

Special Diet & Religious Foods On The Menu

BREAKFAST (Morning only)

Not counted in
menu balance

(C) Toast - Jam, Yeast Spread or Tahini (Gluten-free option available)

(C) Crunchy Cereal Cups

(Gluten and lactose-free options available)

COLD LUNCHES

7 Everyday items

(C) Sandwiches/Rolls (Gluten-free option available)

- Egg And Lettuce 1
- Tuna, Cucumber And Mayonnaise 1
- Ham, Cheese And Pineapple 1

(C) Garden Salad Bowl 1

(C) Rice Paper Rolls - Beef, Chicken or Tofu 3

HOT LUNCHES

6 Everyday items
2 Occasional items

(C) Vegetarian Fried Rice 1

(C) Butter Chicken 1

(P) Steamed Dim Sum - Vegetarian or Prawn 2

(P) Lasagne 1

(C) Chicken Pho Bowl (Gluten-free option available) 1

(P) Spinach and Ricotta Roll (Halal) 1

(P) Potato-Topped Pie (Halal) 1

SPECIALS

3 Everyday items

WEDNESDAY: (P) Sushi - Teriyaki Chicken, Avocado or Tuna 3

FROZEN SNACKS

4 Everyday items
2 Occasional items

(P) Frozen 99% Fruit Juice Cups - Apple Blackcurrant, Apple, Orange or Pineapple 4

(P) Strawberry Frozen Yoghurt 1

(P) Low Fat Vanilla Ice Cream 1

DRINKS

6 Everyday items

(P) Bottled Water 1

(P) Sparkling 99% Fruit Juice - Grape, Blackcurrant or Raspberry (250mL) 3

(P) Flavoured Milk - Chocolate or Strawberry (300mL) 2
(Lactose-free option available)

SNACKS

5 Everyday items
3 Occasional items

(C) Rice Cakes served with Cheese, Dip and Vegetable Sticks 1

(C) Corn on the Cob 1

(P) Yoghurt - Strawberry or Mango 2

(C) Chicken and Corn Soup 1

(P) Chicken Nuggets (Gluten-free option available, Halal) 1

(P) Apple Cinnamon Muffin 1

(C) Bliss Balls 1



Tip: If special dietary items are listed on the menu and are available to ALL students, they count towards your menu balance

MENU BALANCE:

31 Everyday items
7 Occasional items
82% EVERYDAY ITEMS

GREEN = EVERYDAY GREY = OCCASIONAL

(C) = CANTEEN-MADE (P) = PACKAGED

Refer to the [Food and Drink Criteria Booklet](#) for portion limits

Packaged Occasional items must have a Health Star Rating (HSR) of 3.5 stars or more. To check the HSR of packaged items access [Healthy Food Finder™](#)

For more information on calculating your menu balance, visit: <https://healthy-kids.com.au/balancing-your-menu/>

Special Diet & Religious Foods On The Menu

School canteens often need to provide food or drinks for students with special diets and cultural and/or religious needs. For example, gluten-free or lactose-free products and Halal or Kosher foods.

FOOD INTOLERANCES

Food intolerances are different to allergies. They do not cause a reaction with the body's immune system. Common intolerances include:

- Lactose – natural sugar found in milk
- Fructose – natural sugar found in fruit

The reactions caused by an intolerance are often less severe than allergic reactions such as anaphylaxis.

LABELLING YOUR MENU

On your menu, you may wish to label special diet and religious foods with a symbol so that students can easily find foods and drinks suitable for them. Include a key on your menu to explain what each symbol means. Here are some examples:



A **Kosher** symbol can look like this and means the ingredients have been checked and are allowed to be consumed by people of the Jewish faith. Instead, you could use the symbol 'K'.



A **Gluten Free** symbol can be used for menu items that contain no wheat, rye, barley or oats. Instead, you could use the symbol 'GF'.



A **Halal** symbol can look like this and it means the ingredients have been checked and are allowed to be consumed by people of the Muslim faith. Instead, you could use the symbol 'H'.



A **Vegan** symbol can be used to show menu items which do not contain any animal products such as meat, dairy or eggs. Instead, you could use the symbol 'V'.

MORE INFORMATION

- Check your school's policy regarding food allergens
 - and please refer to your relevant educational group's anaphylaxis procedures
- For short videos about how to read and understand food labels for allergens, visit the National Allergy Strategy Food Allergy
- Education website: <https://foodallergyeducation.org.au/>
- For more tips on food allergies and the school canteen, visit: <http://healthy-kids.com.au/school-canteens/the-menu/special-food-requirements/food-allergies-and-the-canteen/>
- For more information on calculating your menu balance, visit: <https://healthy-kids.com.au/balancing-your-menu/>

Anaphylaxis Procedures and Guidelines

- NSW Department of Education Anaphylaxis Procedures for Schools: <https://education.nsw.gov.au/student-wellbeing> and type in 'Anaphylaxis Procedures' in the search window
- Catholic Schools NSW Anaphylaxis Procedures for NSW Catholic Schools: <http://www.ceodow.catholic.edu.au/policies/Anaphylaxis%20Procedures%20for%20NSW%20Catholic%20Schools.pdf>
- The Association of Independent Schools of NSW Anaphylaxis Guidelines for Independent Schools: https://alnoori.nsw.edu.au/wp-content/uploads/2018/12/AISNSW_Anaphylaxis_Procedures.pdf
- FSANZ Allergen labelling information: <https://www.foodstandards.gov.au/consumer/labelling/Pages/allergen-labelling.aspx>