

canteen *fresh*

For more Fruit and Veg information, check out the Fresh for Kids internet site at www.freshforkids.com.au



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

inside

- > Blackboard special
- > Quick Warm Up
- > 5 top fruit & vegetable storage tips
- > Vegie Good Pasta
- > In focus – avocados
- > Fresh fruit to go
- > Buying guide to fresh seasonal produce

Tailor-made for your younger customers

'Big school' is very busy and demanding for young children. Little students need regular intakes of nourishing food to sustain their energy and keep them alert during the day.

A few additional choices to the menu to appeal to younger school children can help make 'the canteen experience' a healthy one.

These menu suggestions are sure to boost your sales too!

HAM, CHEESE & TOMATO FINGERS

Make a sandwich with lean ham, sliced tomato and reduced fat tasty cheese on wholemeal bread. Cut the sandwich into fingers so it's easy to hold and eat.

Toast the sandwich for toasties too!

NUTRITION: Rich in vitamin C, tomatoes also contain lycopene, a valuable antioxidant.



< YUMMY BANANA FRUIT BUNS

Lightly spread one half of a fruit bun with reduced fat cream cheese, spread the remaining half with mashed banana. Sprinkle with sultanas, press together and serve.

Omit the cream cheese if desired.

NUTRITION: Bananas are a ready source of carbohydrate for energy and provide potassium.



< C-SNACK ATTACK

Serve cherry tomatoes and raw carrot and celery sticks with wedges of reduced fat tasty cheese in a small wax paper cup, box or plastic bag.

Nutrition: Carrots are an excellent source of beta carotene which converts to vitamin A in the body.

Quick warm up

Add these nutritious meals to your menus to warm kids up at lunch time as the weather cools in Term 2.

QUICK & EASY WARM EGG & TOMATO MUFFIN >

Top halved English muffins with chopped or grated egg and sliced tomato. Cover with muffin tops and lightly press together. Leave in a pie oven to warm until ready to serve.

TOP TIP: Add baby spinach leaves to the muffin before serving.

JACKET POTATOES

Individually wrap potatoes (about 150g each) in foil and bake at 180°C for about 1 hour. Leave to cool slightly, open foil and cut a cross in the top, gently squeeze potatoes to open and add a healthy topping like cottage cheese, diced avocado or baked beans.

NUTRITION: Potatoes are good for vitamin C, fibre and carbohydrate.



BLACKBOARD SPECIAL



< CELERY & TUNA SANDWICH

The crunchy tuna filling for this sandwich can be made up to 1 day ahead and kept in an airtight container in the fridge.

TO MAKE: Combine drained flaked tuna with finely sliced celery and a little reduced fat mayonnaise. Mix well to combine. Spread the mix on to sliced multigrain bread, top with crisp butter lettuce leaves and another slice of bread, cut as required.

Celery has some vitamin C and potassium. Leafy mild-flavoured butter lettuce contributes fibre and folate. Tuna is a great source of healthy omega 3 fats which research shows may help to keep hearts healthy.

TOP TIP: Use rocket leaves instead of butter lettuce leaves on a teacher's gourmet version. Don't forget to advertise this special on a blackboard!

5 top fruit & vegie purchasing tips

1 PACKHAM PEARS: Leave firm Packham pears to ripen at room temperature out of direct sunlight. Allow 5-7 days for firm, green pears to ripen. Skin turns a golden yellow colour with ripening.

2 APPLES: Apples are best kept in the crisper section of the fridge to retain their crispness. Do not store apples with cucumbers or salad greens as the natural gas from apples will cause the greens to quickly deteriorate. If fridge space is limited, store apples (in the box) in a cool, dark, well-ventilated place.

3 BUTTON MUSHROOMS: Store button mushrooms in a brown paper or cloth bag on the lowest shelf in the fridge. They're best used within 3-4 days. There's no need to wash them before use.

4 JACKET POTATOES: Choose Desiree, King Edward, Spunta, Coliban or Pontiac varieties for jacket potatoes. Even-sized potatoes around 150-180g each are ideal. Select those with firm skin and without signs of greening skin or sprouts.

5 NASHI: Choose firm nashi that feel heavy for their size. Skin colour depends on variety. Nashi about the size of a tennis ball are best for kids to hold and eat.

Vegie Good Pasta

This fabulous pasta dish is easy to prepare, cook and keep warm. Feel free to vary the vegetables to whatever is in season. Chopped broccoli, carrots and capsicums are also great for this recipe. Try as a 'blackboard special' before putting on your menu!

VARIATIONS: Toss baby spinach leaves through the cooked pasta with the sauce until wilted. Add a can of drained and flaked tuna to the sauce for yet another version of the dish.

EQUIPMENT REQUIRED: 2 large saucepans (stock pot size is ideal), 1 wooden spoon, 1 pair tongs, 1 colander, 1 chopping board and 1 sharp knife.



Fresh fruit to go

Ensure there is always a good selection of fresh fruits available from your canteen. Attractively arrange and label the fruits so that your 'little' customers can easily select a piece.

Variety is important. Each week plan to offer something new and/or rotate fruits so that children do not lose interest.

Make your fresh fruit display a feature in your canteen and boost your sales!

In Term 2 your fresh fruit selection could include:

- Apples – Bonza, Golden & Red Delicious, Fuji & Pink Lady
- Bananas – small sized that are just ripe and full of flavour
- Dates – soft and caramel flavoured. Wrap a few like a sweet in a square of greaseproof paper!
- Kiwifruit – halve and serve with a plastic spoon
- Mandarins – choose the Imperial variety – it's virtually seedless
- Melons – Champagne melon or rockmelon wedges
- Small Packham pears – ensure they're ripe and ready to eat
- Navel Oranges – quartered or cut 'snake' like
- Nashi – small ones are perfect

INGREDIENTS

2 tbs olive oil	2 x 700g bottles tomato pasta sauce
4 sticks celery	2 tsp sugar
750g zucchini	salt & pepper to taste
500g button mushrooms	2 kg dried penne pasta
500g ripe tomatoes (leave the skin on)	250g reduced fat tasty cheese

METHOD

1. Roughly (but in small sized pieces) chop all vegetables.
2. Heat oil in a large saucepan and add vegetables. Cook vegetables, stirring occasionally, over medium heat for 8-10 minutes or until soft. Stir through tomato sauce and sugar. Cover pan and simmer for 30 minutes over medium-low heat.
3. While the vegetables are cooking, cook the pasta in 2 batches in a large pot of boiling water, stirring occasionally, for 10 minutes or until al dente. Drain pasta, drizzle with a little oil to prevent it sticking together, toss gently and set aside.
4. Return the drained pasta to the (pasta) saucepan. Spoon the tomato sauce over and toss gently to combine.
5. Stir cheese through combined pasta and heat, tossing often over low heat until warmed through.

Cost per serve: Approx 90¢ per serve (+ container cost) – very profitable!

TOP TIP: Serve the pasta with a bread roll and a piece of fresh fruit as a meal deal.

In focus – avocados

BUYING: Purchase avocados to 'eat now' or 'eat later'. Use soft 'eat-now' avocados within 1-2 days. Firm 'eat later' avocados will take from 2-4 days to ripen when left at room temperature. To speed ripening, place the avocado in a paper bag with a banana.

STORING: Leave avocados out of direct sunlight at room temperature to ripen. Once ripe, store avocados in the fridge and use within 2 days.

PREPARING: Using a sharp knife, cut avocados right around lengthways through to the seed. Take avocado in both hands and simply twist to separate the halves.



Remove the seed and cut or mash the flesh as desired. Once cut, avocado will discolour upon contact with the air so brush or combine with lemon juice to prevent this occurring.

NUTRITION: Avocados are packed with vitamin E, a powerful antioxidant that helps protect body cells and is important for a healthy heart and blood supply. They contain healthy mono-unsaturated fat and no cholesterol.

AVOCADOS IN YOUR SCHOOL CANTEEN: Mash avocado with a little lemon juice and use as a healthy spread on sandwiches, bread rolls and lavash roll-ups. A great idea is to team avocado with chicken and cheese on toasties.



Meal Deals

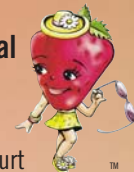
Tamara Tomato Tasty Meal

- Warm egg and tomato muffin
- Fresh fruit salad



Summa Strawberry Hot Deal

- Toasted ham, cheese and tomato fingers
- Strawberries and vanilla yoghurt



Oscar Orange Sporting Fuel

- Celery and tuna mayonnaise roll
- Citrus fruit salad



Megabyte Apple Brain Food

- Wedge ham and pineapple pizza
- Bonza apple
- Carton reduced fat milk



Captain Capsicum Hero Meal

- Vegie Good Pasta
- Wholemeal Bread Roll
- Packham Pear



School canteen seasonal produce buying guide May to July

Use this chart to help you decide what to purchase before ordering or to plan your canteen menus. Buying produce in peak season can save you money as it is generally abundant, economical to purchase and very fresh.

Top tips for buying fresh produce:

- Schedule time for a quick chat with your greengrocer or supplier before you place your order to ensure you know what's best market value for that week.
- Don't be afraid to stipulate the quality and size of the fresh produce you require, especially for fruit for the canteen counter which should be easy for kids to pick up and eat.
- Inspect your fresh produce order on delivery and ensure that it looks and feels right – it's important to choose the season's best and get good value for money.

VEGETABLES

- Beans
- Beetroot – fresh
- Broccoli
- Cabbage – make your own coleslaw!
- Carrots – grate and add to sandwiches
- Celery – very thinly slice and mix with tuna or egg
- Mushrooms – choose buttons
- Onions
- Parsnips
- Potatoes – great for jacket potatoes
- Pumpkin – make a soup
- Silverbeet
- Spinach – use baby leaves for sandwiches
- Sweet potatoes – choose orange-fleshed
- Tomatoes
- Turnips
- Zucchini

FRUIT

- Apples – a top range available
- Avocados – see In Focus on page 3
- Bananas
- Custard Apple – excellent for vitamin C
- Dates – a healthy sweet treat
- Kiwifruit – gold and green varieties
- Grapefruit – Ruby Red is sweetest
- Lemons
- Mandarins – Imperial variety
- Melons – Champagne & Rockmelon
- Nashi – team with a wedge of cheese
- Oranges – Navels are a great choice
- Pears – a terrific variety on offer
- Papaya
- Pawpaw
- Pineapple

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