

# canteen fresh

For more Fruit and Veg information, check out the Fresh for Kids internet site at [www.freshforkids.com.au](http://www.freshforkids.com.au)

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



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## Get cool with frozen fresh fruit treats

Now is the perfect time to offer a range of frozen fruit treats over the counter. It's hot and kids seek something to cool them off after sport, play or classtime and there's an abundance of delicious fresh seasonal fruits available.

In late summer, melons, grapes, pineapples, Valencia oranges, berries, mangoes and a range of stone fruits are excellent value. Freshly-harvested apples and pears also arrive to market. Make the most of the great value and variety of fruits on offer.

Home-made frozen fresh fruit treats are free from any added sugar or preservatives. They require minimal preparation, can be made in advance and keep well covered in plastic wrap in the freezer.

The fruit you use for frozen fruit treats can be varied depending on what is plentiful and well priced. If mangoes are on special, why not use them – as most children love them!

### FROZEN FRESH FRUIT SALAD POPS

(pictured right)

Finely chop mixed seasonal fresh fruit such as rockmelon, watermelon, mango and strawberries. Halve large seedless grapes and leave small grapes whole.

Spoon the fruit salad into small (200ml) plastic cups or ¼ cup-ice-block moulds to desired serving size.



Pour freshly-squeezed orange juice over fruit to cover, insert a paddle-pop stick and freeze for 4 hours or until frozen. Remove from cups to serve.

**TOP TIP:** Use this recipe for freshly made fruit salad that didn't sell.

### FROZEN FRESH FRUIT SHOTS

(pictured left)

Blend your choice of fruits in a blender until smooth. Pour into 30ml or 50ml plastic shot cups and freeze for 2 hours or until firm.

Try these great bite-size frozen fruit shots:

- > mango and orange
- > rockmelon and pineapple
- > peach and strawberry
- > pineapple
- > watermelon

### BANANA POPS

Peel small bananas and thread length-ways onto paddle-pop sticks. Dip into lemon juice. Wrap in plastic wrap and freeze for 3 hours or until firm.

### FROZEN ORANGE WEDGES

Quarter oranges and freeze overnight in small plastic freezer bags.

### PINEAPPLE RINGS

Cut fresh pineapple into 1cm thick rings. Wrap in plastic wrap and freeze for 2 hours or until firm.



# Plentiful fresh salads

All school canteens should aim to include plenty of fresh vegetables on their menus. Children should eat at least 3 serves of vegetables each day for optimum health.

Vegetables provide dietary fibre, carbohydrates for energy, vitamins, minerals and valuable antioxidants. Fresh seasonal salads are the easiest way to incorporate a range of fresh vegetables daily on your menus. Here's how –

- Add fresh salads to all sandwiches, wraps and rolls rather than offering salad as an added extra.
- Team salads with a meal deal.
- Offer healthy vegetable snacks for kids to munch on at recess.

Salad vegetables have very few kilojoules and no fat. Crisp and crunchy, their high water content helps hydrate the body making them perfect to eat during hot weather.

Think red, yellow, orange and green salad vegetables and aim for variety on your menu so kids don't become bored.

## TOP SALAD MENU IDEAS



### TRAFFIC LIGHT KEBABS

(pictured above)

Thread cherry tomatoes, cubes of reduced fat tasty or Swiss cheese and chunks of Lebanese cucumber onto 6cm-8cm lengths of trimmed bamboo skewers. (Button mushrooms or yellow capsicum can be substituted for cheese, if desired)

## BUYING SALAD VEGETABLES

Select ultra-fresh produce for salads. Ready-made salad mixes that are washed and ready to use are very convenient but it is much more economical to make your own salad mix.

Buy whole lettuce and use 2 to 3 varieties of leafy greens such as Butter, red and green Mignonette and Oakleaf, Iceberg and baby Cos lettuce. Chinese cabbage is also great for salads and coleslaw.

- Ensure tomatoes are rich red in colour and ripe.
- Select firm cucumbers and crisp celery and snow peas.
- Choose firm bright carrots and capsicums.
- Go for crisp lettuce (see *In focus* on Lettuce on page 3).
- Look for firm, plump button mushrooms.



### SALAD WRAPS

(pictured above)

Wrap salad combinations in mountain bread, lavash or Lebanese flatbreads. These breads are ideally suited to salads as the bread stays firm and encloses the salad filling making it easy to eat.

Team a salad in a wrap with shaved ham, tuna, grated cheese, diced egg, shredded chicken meat or cottage cheese combinations.

## 5 top purchasing tips

**1 CAPSICUMS:** Choose firm capsicums with bright, glossy, unwrinkled skin. Red, orange and yellow varieties are sweeter than green capsicums.

**2 NASHI:** Choose firm nashi with unbruised skin. Skin colour depends on variety. Australian-grown nashi are harvested in February.

**3 LEBANESE CUCUMBERS:** Select firm, small to medium-sized Lebanese cucumbers with dark green skin. Avoid soft cucumbers and those with yellowing skin.

**4 ROCKMELON:** Choose firm whole rockmelons with netted-looking skin that feels heavy for its size. A sweet aroma indicates good flavour. If cut, choose rockmelon with bright orange moist flesh and no bruising.

**5 Seedless grapes:** Select well-bunched grapes with undamaged flesh. Look for Thompson, Menindee, Flame and Red Globe varieties. Grapes don't ripen or sweeten further once picked.

## SALAD BOXES WITH A DIFFERENCE

Pack an assortment of salads in takeaway trays or for something different try fun and funky cardboard food carrier boxes. Environmentally-friendly, these boxes especially appeal to teenagers. Buy the boxes from paper suppliers. Team a salad box with a wholemeal bread roll and a drink to make a nutritious meal deal.

# In focus – lettuce

**BUYING:** Look for lettuce with crisp green leaves. Leaf shape, colour and texture depend on variety. Iceberg lettuce should have firm 'heads' and feel heavy for their size. Avoid limp lettuce and those with yellowing leaves or brown spots.

**STORING:** Store lettuce unwashed in a plastic bag in the crisper or on the lowest shelf in the fridge. Alternatively, store lettuce in an airtight container in the fridge. Use within 3 days.

**NUTRITION:** Lettuce contributes fibre and folate, and is fat free. The darker the leaves the more nutrients (especially beta carotene) it contains.



**PREPARATION:** Trim the base and separate the leaves from the centre core. Wash leaves thoroughly in cold water and dry well. Place in a plastic bag in the fridge for 30 minutes to 1 hour before serving for extra crisp leaves.

**VARIETIES:** Mild tasting and loose-leafed Butter, Mignonette and Oakleaf lettuce and Cos (full grown and baby) and Iceberg varieties are ideal for kids.

**LETTUCE IN YOUR CANTEEN:** Use a variety of lettuce in salads for fresh appeal. Add lettuce to salad sandwiches, salad boxes, burgers and wraps. Use large outer leaves to line salad boxes.

## Planning Promotions for 2005

**As the school year begins, take time to develop a promotional plan for the canteen. It can be as simple to begin with as scheduling dates throughout the year with a promotional title.**

Discuss promotions with the SRC, teachers, staff and volunteers to develop concepts further. Create the menu around produce seasonal availability guides – ensure you include lots of seasonal fruit and vegetables in peak season (see back issues of *Canteen fresh* or go to [www.freshforkids.com.au](http://www.freshforkids.com.au)). Try a promotion using the Fresh for Kids colouring sheets available on the website. Finally, write the menu and promotional details in the plan and 'muster and roster' volunteers to help.

### PROMOTIONS FEATURING FRESH PRODUCE

We've included some ideas for promotional 'themed weeks' to get you started:

#### BAZZA GOES BANANAS *in April*

Make banana fruit salad and yoghurt cups, add a banana to meal deals and make delicious banana, sultana and honey sandwiches.

#### MEGABITE APPLE MUNCH WEEK *in May or June*

Add an apple to meal deals. Offer a different apple variety each day.

#### HOT POTATO WEEK *in August*

Warm kids up at lunch time with oven-baked jacket potatoes. Team these potatoes with yummy reduced fat fillings.

#### SALAD DAZE WEEK *in November*

Offer a range of rolls and wraps with exciting salad combinations. Add salads to burgers and make a daily fresh salad and serve it in a box.

#### COOL FRUIT WEEK *in December*

Make a range of frozen fruit treats such as frozen fresh fruit salad pops, frozen fruits and fruit salads in cups topped with yoghurt and honey.

## BLACKBOARD SPECIAL



### CRUNCHY TOMATO, CHEESE & TURKEY SALAD BOX

Offer this refreshing salad box through until mid autumn while the weather is warm. Make the salad up to 3 hours ahead and store it in a covered airtight container in the fridge. Spoon into salad boxes just before serving.

**TO MAKE:** Combine halved red and yellow cherry and tear drop tomatoes, diced Lebanese cucumber with thinly sliced celery, grated reduced fat tasty cheese. Drizzle with a little reduced fat salad dressing if desired.

Gently toss and spoon salad into a cardboard food carrier or plastic takeaway container lined with an oakleaf or butter lettuce leaf. Top with a few slices of shaved turkey breast. Serve with a lightly buttered multi-grain bread roll.

**NUTRITION:** Half a punnet of cherry and/or tear-drop tomatoes will provide a whole day's supply of vitamin C for a child. Celery and cucumber provides some vitamin C and small amounts of other vitamins and minerals. Lean turkey provides protein and reduced fat cheese supplies calcium needed for healthy bones and teeth.

**TOP TIP:** Offer cranberry sauce as an optional extra.

# School canteen seasonal produce buying guide

## February to April

Use this chart to plan your menus and refer to it when ordering your produce. Buying produce in peak season will save you money – produce in season is generally most abundant, fresh and economical.

### Top tips for buying produce:

- Schedule time for a quick chat with your greengrocer before you place your order to ensure you know what's best market value 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 produce order on delivery and ensure that it looks and feels good. Smell stone fruits, mangos and melons, they should have a pleasant fragrance. It's important for you to choose the season's best.

### VEGETABLES

- Avocados (Reed & Shepard until March then choose Fuerte)
- Beans
- Broccoli
- Capsicum – kids prefer the red ones
- Celery
- Cucumbers
- Eggplants
- Lettuce – see *In focus* on page 3
- Mushrooms – available all year round
- Peas – snow peas are great raw
- Potatoes
- Pumpkin
- Spinach – use baby leaves on sandwiches
- Sweetcorn – serve fresh corn on the cob
- Sweet potato
- Tomatoes – great at this time of year
- Watercress
- Zucchini

### FRUIT

- Apples – choose Royal Gala, Jonathon, Bonza & Red Delicious
- Bananas – choose bananas that are small to medium sized
- Berries – season ends in late March
- Grapes – choose seedless varieties
- Kiwifruit
- Limes – use instead of lemon juice
- Mangos – early in Term 1
- Melons – Honeydew, Rockmelon and Watermelon wedges – great to eat on the run
- Nashi – freshly harvested in February
- Nectarines – late season varieties until March
- Oranges – Valencia, cut into wedges
- Papaya
- Passionfruit – add to fruit salads
- Pawpaw – add to fruit salads
- Peaches – late season varieties until March
- Pears – Howell, Williams & Packham varieties
- Pineapples – take the skin off and try freezing wedges for a cool summer snack
- Plums



# Meal Deals

### Tamara Tomato Tasty Meal

- Tomato & turkey salad box
- Wholemeal bread roll
- Wedge of pineapple



### Summa Strawberry Hot Deal

- Lettuce, chicken & avocado roll
- Strawberry & peach shot



### Oscar Orange Sporting Fuel

- Egg, tomato & lettuce multi-grain roll
- Traffic light kebab
- Frozen orange wedge



### Megabite Apple Brain Food

- Ham & salad wrap
- Sundowner apple



### Captain Capsicum Hero Meal

- Ham, pineapple & capsicum pizza wedge
- Frozen fresh fruit salad pop



### Bazza Banana Break

- Banana, reduced fat cream cheese & sultana sandwich
- Orange (snake-style)



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