

canteen *fresh*

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Helping canteen managers provide healthy and nutritious meal choices on their canteen menu – proudly brought to you by Sydney Markets!

inside

- > MELT DOWN – WARMING LUNCHES
- > IN FOCUS – MANDARINS
- > A & C TO VITAMINS – BEST FRESH FRUIT & VEGETABLE SOURCES
- > CATERING FOR TEACHERS – GREAT MENU IDEAS
- > SCHOOL CANTEEN PRODUCE BUYING GUIDE

‘Sandwich’ of the Season

PLOUGHMAN’S SANDWICH

This hearty sandwich is a top choice. Served with a piece of fresh fruit it makes an ideal school lunch.

The sandwich is filled with lettuce and snow pea sprouts which provide vitamin C, folic acid and antioxidants. Tomatoes are another excellent source of vitamin C and also contain lycopene which is a potent and protective antioxidant.

The freshly sliced tomato is layered between the butter lettuce and shaved ham, which means the bread remains firm and doesn't go ‘soggy’ quickly.

To make this sandwich:

Top multigrain bread with butter lettuce, sliced tomato, shaved lean ham and snow pea sprouts. Slice and serve. Add a slice of fat-reduced Swiss cheese, if desired.



Melt down

WARMING LUNCHES FOR YOUR SCHOOL CANTEEN

As the weather cools down, warm up kids with a healthy lunch. These warming lunches can be offered as 'specials' on your canteen menu, feature a different meal each week or fortnight.

They're easy to keep warm in a pie oven or in a pot on a stove. Each one includes nourishing fresh vegetables in addition to fat-reduced protein which helps kids stay alert during the afternoon. Served with a piece of fresh fruit and a small carton of fat-reduced yoghurt or milk, these 'melt down' lunches provide a well-rounded lunch for busy school kids.

QUICK PUMPKIN SOUP

Make a big batch of pumpkin soup by frying off a few onions in a little olive oil, add peeled and chopped butternut pumpkin and salt-reduced chicken stock cubes, cover with water and simmer until pumpkin is tender. Puree until smooth and serve in heat-proof cups, top with a dollop of natural yoghurt and serve with a small bread roll.

MUFFIN PIZZAS

Toast split English muffins and spread with tomato paste or sauce, top with thinly sliced ham, sliced button mushrooms, sliced tomato and grated fat-reduced mozzarella cheese. Keep warm in a pie oven.



MUSHROOM, TUNA AND CHEESE MELT

Split wholegrain muffins, lightly spread with margarine or avocado, top with flaked tuna, thinly sliced button mushrooms and a slice of fat-reduced tasty cheese. Pop under a grill or place in a pie oven until cheese melts and serve.

In focus – mandarins

NUTRITION

Mandarins are an excellent source of vitamin C and good for dietary fibre and folate. They're a valuable source of carotenoids and many antioxidants which have a protective effect on body cells.

BUYING

Select firm, well-coloured glossy fresh fruit that feels heavy for its size. A puffy appearance and feel is normal due to the nature of the easy-to-peel skin.



STORING

Store mandarins at room temperature for up to 1 week. Refrigerate for longer storage.

PREPARING

Most kids can easily peel a mandarin. Segment fruit and add to fruit salads.

MANDARINS IN YOUR SCHOOL CANTEEN

Offer mandarins on the fruit counter throughout the mandarin season. Easy to peel and segment, they're the perfect snack food for kids.

MANDARIN VARIETIES

Ellendale

An Ellendale is larger than the Imperial mandarin and has firmer skin. It has a rich mandarin flavour, juicy flesh and few seeds. Available from June to September.

Murcots

Rich-flavoured Murcots have a distinct mandarin taste. Their skin clings to the flesh making them a little difficult to peel and they also have seeds. Murcots are available from July through to October.

Imperial

The Imperial is a small to medium-sized mandarin with loose, thin, easy-to-peel skin. Sweet and juicy, Imperials are virtually seedless. As the first mandarins of the season, they are available from April to July.

A & C vitamins & their fresh fruit and vegetable sources

VITAMIN A

The parent Vitamin A compound is called retinol and is present in some foods. The body also converts beta carotene, a naturally occurring yellow or orange pigment in fresh fruit and vegetables, to vitamin A in the body.

Vitamin A is important especially during growth as it plays a part in the formation of body cells. Beta carotene functions as an antioxidant and stops oxidation of cells. Antioxidants protect against free radicals in the body and are being researched because of their potential to help prevent cancer and heart disease.

Great sources of beta carotene – oranges, carrots, apricots, rockmelon, persimmons, yellow peaches, pumpkin, orange sweet potato, red capsicum, broccoli, leafy greens and tomatoes.

VITAMIN C

Vitamin C is a water-soluble vitamin also called ascorbic acid. It's essential for maintaining connective tissues and blood vessels in the body and acts as an antioxidant (see above).

Necessary for growth in children, vitamin C is not stored in the body but must be supplied every day. The Recommended Dietary Intake for boys and girls 1-18 years old is at least 30 milligrams per day. One average kiwifruit provides 92 milligrams of vitamin C and one medium orange provides 75 milligrams of vitamin C.

Great sources of vitamin C – all citrus fruits, strawberries, kiwifruit, guava, pawpaw, mangoes, capsicum, custard apples, broccoli, tomatoes, potatoes, cabbage and cauliflower.

Just for teachers & senior high students

EXPANDING CANTEEN MENUS TO CATER FOR TEACHERS & SENIOR HIGH STUDENTS

Adding a few additional healthy lunch options to your school canteen menu for teacher's (and senior high students too) can increase business, improve profits (which can be used to purchase new canteen equipment) and raise the profile of your school canteen.

Teachers can be encouraged to purchase their morning teas and lunches from the canteen by offering a special teacher's menu. The menu could also be used for Year 11 and Year 12 students. Teacher's menus need not be elaborate and can be changed seasonally. Pop a photocopy of the menu into teacher's pigeon holes on a regular basis.

Menus can include a few gourmet sandwich selections, a salad or two, a good range of fresh fruits, fruit buns and scones and a choice of condiments like sweet chilli sauce, mustards and chutneys.

EASY SALADS

Serve in takeaway boxes, these quick salads are favourites!

- Toss baby spinach leaves with halved cherry tomatoes, salt, pepper and a little olive oil. Serve topped with shaved roast beef or ham and fruit chutney.
- Toss Cos lettuce leaves with a purchased Caesar salad dressing, add wedges of hard-boiled eggs, diced celery, shaved Parmesan cheese and bread croutons.
- Make a Greek-style salad with diced Lebanese cucumber, tomato wedges, sliced red capsicum, finely sliced red onion and black olives. Toss with crumbled feta cheese, a drizzle of olive oil and a squeeze of fresh lemon juice. Serve with a crusty roll.

FILLING SANDWICHES

- Make super salad sandwiches by adding sliced red onion, snow pea sprouts and grated fresh beetroot to the usual tomato, lettuce and cucumber combination.
- Spread a wholegrain bread roll with hommus and top with mixed salad leaves and roasted eggplant.
- Mix chopped cooked chicken with fat-reduced mayonnaise, salt, pepper and diced celery. Pile into the centre of lavash bread, and top with sliced avocado (brush with lemon juice to prevent browning). Roll up, cut in half and serve.



School canteen produce buying guide

May to July

Buy fresh fruit and vegetables in their natural season and be guaranteed of quality and value. Use this chart to help you decide what to purchase before ordering or to plan your canteen menus.

Be sure to stipulate the quality and size of the fresh produce you require, especially for fresh fruit for the canteen counter which should be easy for kids to pick up and eat.

Inspect your fresh fruit and vegetable order on delivery and ensure that it looks, smells and feels good – it's important to choose the season's best.

If possible, schedule a regular chat with your greengrocer before you place your order to ensure you know what's best market value.



Vegetables

- Beans
- Beetroot – fresh
- Broccoli
- Cabbages – make your own coleslaw
- Carrots – grate and add to sandwiches
- Celery – very thinly slice and mix with tuna or egg
- Mushrooms
- Onions
- Parsnips
- Potatoes – cook in their jackets
- Pumpkin – make a soup
- Silverbeet
- Spinach – use baby leaves for sandwiches
- Swede
- Sweet potatoes – choose orange-fleshed
- Turnips
- Zucchini

Fruit

- Apples – a top range available
- Avocados – (Fuerte & Hass)
- Custard Apple – excellent for vitamin C
- Dates – a perfect sweet treat
- Kiwifruit – gold and green
- Grapefruit – Ruby is sweetest
- Lemons
- Mandarins – see In focus on page 2
- Nashi Pear – team with a wedge of cheese
- Oranges – (Navels)
- Pears (Packham & Beurre Bosc)
- Papaya
- Pawpaw
- Pineapple (mainly smooth-leaf)

Meal Deals

Oranges at a Glance

An excellent source of vitamin C and beta carotene (which the body converts to vitamin A), oranges also provide dietary fibre.



Oscar Orange Sporting Fuel

- Quick pumpkin soup and a bread roll
- Fresh fruit salad



Summa Strawberry Hot Deal

- Ploughman's sandwich
- Fresh strawberries in some yoghurt



Megabite Apple Brain Food

- Tuna, cheese and mushroom melt
- Pink Lady apple and vanilla fruché



Tamara Tomato Tasty Meal

- Hearty ham and leafy green salad with capsicum
- Fresh fruit salad and yoghurt



Captain Capsicum Hero Meal

- Muffin pizza with capsicum
- Banana smoothie



CANTEEN CONTRIBUTION – SPECIAL FRIED RICE

Joanne Gatt, of St Bernard's, Batehaven sent in this fabulous fresh recipe.

Joanne cooks rice in a rice cooker and then adds fresh corn, peas and carrots. For additional flavour Joanne also adds beef stock and a little soy sauce and oyster sauce. In addition to the sauces and the fresh vegetables Joanne adds some shredded ham.

Sounds like a great idea and a fun way for kids to eat more fresh vegetables! Thanks Joanne. St Bernard's, Batehaven will be receiving \$50 worth of fresh produce for their school canteen.

Please send your recipes to: Fresh for Kids Program Manager, Sydney Markets, PO Box 2, Sydney Markets NSW 2129 or to freshforkids@sydneymarkets.com.au

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