

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

Warm up with toasties

On a cold winter's day a toasted sandwich or 'toastie' is very appealing for lunch. Not only is it a good way to use up day-old bread, but sandwiches can be made ahead, wrapped and kept in the fridge until ready to toast. Kids really love them!

TOP TOASTING TIPS

- Spray the outside of prepared sandwiches with oil spray prior to toasting for extra

crunch, colour and flavour. There's no need to spread the sandwich with butter or margarine.

- Make the sandwiches up to 1–2 hours ahead. Wrap in non-stick baking paper and refrigerate. Toast the sandwich in the baking paper in a sandwich press. This cuts down serving time and also keeps the sandwich press clean.
- If adding tomato to the filling, place the tomato between fillings rather than directly onto the bread to prevent the bread from becoming soggy

TERRIFIC TOASTIE IDEAS

- Combine drained flaked tuna, finely chopped celery and grated carrot with reduced fat mayonnaise. Spoon onto pita pocket bread. Roll up and wrap in non-stick baking paper. Refrigerate until ready to toast. Toast in a sandwich press until hot.
- Combine shredded cooked chicken, grated reduced fat cheese, roughly mashed avocado and a squeeze of lemon juice. Spoon mixture onto wholegrain bread and top with another slice of bread. Toast in a sandwich press, slice and serve.
- Mix finely chopped hard boiled egg with finely diced celery and a little reduced fat mayonnaise. Spoon mixture onto wholemeal bread and top with another slice of bread. Toast in a sandwich press, slice and serve.



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

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BLACKBOARD SPECIAL

Crumbed chicken, cucumber & lettuce rolls

Kids of all ages enjoy crumbed chicken. When teamed with a wholegrain roll, creamy mashed avocado and crunchy lettuce and cucumber it makes a very nutritious lunch.

EASY TO MAKE

- Place reduced fat frozen crumbed chicken breast fillets on baking trays lined with baking paper in a hot oven. Cook for 20–25 minutes or until hot and golden.
- Spread halved wholegrain or wholemeal bread rolls with mashed avocado.
- Top with Iceberg lettuce leaves and sliced Lebanese cucumber. Place a crumbed chicken breast on top, drizzle with mayonnaise (optional) and top with remaining bread.

NUTRITION SNAPSHOT

Avocado is the richest source of vitamin E among all fruits and vegetables. Vitamin E is an important antioxidant that helps keeps the membranes around every cell in a healthy state.

TOP MEAL DEAL

Team the roll with an apple or small ripe pear and bottle of water.

Energy-boosting tomato pasta

Easy to prepare and cook, this fantastic pasta can be cooked a day ahead and kept in airtight containers in the fridge. Warm in a microwave until hot or heat in a saucepan, stirring occasionally, over medium heat.

Feel free to vary the vegetables to whatever is best value. Chopped broccoli, carrots and capsicums are also great for this recipe. Include the pasta as a 'blackboard special' on your weekly canteen menu.

Ingredients:

- 2 tbs olive oil
- 4 celery sticks
- 1kg small zucchini
- 500g button mushrooms
- 500g cherry tomatoes
- 3 x 700g bottles tomato pasta sauce
- 2 tsp sugar
- 2 kg dried penne rigate or macaroni pasta
- shredded tasty or parmesan cheese, to serve (optional)

Method:

1. Roughly chop all vegetables.
2. To make the sauce, heat oil in a large saucepan and add celery, zucchini and button mushrooms. Cook, stirring occasionally, over medium heat for 10 minutes or until vegetables begin to soften. Stir through cherry tomatoes, tomato sauce and sugar. Cover pan and simmer for 15 minutes over medium-low heat.
3. While the vegetables are cooking, cook the pasta in 2 batches in a large pot of boiling water following packet directions. Drain pasta, drizzle with a little oil to prevent it sticking together, toss gently and set aside.
4. Toss the pasta with the sauce. Heat until warmed through, season with salt and pepper and serve.

Time for 1 person to prepare and cook: About 30-40 minutes.
Serves about 20-24 kids.

VARIATIONS TO RECIPE

- Toss baby spinach leaves through the cooked pasta with the sauce until wilted.
- Add drained and flaked tuna to the sauce for yet another version of the dish.
- Stir through shredded reduced fat tasty or parmesan cheese prior to serving.



Sweet & Juicy Navel Oranges



In season from May through to October, Navel oranges are sweet, juicy and succulent.

Recognise them by their dimpled 'navel' shape at their base. Virtually seedless, they have vibrant orange skin which is slightly thicker than other orange varieties and makes them easy to peel and segment.

Renowned for their high concentration of vitamin C, one Navel orange provides over 100% of the recommended daily intake of vitamin C. Vitamin C helps the body fight infections and keep the immune system healthy.

CHOOSING NAVEL ORANGES

All citrus is picked ripe and ready to eat. Look for Navel oranges that are shiny and feel heavy when held in the palm of your hand. Check the scent at the 'navel' end, the orange should smell fresh and citrus-like. Firmer fruit is best peeled and segmented, sliced or diced, while fruit that has a little 'give' when gently squeezed is best used to juice.

STORING NAVEL ORANGES

Oranges can be kept at room temperature out of direct sunlight in a well ventilated place for

up to 1 week. The shelf life is extended for up to 3 weeks by refrigerating them. If purchased by the box, they can be left in a cool dark place for up to 2 weeks.

QUICK PREPARATION

Simply cut Navel oranges into wedges and serve or remove skin and pith and break into segments or chop as required. If using the rind and juice, grate the orange rind before juicing, taking care to avoid the bitter white pith.

BRIGHT IDEAS WITH NAVEL ORANGES

Orange yoghurt crunch cups

Arrange freshly peeled Navel orange segments in the base of disposable cups. Top each with dollop of fruit yoghurt and a generous spoonful of toasted muesli or crunchy cereal. This is great served at recess.

Winter fruit salad

Toss diced Navel oranges, diced apple or pear and chopped kiwifruit in a large bowl. Combine orange juice, passionfruit pulp and a sprinkling of icing sugar in a jar. Shake to combine and pour over the salad. Toss gently to combine. Spoon into serving cups and serve.

Orange, pineapple & banana smoothie

Blend freshly squeezed orange juice, chopped banana, diced pineapple with unsweetened pineapple juice and banana yoghurt until well combined. Pour into serving glasses and serve.

Orange quarters

Pop quartered Navel oranges into small plastic bags and sell over the counter at lunchtime. Cut fruit that's ready to eat is ideal for busy kids who cannot wait to play!

Breakfast at recess

Children need to start the day with a healthy breakfast to recharge their brains as well as their bodies.

Unfortunately, many children rush off to school without having breakfast so it's helpful for school canteens to offer a range of nutritious snacks at recess so kids can 'refuel'.

These quick and easy ideas are sure to satisfy hungry kids at recess.

Breakfast at recess ideas

Date & ricotta fruit buns

Beat fresh ricotta cheese, ground cinnamon and caster sugar together until smooth and creamy. Stir in chopped fresh dates. Spoon ricotta date mixture into split fruit buns, sprinkle with icing sugar and serve.



Hot ham, tomato & cheese roll

Combine chopped shaved ham, chopped cherry tomatoes and grated cheese in a bowl. Cut the top off small round wholemeal bread rolls and remove some of the soft white bread in the centre. Fill the roll with cheese mixture. Replace the bread top. Bake at 180°C oven for 5–10 minutes until warm and cheese has melted.

Egg, tomato & spinach muffin

For a very nutritious recess snack, top English-style wholemeal muffins with scrambled eggs, halved cherry tomatoes and baby spinach leaves.

Strawberry, banana & malt shake

Combine hulled strawberries, chopped banana, reduced fat milk and a spoonful of malt powder or Ovaltine in a blender. Blend until smooth.

Fresh fruit to go for term 3



Variety is important for children. Each week rotate fruits so that children have a choice rather than eating the same fruit every day.

In term 3 offer a selection of these fresh fruits:

- **Apples:** Bonza, Golden & Red Delicious, Fuji and Pink Lady.
- **Bananas:** ripe and full of flavour.
- **Dates:** soft and caramel flavoured.
- **Kiwifruit:** halved and served with a plastic spoon or peeled.
- **Mandarins:** easy to peel and eat.
- **Packham pears:** offer small, ripe and ready to eat pears.
- **Navel Oranges:** quartered so they're easy to eat.
- **Strawberries:** at their best, simply wash before serving.

Meal Deals

Tamara Tomato TASTY MEAL

- Hot ham, tomato & cheese roll
- Pear



Summa Strawberry HOT DEAL

- Cheese salad sandwich
- Strawberry, banana & malt shake



Oscar Orange SPORTING FUEL

- Crumbed chicken, avocado, cucumber & lettuce roll
- Orange yoghurt crunch cup



Megabite Apple BRAIN FOOD

- Tuna salad wrap
- Pink Lady apple
- Bottle of water



Captain Capsicum HERO MEAL

- Wedge cheese, ham, capsicum & pineapple pizza
- Fresh fruit salad



Bazza Banana BREAK

- Egg, lettuce and tomato roll
- Banana smoothie



What's in season

SEASONAL PRODUCE BUYING GUIDE (July to September)

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

VEGETABLES

Beans
Beetroot
Broccoli
Cabbages
Carrots
Celery
Mushrooms
Onions

Potatoes
Pumpkin
Silverbeet
Spinach
Sweet potatoes
Zucchini

FRUITS

Apples
Avocados
Bananas
Custard Apples
Dates
Kiwifruit
Lemons
Mandarins

Nashi
Oranges
Pears
Papaya
Pawpaw
Pineapples
Rhubarb
Strawberries
Tangelos

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