

MENU

Tips for creating a balanced menu

Small changes or adjustments to current menu items can ensure your canteen menu is providing nutritious options and creating a healthy food and drink environment.

- Serve **AMBER** savoury commercial products such as crumbed meat products, burger patties and commercial plant-based meat alternatives with a 1/4 cup cooked or 1/2 a cup of raw salad or vegetables. Check out our [What is an AMBER savoury commercial product?](#) factsheet for more information
- Commercial hot meals (e.g., pasta, noodle or rice dishes, nachos) must include or be served with a 1/4 cup cooked or 1/2 a cup of raw salad or vegetables. Our [How to incorporate half a serve of salad or vegetables in a meal](#) factsheet has handy tips on how to achieve this.

By adding 1/2 a serve of vegetables or salad to AMBER menu items you can "green up" your menu and ensure favourites are still available!

WOW

delicious

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Menu item swaps to create a balanced menu

Swap this...	For this...
Hotdogs/frankfurters/sausages	<ul style="list-style-type: none"> • Hot meat rolls. • Serve lean meat kebab sticks (skinless chicken, beef, pork, lamb or fish) with salad (e.g., lettuce, tomato, onion) and cheese in a wholemeal or multigrain roll.
Savoury pastry items e.g., pies, sausage rolls	<ul style="list-style-type: none"> • Cottage pie with lean mince and vegetables. • <u>Filo triangles with ricotta and spinach</u>, or lean mince and vegetables, or roast pumpkin and feta.
Commercial hot potato products	<p>Baked jacket potatoes with a choice of fillings such as:</p> <ul style="list-style-type: none"> • Baked beans and cheese. • Bolognaise or bean chilli. • Tuna and corn.
Chips, crisps and savoury biscuits	<ul style="list-style-type: none"> • Canteen made popcorn. • Rice or corn <u>crackers</u> with cheese or vegetable-based dip. • Baked pita chips with vegetable-based dip such as <u>hummus</u>.
Commercial sweet biscuits, cookies, cakes, pastries or desserts	<ul style="list-style-type: none"> • Warm fruit toast topped with unsaturated fat spread (used within the allowance) or ricotta, banana and cinnamon. • <u>Pikelets</u>. • Yoghurt, fruit and granola cups. • <u>Fruit "nicecream"</u> • <u>Choc crunch bliss balls</u>.

Remember you can use FoodChecker to get immediate feedback on products and search for healthier alternatives.

