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life

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## › Healthy canteen recipes

### Hot foods



#### VEGGIE SLICE

*Serves 10–12*

##### Ingredients

- 5 eggs
- 1 cup self-raising flour (sifted)
- 4 medium zucchinis (grated)
- 2 medium carrots (grated) or ½ can corn kernels
- 1 large onion (finely chopped)
- 3 lean bacon rashers (chopped) or 100–200 g tuna in brine (drained)
- 1 cup reduced-fat tasty cheese (grated)

##### Method

Beat eggs.

Slowly add sifted flour.

Stir in other ingredients.

Pour into a greased 20 x 30 cm baking tin.

Bake in a moderate oven for 30–40 minutes.

Serve hot or cold.

*Adapted from Tuckshop Shortcuts (2002), Tropical Public Health Unit – Public Health Nutrition, Queensland Health. p. 63.*

#### FRIED RICE

*Serves 10*

*A handy recipe to use up any leftover vegetables, such as shredded cabbage or zucchini.*

##### Ingredients

- 3 cups rice
- 2 rashers of lean bacon (chopped) or 2 slices of lean ham (chopped)
- 2 onions (diced)
- 310 g can corn (drained)
- 2 cups peas
- 2 carrots (grated)
- 2 celery stalks (diced)
- 2 eggs (beaten)
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil
- pepper
- small amount oil

##### Method

Cook rice in rice cooker or saucepan of rapidly boiling water according to packet directions.

Drain and rinse.

Fry onion and bacon in a small amount of oil in a frying pan or wok.

Stir in rice and remaining vegetables.

Mix egg, soy sauce, sesame oil and pepper together and stir with rice until heated (approximately 2–3 minutes).

*Adapted from Canteen Cuisine, (1995) WA School Canteens Association, MBF, p. 660.*

## MINI PIZZAS

**Makes 20**

*Very popular in colder months and can be used for snacks.*

### Ingredients

- 10 bread rolls, muffins, pita bread or pizza bases
- 4 tablespoons tomato paste
- 5 slices lean ham (chopped)
- 2 large tomatoes (diced)
- 440 g can pineapple pieces
- 1½ cups low-fat cheese (grated)

### Method

Cut bread rolls, muffins or pita bread in half.

Spread with tomato paste.

Top with ham, tomato and pineapple.

Sprinkle with grated cheese.

Cook in a moderate oven or pie warmer, or grill until cheese melts and bread crisps.

*Adapted from Tuckshop Shortcuts (2002), Tropical Public Health Unit – Public Health Nutrition, Queensland Health. p. 63.*

## CHEESE ROLL-UPS

**Serves 10**

*A tasty low-fat alternative to pies and pastries.*

### Ingredients

- 5 slices lavash bread
- 2 slices lean ham (chopped)
- ¼ cup low-fat cheese (grated)
- ½ small onion (diced)
- ¼ cup creamed corn

### Method

Cut each slice of lavash bread into two.

Mix together ham, cheese, onion and corn.

Place tablespoons of mixture onto each piece of bread.

Fold sides of bread and fold at the bottom, then roll lengthways into a parcel shape.

Warm in the oven on a baking tray for at least 10 minutes.

## NORI ROLLS

**Makes 6–7 rolls**

### Ingredients

- 1 sliced avocado
- 1 carrot, sliced into sticks
- 1 cucumber, deseeded and sliced into sticks
- 1 tin sandwich tuna, drained
- 3 slices of lean ham, sliced in lengths
- mayonnaise
- soy sauce
- 3 cups shortgrain rice
- 1 tsp sugar
- 3½ cups water
- ½ cup rice wine
- 6–7 nori (seaweed) sheets
- 1 tsp salt
- 1 bamboo mat

### Method

1. Wash the rice well and place in a saucepan with the water and bring to the boil. Cover and simmer for 12 minutes. Combine rice wine, salt and sugar. Add to rice, remove from heat, stand for 10 minutes. Place one sheet of nori on a bamboo mat and spread about ½ cup of rice on top of the Nori, leaving one edge with a 2 cm strip, free of rice.

2. Using a spoon, drizzle a line of mayonnaise down the centre and then top with a generous serve of tuna or ham. Arrange a few slices of carrot, cucumber and avocado on top.

3. Using the bamboo mat as a guide, roll up the sushi to firmly enclose the filling. Repeat with the remaining ingredients. Eat whole, or cut into 2 cm wide slices and serve with soy sauce.



## Snacks and drinks

### PINWHEEL SANDWICHES

**Serves 10**

#### Ingredients

- 10 slices wholemeal bread
- 10 slices white bread
- 310 g jar smooth peanut butter\*
- 5 large bananas or a tin of crushed pineapple (in natural juice) drained
- 1 cup sultanas
- 2 teaspoons cinnamon

#### Method

Cut crusts off bread and roll out to flatten.

Mash bananas, then combine with peanut butter, sultanas and cinnamon.

Spread filling over bread and roll up starting from the long side.

Cut into slices to form pinwheels.

**HINT:** Once made, either wrap individually or cover tray with a moist tea towel to prevent bread from drying out.

### NIBBLE MIX

**Serves 10**

*A great, healthy alternative to traditional sweet snacks. Be imaginative and flexible – any combination of ingredients could be used.*

#### Ingredients

- bite-sized dried fruit, for example, apricots, sultanas, dates, dried apple
- ½ cup unsalted nuts (peanuts or almonds)\*
- breakfast cereal bits or air-popped popcorn or pretzels

#### Method

Mix together and serve in small bags.

### AIR-POPPED POPCORN

**Serves 10**

#### Ingredients

- ½ cup popping corn = 10 cups

#### Method

Use a popcorn maker to produce fresh air-popped popcorn quickly and easily without requiring butter or oil. Alternatively, pop the corn in a saucepan with a little bit of oil.

Do not add butter, salt or icing sugar when serving.

\*Food allergies are the most common triggers for anaphylaxis (severe allergic reaction) in children. Eight foods cause 90 per cent of food allergies: peanuts, cow's milk, egg, wheat, soybean, tree nuts (for example, cashew), fish and shellfish. Schools should be aware of the risk of hidden allergens. Check your school's policy regarding students with severe allergies.



## BANANA SMOOTHIES

*Serves 15–20*

### Ingredients

- 6 bananas
- 500 g low-fat vanilla yoghurt
- 2 litres low-fat milk
- 2 tablespoons honey

### Method

Blend all ingredients in a blender until smooth. Serve chilled.

### Variations

Use different types of fruit such as canned peaches or strawberries – whatever you have available.

For an ultra-cold smoothie, freeze the bananas before blending them.

*Adapted from Tummy Rumbles: Guidelines for Remote Area Canteens (2005), Department of Health and Community Services and Department of Employment, Education and Training, Northern Territory.*

## FRUIT ICE CRUSH SLUSHEES

*Serves 15–20 (approximately)*

### Ingredients

- 1 litre 100% fruit juice or purée overripe fruits and/or canned fruits
- ice cubes

### Method

Add approximately 1 litre 100% fruit juice to a blender jug full of ice cubes. Blend until ice and fruit is crushed into a slurry. (You may need to do this in batches if using a domestic blender.)

Alternatively, purée overripe fruits and/or canned fruits in a blender and freeze in ice-cube trays. To make Fruit Ice Crush Slushee drinks, crush these fruit ice cubes in a blender, adding some juice to make a slurry consistency.

Serve in cups with a spoon and straw.

## › Recipe template

|                            |    |
|----------------------------|----|
| Recipe/menu item:          |    |
| Total cost of ingredients: | \$ |
| Total cost of packaging:   | \$ |
| Number of serves:          |    |
| Cost per serve:            | \$ |
| Selling price per serve:   | \$ |
| Profit per serve:          |    |
| % mark-up:                 |    |
| Date last reviewed:        |    |

| RECIPE            |     |      |        |
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| Ingredient        | Qty | Cost | Method |
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| <b>TOTAL COST</b> |     |      |        |

Notes: .....

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## › Summer canteen menu

### 'S.R.Ws' (sandwiches/rolls/wraps)

- Low-fat cheese, salad & hummus \$ .....
- Sultana, carrot & alfalfa wrap \$ .....
- Chicken, cucumber, lettuce & tzatziki wrap \$ .....
- Ham, low-fat cheese & tomato sandwich \$ .....
- Chicken & salad sandwich \$ .....
- Multi-grain roll stuffed with tuna, corn, carrot, celery, mayo mixture \$ .....

\*All sandwiches & rolls are made with wholemeal or multigrain bread.

### Hot food

- Vegetarian pita bread pizza \$ .....
- Baked potato with coleslaw & low fat cheese \$ .....
- Tropical pizza \$ .....
- Macaroni cheese bake with tuna & corn \$ .....
- 'Fab' frittata (served cold) \$ .....

### Salads

- Salad box (lettuce, tomato, carrot, cucumber, corn, capsicum, low-fat cheese plus ham/tuna/chicken) \$ .....
- Mighty Bean Salad (three bean mix, corn & sultanas) \$ .....
- Potato salad \$ .....

### Snacks

- Veggie stick & dip combo \$ .....
- Nibble mix (dried fruit & nuts) \$ .....
- Popcorn \$ .....
- Low-fat cheese stick or cubes \$ .....
- Tub of low-fat yoghurt \$ .....
- Mini fruit muffin \$ .....
- Rice crackers \$ .....
- Pikelets \$ .....

### Fruit

- Tropical fruit salad (served in an 'edible' ice-cream cone) \$ .....
- Cup of grapes \$ .....
- Fresh, juicy peach or nectarine \$ .....
- Watermelon 'wedgies' \$ .....
- 'Two fruits' tub \$ .....

### Drinks

- Bottled water \$ .....
- Low-fat plain milk (or soy) \$ .....
- Flavoured low-fat milk \$ .....
- 100% fruit juice (200–300 ml) \$ .....
- Smoothie (low-fat milk blended with fruit in season) \$ .....

### Frozen products

- Frozen low-fat yoghurt cup \$ .....
- Frozen 100% fruit juice sticks \$ .....
- Frozen 100% fruit 'slushee' (ice crush) \$ .....
- Frozen grapes or other fruit pieces \$ .....
- Low-fat ice-cream \$ .....

### Meal deal (great value & comes with a free surprise!)

#### Summer Soother \$ .....

- Low-fat cheese & salad pita wrap
- Piece of fruit
- Frozen low-fat yoghurt

### Notice-board

- For example: Special of the Week
- For example: Meal Deal
- For example: Free Sample
- For example: Promotion – buy this, get this free
- For example: Competition
- For example: 'Grade 3s Snack/Recipe of the Month'
- For example: 'From the school vegetable garden'

## › Winter canteen menu

### 'Toasties' (toasted sandwiches\*)

- Ham, low-fat cheese & tomato \$ .....
- Creamed corn, tomato & chicken \$ .....
- Baked bean jaffle \$ .....
- Tuna, capsicum & low-fat cheese \$ .....

\*Made with wholemeal or multigrain bread

### Hot food

- Minestrone soup with a multigrain roll \$ .....
- 'Fab' frittata (pastry free quiche) with egg, ham, cheese & vegetables \$ .....
- Chicken burger – wholemeal bun with lettuce, tomato, low-fat cheese & choice of sweet chilli or tomato sauce \$ .....
- Pita bread pizza with ham, mushrooms, capsicum, tomato & low-fat cheese \$ .....
- Vegetable lasagne \$ .....
- Spinach & ricotta filo or roll \$ .....

### Snacks

- Corn on the cob \$ .....
- Cup of veggie soup \$ .....
- Nibble mix (dried fruit & nuts) \$ .....
- Popcorn \$ .....
- Low-fat cheese stick or cubes \$ .....
- Tub of yoghurt \$ .....
- Mini fruit muffin \$ .....
- Raisin toast \$ .....
- Rice crackers \$ .....

### Fruit (may vary depending on season)

- Orange 'wedgies' \$ .....
- Mandarine \$ .....
- Banana \$ .....
- 'Two fruits' tub \$ .....
- Winter fruit salad (dried apple, apricots, prunes and sultanas) \$ .....

### Meal deals (great value & comes with a free surprise!)

#### Winter Warmer 1 \$ .....

- Toasted ham, low-fat cheese & tomato sandwich
- Piece of fruit
- Hot milo

#### Winter Warmer 2 \$ .....

- Minestrone soup with a multigrain roll
- Low-fat cheese stick
- 100% fruit juice

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### Insert your own message

- For example: Children whose parent volunteers will receive a free treat on the day!