year

MARCH



Pesto pasta and a green juice combo for Saint Patricks Day

APRIL



Coloured hard-boiled eggs for Easter

MAY



Serve and promote vegetarian-only recipes in the canteen on World Environment Day

JUNE



Whole grain wraps and savoury muffins (with wholemeal flour) combo for Whole Grain Week

JULY



Baguette special for Bastille Day

AUGUST



Reduced prices on dairy products such as plain milk, flavoured milk, yoghurt or custard for Healthy Bones Action Week

SEPTEMBER



Heart-shaped pancake special for World Heart Day

OCTOBER



Spooky sand-witch special for Halloween

NOVEMBER



Vegetable and baked masala vada combo for Diwali

DECEMBER



Christmas tree pizza slices and red festive fruit salad cups (watermelon and grapes) for Christmas

For more ideas and information, visit these Healthy Kids webpages:

- Healthy Food & Drink Ideas for Fundraisers & Special Events
- Marketing & Promotion: NSW Healthy School Canteen Strategy
- Canteen LookBook

KITCHEN TIME SAVERS

Common canteen struggles are a lack of time, lack of space and a lack of cooking facilities. These tips aim to provide some inspiration for how to work efficiently with the resources you have, in the time you've got!



Storing fresh herbs

Store fresh herbs like parsley and coriander in foil, they keep longer.



The freezer is your friend

Instead of preparing each of your hot meals day-by-day, prepare a large batch of one item each day, and freeze the remaining portions to be sold later in the week. A few great freezable meals include chilli con carne (which can be used in multiple dishes such as burritos, tacos and jacket potatoes), pasta dishes (e.g. lasagna or macaroni and cheese), shepherd's pie, soups, curries and meatballs. Regular yoghurt, diced or sliced fruit, 99% fruit juice and flavoured milks are also great packaged items that can be sold as frozen snacks and require no preparation time.



Maximise your counter space

Prevent items taking up precious counterspace by using the oven to store cutting boards and large pots. Invest in racks to hang pans on the walls, or perhaps a kitchen island with wheels so you can move it around.



One Pot Wonders

You wouldn't believe how many dishes you can make with just a single electric frypan! A few of our favourites include shakshuka, chilli con carne, butter chicken, chicken and rice pilaf, potato gratin and stir fry with noodles.



Ready-made meals

If your canteen is particularly time-poor or staffed mostly by volunteers with basic cooking skills, check out some of the ready-to-eat **Everyday** options in the NSW Buyers' Guide.



Online ordering only

Making lunchtimes order-only is a great idea, not only for reducing food waste and benefiting profitability, but it also allows you to manage your time effectively.

SAVE THE STALK

8 USES FOR BROCCOLI STALK

When it comes to broccoli, the florets truly get the glory they deserve. However, often tossed aside or discarded are the underrated stalk and leaves. They're delicious, they're nutritious, and they certainly have a place on the menu. The broccoli stem is a bit tougher than the rest of the broccoli, but it doesn't mean it needs to become food waste! Here are some of our favourite ways to use up leftover broccoli stalks and leaves.



1 Blitz in a blender to make broccoli **'rice'**

.....

2 Spiralise the stem into broccoli **'noodles'** to add to a stir fry (or you could just finely chop the stalk and add it with the leaves into a stir fry with the rest of the vegetables!)

.....

3 Combine with onion and carrot peels to make **vegetable stock**

.....

4 Add some **crunch** to your salads, coleslaw, sandwiches or wraps by adding the thinly sliced broccoli stalk

.....

5 Boil then blend with leafy greens, lemon juice, olive oil, herbs, seeds and parmesan cheese into a **pesto sauce**

.....

6 Puree into **soups or dips** (e.g. creamy broccoli soup, or broccoli hummus)

.....

7 Cut into round coins, drizzle with olive oil and bake into **broccoli chips**

.....

8 Bake into a **frittata** or **broccoli tots**

.....

Don't have anything to use them in just now? Freeze the stalk for later!

AN ODE TO OATS

Whether you are short on time or looking for new menu ideas, oats are here to save the day. Overnight oats or Bircher oats are super affordable and easy to prepare in the canteen. They can be made the day before, stored overnight and ready to serve the next morning. We love this base recipe because it can be used on its own as a breakfast item or be transformed into one of the 7 recipes below.

Ingredients:

Bircher Mix Ingredients:

- 7½ cups rolled oats
- 1 ½ kg low-fat Greek yoghurt
- 4½ cups low-fat milk
- 3 tbsp. honey
- 1 tbsp. cinnamon
- 5 apples, cored and grated

Equipment Needed:

- Large bowl
- Measuring cups
- Measuring spoons
- Measuring jug
- Wooden spoon

Method:

1. Combine the oats, Greek yoghurt and milk into a large bowl
2. Stir in the honey and cinnamon, then add in the apple and mix together
3. Transfer the oat mixture into an air-tight container and leave in the fridge overnight



Bircher Cups

Layer the overnight Bircher mix with thawed frozen berries and flavoured low fat Greek yoghurt in clear cups, for extra visual appeal. Serves 15. Classified as **Everyday**



Lean Pork Burgers

Add 1 cup of Bircher mix into 1kg pork mince, add 1 egg and mix. Form into patties and bake for 20 minutes. Makes 30 patties. Classified as **Everyday**



3 Porridge Pancakes

Fold through 450g of the Bircher mix with 450g of self-raising flour, 2 tps. of baking powder, 3 large eggs and 300mL of milk, and cook on a hot frypan with canola oil spray until bubbles form, then flip to cook for another few minutes. Makes 24 small pancakes, serving 12. Serve with a dollop of Greek yoghurt and seasonal fruit. Classified as **Everyday**

4 Sesame Muffins

In a bowl, mix 2 cups of the Bircher mix with 2 cups wholemeal self-raising flour, 2 tbsp. sesame seeds and in another bowl mix 100ml honey, 100ml sesame oil, 2 tps. vanilla essence and 2 eggs. Combine both mixes together and scoop into golf ball sizes on a greased pan or into muffin tins. Bake for 20 minutes in a 180°C oven, or until golden. Makes 18 small muffins. Classified as **Occasional**

5



Cinnamon Cookies

You will need 1½ cups Bircher mix, 2 eggs, ¼ cup canola oil, ½ cup honey, 2 cups wholemeal flour, 2 tps. baking powder, 1 tsp. cinnamon and 2 tps. vanilla essence. In one bowl, mix the dry ingredients and in another bowl whisk together the wet ingredients. Combine the dry and wet mixes, fold through to just combine, don't over mix. In a muffin tray, spoon two heaped tablespoons per muffin compartment and bake in an oven at 180°C for 25 minutes. Makes 24 small cookies. Classified as **Occasional**



6 & 7

Fruit Smoothies or Thick Shakes

Add a few tablespoons of the Bircher mix to your smoothies or shakes (without ice cream, gelato, sorbet or frozen yoghurt) to thicken them up and add a boost of wholegrain. Classified as **Everyday**



GETTING THE SCHOOL COMMUNITY INVOLVED



Create pride and excitement in the canteen by getting students on board. Make the canteen the place to be by involving students in different aspects such as menu design, marketing or helping give the canteen a new facelift.

.....

These are some ideas to help you engage the student community:

1 Send out a **survey** to students, teachers and parents to find out what their favourite menu item is, what they'd like to see in the school canteen, what they'd like to be able to get in a meal deal, and any ideas for upcoming canteen specials.

2 Get students involved in designing **artworks and advertising material** for the canteen, such as posters of **Everyday** items to hang up at the school canteen and around the school, social media content, or even a re-designed menu!

3 Hold school competitions which allow students to **name new menu items**.

4 **Provide rewards to students who make healthy choices.** In primary schools, you could hand out stickers with **Everyday** lunch orders. Once they receive a certain amount of stickers, perhaps you could offer them a free meal or a prize. In secondary schools, you could provide a points system or frequent customer cards that reward students for choosing **Everyday** items. Giving students something to work towards will boost interest in purchasing healthy items from the canteen!

5 If you have a canteen committee, include a **student representative** on the team so that their voices can be heard and their ideas are considered.



A huge thank you to all the canteen and support staff who offered their recipes, ideas and tips for our Canteen Collections book. NSW school canteens are certainly in great hands! We hope you enjoyed this compilation of canteen inspiration.



Here are some helpful webpages for more recipes, tips, and ideas:

Canteen Recipes

healthy-kids.com.au/canteen-recipes/

Food Waste in the Canteen

healthy-kids.com.au/school-canteens/managing-a-canteen/food-waste-in-the-canteen/

Healthy Food & Drink Ideas for Fundraisers & Special Events

healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-canteen-strategy/healthy-food-drink-ideas-for-fundraisers-special-events/

Marketing & Promotion: NSW Healthy School Canteen Strategy

healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-canteen-strategy/marketing-promotion-with-the-nsw-healthy-school-canteen-strategy/

Canteen Lookbook

healthy-kids.com.au/canteen-lookbook-2/

