

canteen fresh

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



BLACKBOARD SPECIAL

Warm cheese, vegemite & avocado muffin

Kids of all ages just love this muffin combo! Avocado, cheese and vegemite team really well with the warmed wholegrain muffin. Healthy and a taste sensation, it is the ideal lunch for kids in cool weather.

Avocados are the richest source of vitamin E among all fruits and vegetables. Vitamin E is an important antioxidant that helps keep the membranes around every cell in a healthy state. They do contain fat, but its 'good' unsaturated fat that can assist the body to absorb some vitamins and other protective plant nutrients.

To make: Place muffins in a preheated 150°C oven for 5-10 minutes until warm. Split in half, lightly spread with vegemite, top with sliced avocado (toss with lemon juice to prevent browning) and a slice of reduced fat tasty cheese.

In focus – strawberries

TO BUY: Choose plump, even-coloured strawberries with fresh green stems and leaves attached. Check the underside of punnets and avoid fruit that is damaged or mouldy.

TO STORE: Remove strawberries from punnets and place on a tray or platter lined with paper towel. Cover loosely with plastic wrap and store in the fridge. They're best used within 2 days.

PREPARING: Wash strawberries in cold water. Remove stem and leaves (this process is called hulling).

NUTRITION: Strawberries are a great source of vitamin C and a good source of dietary fibre. One of the functions of vitamin C is to help the body defend itself against infections. Fibre helps prevent constipation.

Strawberries in the School Canteen

Colourful strawberries are popular with children of all ages.

- Thread strawberries onto paddle-pop sticks.
- Serve sliced strawberries in plastic cups with a dollop of reduced fat yoghurt.
- Add halved strawberries to fruit salads.
- Top halved fruit buns or pikelets with reduced fat cream cheese and sliced strawberries.
- Make strawberry smoothies or frozen strawberry ice treats.



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

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W I N T E R F R U I T S A L A D S



Fresh fruit salads are popular with kids all year round! There's an abundance of delicious, value-priced seasonal fruit available, so make sure you feature a fruit salad on your menu in cooler months.

Juicy oranges, tangelos and mandarins, crunchy apples and pears, green and gold kiwifruit and pineapple are in good supply. From July fresh strawberries taste sensational and are terrific value.

Nothing beats fresh fruit salad

Kids love their fruit chopped and ready to eat and nothing beats fresh fruit salad. Colourful and easy to eat, it's loaded with vitamins, fibre and crunch. Make a day's supply of fresh fruit salad each morning.

Leave the skin on apples and pears; it's a good source of fibre and contains valuable nutrients. Drizzle it with orange juice or lemon juice to prevent browning.

Chop fruit, combine and store in a large plastic container (deep rectangular airtight storage containers from budget shops are ideal). Fruit salad should be kept chilled, and is best used within 4 hours.

To serve spoon fruit salad into clear plastic cups or cardboard boxes – a large range is available from paper suppliers (see the Yellow Pages for contacts in your area). For lunch orders, use cups with plastic lids or seal tops of boxes, and include a spoon.

Over the counter

In addition to fruit salads for lunch orders, have a tray of ready-made fruit salad cups on the front counter ready for sale. Position the fruit salads in a central place so it looks appealing to kids.

Promotion

Use fun signs or labels like Tutti Fruity Salad, or Super C Fruit Salad.

Veg up a bbq sausage on a roll

A special barbecue day in the school canteen is a fun change to everyday canteen fare, and means that kids can enjoy a fun, warming barbecue lunch.

With a team of volunteers to assist (get dads involved too!). A well-planned barbecue can also be a fun way to fund-raise for your canteen and/or school.

Don't limit your menu to simple sausages, and a roll or sliced bread. Barbecued sausages and burgers go extremely well with mashed avocado, lettuce, cucumber, tomato and other fresh vegetables. Use a variety of bread rolls, sliced bread and pita or wraps too.

Try these great barbecue suggestions...

- Team chicken sausages with avocado, crunchy oak-leaf lettuce leaves and reduced fat mayonnaise. (photograph)
- Team beef sausages with diced

tomato, shredded Iceberg lettuce and barbecue sauce.

- Team pork sausages with cucumber, snow pea sprouts and sweet and sour sauce.
- Team barbecued vegetarian or beef burgers with a crunchy salad including grated carrot, tomato, lettuce and cucumber

Remember to use good quality reduced fat sausages, and regularly wipe the barbecue to remove excess fat.

For seniors and teachers...

For senior students and teachers, barbecued brown onions or button mushrooms are popular.

These added extras taste great, and will make your barbecues extra special and healthier.

Make it a meal deal...

Team a sausage on a roll or burger with a fresh seasonal fruit salad cup for the best meal deal in town.



Juicy oranges, mandarins and tangelos

Bursting with vitamin C and natural goodness, juicy navel oranges, mandarins and tangelos are in peak supply right now. At their best for quality and value, it makes perfect sense to include lots of citrus on your menus in term 3.

Navel oranges

A juicy rich orange-coloured orange, with a dimpled navel shape at its base, they're easy to peel and segment and in season from May through to October.

Blood oranges

With ruby-tinged orange skin and flesh, blood oranges are exceptionally juicy and great tasting. They're at their best from mid-July to early September.

Imperial Mandarins

A sweet, small to medium-sized mandarin, that's easy to peel and virtually seedless. It's in best supply from May to August.

Ellendale mandarins

Larger than the Imperial with firmer skin and some seeds, Ellendale mandarins are in season from June to October.

Tangelo

This bright orange, tangy citrus fruit is a cross between a mandarin and a grapefruit. Very juicy and easy to peel, buy tangelos from July through to September.

Why is citrus good for you?

Citrus fruits like oranges, mandarins and grapefruit deserve their fine reputation as being good for you as they are an excellent source of vitamin C – the vitamin that helps the body fight infections and keep the immune system healthy. One orange has about two day's supply of vitamin C.

How to include more citrus fruits on your menus

- Simply serve chilled orange wedges over the counter. Place orange wedges in small plastic bags to take-away.
- Make a Super C fruit salad – combine mandarin segments with chopped Navel oranges. Serve with reduced fat yoghurt. (photograph)



- Use lemon juice to drizzle on avocado and cut apple or pears to prevent them from discolouring. Add a drizzle of lemon juice to avocado and mash for sandwich fillings.
- Drizzle orange juice in a shredded carrot and sultana salad. Serve the salad in a wrap with reduced fat cream cheese.

Top tips for the best jacket potatoes

Ham, sour cream and cherry tomato jacket potato –

Warm, creamy-fleshed, baked jacket potatoes are the ideal lunch for children in cool weather. A good source of vitamin C, dietary fibre and carbohydrate for energy, potatoes contain no fat. To keep jacket potatoes healthy, ensure you use reduced fat toppings.

Easily prepared in advance, jacket potatoes can be left to cook in the oven whilst you get on with other jobs in the canteen before the lunch time rush.

Which potatoes to use?

Coliban (sold as washed potatoes), Desiree, King Edward, Sebago, Spunta and Russet Burbank potatoes are ideal. Medium-sized potatoes weighing about 180g each are the ideal serving size for children.



To prepare: Scrub potatoes in cold water and pat dry with a clean tea towel. Prick potatoes 6-8 times all over with a fork or skewer before cooking.

To oven-bake: Individually wrap potatoes in foil. Place potatoes directly on oven shelves and cook in a preheated 180°C oven for 1 hour or until tender when tested with a skewer. Set aside to cool for 10-15 minutes.

To serve: Cut a cross in the top of each potato, slightly squeeze potato to open, add topping and serve. Serve with a napkin and plastic fork.

5 most popular toppings:

- Reduced fat grated cheese
- Sliced ham, reduced fat sour cream and halved cherry tomato
- Diced avocado and reduced fat sour cream
- Baked beans (salt-reduced)
- Sliced shaved ham and cottage cheese
- Diced tomato and reduced fat grated cheese

School canteen produce buying guide

JULY TO SEPTEMBER

Buy fresh fruit and vegetables in their natural season and be guaranteed of quality and value.

VEGETABLES

Beans	Potatoes
Beetroot	Pumpkin
Broccoli	Silverbeet
Cabbages	Spinach
Carrots	Sweet potatoes
Celery	Zucchini
Mushrooms	
Onions	

FRUITS

Apples	Nashi
Avocados	Oranges
Bananas	Pears
Custard Apples	Papaya
Dates	Pawpaw
Kiwifruit	Pineapples
Lemons	Rhubarb
Mandarins	Strawberries
	Tangelos

Terrific Apple Meal Deals

With the vast array of crisp apples available, there's no better time to include healthy apples in your meal deals.

A crunchy source of dietary fibre, apples also contain natural sorbitol. Both fibre and sorbitol help keep kids regular. An apple has low GI (glycaemic index) which means its sugars are broken down slowly providing beneficial sustained energy release.

Teaming a nutritious sandwich or roll with an apple in a meal deal package encourages children to eat fruit. Apples pack a sweet crunch, are satisfying and help prevent the urge for an unhealthy sweet snack.

Promotion

Feature different apple varieties each week. Pink Lady, Bonza, Golden and Red Delicious, Fuji, Hi-Early and Granny Smiths are great apple choices for children.

Buying apples

Buy apples by the box – it's the most economical way to purchase them.

Select counts of 135 or 150 (box size) as they are the perfect-sized apples for children to hold and eat.

Presentation

Buff apples with a clean tea towel so they look bright and appetising. To prevent bruising, place apples in colourful paper napkins in lunch order bags.



Meal Deals

Tamara Tomato Tasty Meal

- Warm ham, cheese & tomato muffin
- Citrus fruit salad



Summa Strawberry Hot Deal

- Cheese, vegemite & avocado muffin
- Strawberries & custard cup



Oscar Orange Sporting Fuel

- Barbecued sausage & avocado roll
- Super C fruit salad
- Orange, mandarin & yoghurt cup



Megabite Apple Brain Food

- Ham & cheese jacket potato
- Crunchy apple & a carton of yoghurt



Captain Capsicum Hero Meal

- Cheese & crunchy salad wrap
- Fresh orange & strawberry salad



Bazza Banana Break

- Ham, tomato & avocado sandwich
- Banana, yoghurt & honey cup



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