

DELICIOUS, NUTRITIOUS &
CONVENIENT FOODS FOR YOUR

school canteen!



Health

Illawarra Shoalhaven
Local Health District

This recipe book was developed to provide primary and high school canteens with ideas to help further develop canteen menus so that they can provide healthy, convenient and budget friendly foods to the students comply with the Fresh Tastes @ School Criteria.

Compiled by Jessica Mitchell and Xinyi Li as part of UOW Nutrition and Dietetics Community Placement November 2013.

Many thanks go to the schools who contributed recipes and ideas.

All recipes are either stamped **GREEN** or **AMBER** and meet the Fresh Tastes @ School criteria. We've tried to keep all recipes **GREEN**, but a few **AMBER** ideas were included for variety.



We all know that humans are creatures of habit and trying new things or change can be a challenge.

Before launching your new canteen menu, it may be an idea to gain insight from those hungry students you will be feeding. Here are a few ideas to get the ball rolling:

- distribute a basic survey in the newsletter
- hand around a survey in roll call
- have bite-sized taste test samples available on the canteen counter.

A small bit of research may have a big impact on the success of the new menu. It will give you an idea if these new recipes will be a hit among the students (and staff).

Part 1: Breakfast



GREEN

Fruit salad cup (rainbow magic)

METHOD

1. Wash all fruit with cold water prior to chopping. Cut up as directed.
2. Combine in a large bowl and add juice from a lime or lemon.
3. Serve in individual cups. Cover and refrigerate until needed.

Tips: Any unused fruit can be blended and made into fruit ice blocks. Place $\frac{1}{2}$ cup of blended fruit mix in a plastic cup and fill to $\frac{3}{4}$ full with water. Place a wooden stirrer in the middle and freeze. These can be stored in the freezer for a couple of weeks.

Canned pineapple can also be used. Adding some of the natural juice from the can means you can omit the lime or lemon juice.

Drizzle fruit with lemon juice or lime to stop it from turning brown.



Ingredients	Serves 5	Serves 10	Serves 25
Pineapple, cubed	600g	1.2kg	3kg
Rockmelon, chopped	800g	1.6kg	4kg
Strawberries, quartered	1 punnet	2 punnets	4 punnets
Seedless grapes	200g	400g	1kg
Peaches, cored, chopped	2	4	10
Kiwifruit, peeled, chopped	2	4	10
Lime or lemon	1	2	5

Use a variety of seasonal fruit, some examples are listed above.

GREEN

Bircher muesli cup (bumble bees breaky)

This is a quick and easy recipe that can be prepared on Monday morning and kept in the refrigerator for up to 3 days. Serve in plastic cups.

METHOD

1. Combine oats, apple, orange juice, honey, apricots and sultanas in a large bowl. Mix well.
2. Add yoghurt and mix well. Distribute evenly into plastic cups and cover. Refrigerate until served.
3. Serve with a dash of milk.



Ingredients	Serves 5	Serves 10	Serves 25
Rolled oats	2 cups	4 cups	10 cups
Apple, grated	1	2	5
Orange juice	1 cup	2 cups	5 cups
Honey	1 tbsp	2 tbsp	5 tbsp
Dried apricots, chopped	2 tbsp	4 tbsp	10 tbsp
Sultanas	2 tbsp	4 tbsp	10 tbsp
Yoghurt	½ cup	1 cup	2 ½ cups
Skim milk	1 cup	2 cups	5 cups

GREEN

Green egg and ham roll

KIAMA HIGH SCHOOL

METHOD

1. Crack eggs into heated frying pan and cook until egg is cooked.
2. Cut English muffins in half and place 1 slice of cheese and 1/4 cup of baby spinach on each roll.
3. Add 1 slice of ham and 1 egg to each muffin and wrap in a paper bag. Place bag in pie warmer until ready to serve.



Ingredients	Serves 5	Serves 10	Serves 25
Egg	5	10	25
Reduced fat ham	5 slices	10 slices	25 slices
English muffin	5	10	25
Baby spinach	1 ¼ cups	2 ½ cups	6 ¼ cups
Reduced fat cheese	5 slices	10 slices	25 slices

GREEN

Breaky bun (Pot of gold)

High in carbohydrates, protein and fibre to get the brain up and running!

METHOD

1. Cut a bowl shape into the top of the bread roll, removing the centre and 'doughy' part of the roll.
2. Fill with 100g of baked beans.
3. Top with 30g of shredded, low fat cheese.
4. Place in pie warmer and allow to heat through, serve hot.

Tip: Waste not, want not - reduce waste by freezing the centre part of the bread roll and left over bread rolls. They can be used later for bread crumbs or croutons.



Ingredients	Serves 5	Serves 10	Serves 25
Bread roll, small	5	10	25
Baked beans	500g	1kg	2 ½kg
Reduced fat cheese, grated	150g	300g	750g

Banana smoothie (Yellow canary)

GREEN

METHOD

1. Combine all ingredients in a blender.
2. Blend on high until texture is smooth.
3. Pour into cups and refrigerate.

Tip: If you have leftover smoothie mixture pour into cups and insert paddle pop sticks and freeze.

Ingredients	Serves 5	Serves 10	Serves 25
Skim milk	1L	2L	5L
Banana	2	4	10
Cinnamon	1 tsp	2 tsp	5 tsp
Plain yoghurt	1 cup	2 cups	5 cups

GREEN

Quick oats

METHOD

1. Mix oats and water. Cook in microwave.
2. Remove from microwave and portion into plastic bowls with lids.
3. Top each with 100mL skim milk, fruit of choice and drizzle of honey. Serve warm.



Ingredients	Serves 5	Serves 10	Serves 25
Oats	200g	400g	8 cups
Skim milk	500mL	1L	2 ½L
Banana	1	2 ½	6
Berries	2 cups	4 cups	10 cups
Apple, grated	½ cup	1 cup	2 ½ cups
Honey	2 tbsp	4 tbsp	10 tbsp
Water	830mL	1.6L	4.2L

GREEN

Cheesy toasty

METHOD

1. Preheat sandwich press or toaster jaffle.
2. On a slice of bread place 1 slice of cheese, 1 slice of ham and 2 slices of tomato. Top with slice of bread.
3. Cook in sandwich press until cheese is melted and bread is brown and crunchy.
4. Serve warm in paper bag as either half or full sandwiches.



Ingredients	Serves 5	Serves 10	Serves 25
Multigrain bread	10	20	50
Reduced fat cheese	5 slices	10 slices	25 slices
Tomato	1	2	5
Ham, sliced	5 slices	10 slices	25 slices

GREEN

Jungle jaffle

METHOD

1. Preheat sandwich toaster or toaster jaffle.
2. Place one slice of bread onto heated surface, top with one slice of cheese and ¼ cup of baked beans. Place slice of bread on top.
3. Cook jaffle until brown and crunchy on the outside.
4. Serve warm in paper bag as either half or full sandwiches.



Ingredients	Serves 5	Serves 10	Serves 25
Multigrain bread	10	20	50
Reduced fat cheese	5 slices	10 slices	25 slices
Baked beans	1 ¼ cup	2 ½ cups	6 ¼ cups

Banana toasty



METHOD

1. Preheat sandwich press or toaster jaffle.
2. Place eggs and ricotta in a bowl and mix. Stir in banana and sultanas.
3. Place a piece of bread onto heated surface and top with ¼ cup banana mixture. Sprinkle a pinch of cinnamon and put slice of bread on top.
4. Cook until lightly brown and crunchy on outside, egg-banana mixture on inside should not be translucent.
5. Serve warm in paper bag as either half or full sandwiches.



Ingredients	Serves 5	Serves 10	Serves 25
Egg, beaten	3	6	15
Reduced fat ricotta	3 tbsp	1/3 cup	1 cup
Banana, chopped	2 1/2	5	12 1/2
Sultanas	3 tbsp	1/3 cup	1 cup
Cinnamon	Pinch of cinnamon per toasty		
Multigrain bread	10 slices	20 slices	50 slices

Part 2: Recess



12 Celery, carrot and pretzel pack



13 Fruit kebab



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14 Nut-free trail mix



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20 Mini spinach dippers

GREEN

Celery, carrot and pretzel pack

METHOD

1. Cut each large carrot into approximately 16 sticks.
2. Cut each celery stalk into approximately 5 sticks.
3. Place 5 pretzels, 5 carrot sticks, 5 celery sticks and dip into a plastic container. Refrigerate until served.



Ingredients	Serves 5	Serves 10	Serves 25
Carrot	2	5	12
Celery stalks	5	10	25
Pretzels*	25	50	125
Natural yoghurt/hummus/tzatziki	1 tbsp per serve		

*optional

GREEN

Fruit kebab

This is a cheap and easy to prepare snack using seasonal fruit. This can help boost kids' daily fruit intake.

METHOD

1. Using wooden skewers, thread fruit onto stick. Place the softer fruits towards the centre and the harder fruits on the outside e.g. apple and pear on the ends.
2. Refrigerate after assembling. Can be served fresh or frozen.
5. Top with cut out slices of bread.
6. Cut each sandwich in half.



Ingredients	Makes 12
Apple	1 apple = 12 pieces
Orange	1 orange = 8 pieces
Kiwifruit	1 kiwifruit = 4 pieces
Watermelon	Cut into 2cm x 2cm cubes
Banana	1 banana = 8 pieces
Pear	1 pear = 8 pieces
Wooden skewers	1 per kebab

Honey mustard corn cobs



METHOD

1. Combine honey, mustard and margarine in a glass bowl and microwave for 30 seconds.
2. Brush corn cobs with marinade and place in a microwaves safe dish.
3. Cover with cling wrap and microwave on high for 5-6 minutes, turning after 3 minutes to ensure even cooking.
4. After cooking, insert wooden stirrer into the base of corn kernel. Serve warm.

Ingredients	Serves 5	Serves 10	Serves 25
Corn cobs, halved	5 halves	10 halves	25 halves
Honey	1 ½ tbsp	3 tbsp	7 ½ tbsp
Mustard	1 ½ tbsp	3 tbsp	7 ½ tbsp
Reduced fat margarine	2 tsp	4 tsp	10 tsp
Wooden stirrers	5	10	25



Nut-free trail mix (Itty bitty bites)

AUSTINMER PUBLIC SCHOOL

METHOD

Portion popcorn, sultanas and dried apricots into zip lock bags and

Tip: 1/2 cup of corn kernels should make approximately 16 cups of popped corn using a hot air popcorn maker or heated saucepan with lid.

Ingredients	Serves
Popped corn, plain	1 cup per serve
Sultanas	1 tbsp per serve
Dried apricots, diced	1 tbsp per serve

Shapes (Munchies/ Crisps)



STELLA MARIS PRIMARY SCHOOL METHOD

1. Cut crusts from bread.
2. Lightly spray bread slices with canola oil on one side. Cut into eight pieces, either triangles or rectangles.
3. Sprinkle with powdered seasoning such as Moroccan, BBQ, Portuguese, garlic, mixed herbs or cinnamon.
4. Bake in hot oven, seasoned side up, for approximately 8 minutes (time will vary) until bread is crisp. Crusts can be frozen and used to make bread crumbs.



Ingredients	Serves 5	Serves 10	Serves 25
Bread slices, stale	5	10	25
Seasoning	To taste		
Canola spray	As required		



Strawberry sticks

STELLA MARIS PRIMARY SCHOOL METHOD

1. Wash strawberries and remove stalk.
2. Thread 2-3 strawberries onto each wooden stirrer.
3. Serve fresh or frozen. Can also be dipped into vanilla yoghurt prior to freezing.



Ingredients	Serves 5	Serves 10	Serves 25
Strawberries, fresh	10-15	20-30	50-75
Wooden stirrers	5	10	25

Banana bread

AMBER

METHOD

1. Preheat oven to 190°C. Grease a 7cm x 14cm x 24cm loaf pan with cooking spray and line with baking paper.
2. Combine flour, baking powder, bicarbonate soda and cinnamon in a large bowl. Stir in the sugar. Make a well in the centre. Add the milk, eggs, banana and apple. Stir gently to combine.
3. Pour batter into loaf pan. Bake in oven for 50-60 minutes or until an inserted skewer comes out clean. Stand for 10 minutes in the pan for lifting out to cool on a wire rack.
4. Slice into desired sizes. A loaf pan will make approximately 16 slices.



Tip: Once cooked and sliced, wrap individual slices in cling wrap and freeze. Remove cling wrap and place in microwave to defrost. Will keep in freezer for 6 months.

Ingredients	Serves 16
Plain flour	2 cups
Baking powder	4 tsp
Bicarbonate soda	1 tsp
Ground cinnamon	½ tsp
Brown sugar	⅓ cup
Skim milk	¾ cup
Banana, mashed	2 large
Egg, beaten	2
Apple, grated	1

GREEN

Pikelets

STELLA MARIS PRIMARY SCHOOL METHOD

1. Combine flour, sugar, egg and milk in a large bowl.
2. Heat a large non stick pan to moderate heat. An electric fry pan is best.
3. Place a tablespoon of mixture in the pan.
4. When bubbles appear over the surface, flip and cook on the other side.
5. Serve with reduced fat ricotta cheese and fresh strawberries or strawberry jam.



Ingredients	Serves 25
Self-raising flour	2 cups
Sugar	½ cup
Egg, beaten	2
Skim milk	2 cups

GREEN

Fruit loaf with ricotta

METHOD

1. Toast bread in toaster.
2. Spread approximately 2 teaspoon of ricotta cheese per slice.
3. Sprinkle with cinnamon and top with sliced strawberries.



Ingredients	Serves 5	Serves 10	Serves 25
Fruit loaf	5 slices	10 slices	25 slices
Extra light ricotta cheese	1 cup	2 cups	5 cups
Cinnamon		To taste	
Strawberries, sliced	1 cup	2 cups	5 cups

GREEN

Vegetable hash browns

METHOD

1. Place vegetables and eggs in a bowl. Combine until vegetables are coated in egg.
2. Season mixture to taste with pepper.
3. Spray a hot frying pan with canola oil. Place spoonfuls of mixture in pan and flatten into rectangle shapes.
4. Cook 4-5 minutes each side until golden brown.
5. Serve hot in a small paper bag.



Ingredients	Serves 5	Serves 10	Serves 25
Potato, grated	2	4	8
Carrot, grated	1	2	4
Zucchini, grated	1	2	4
Eggs, beaten	2	4	8
Salt and pepper	To taste		

AMBER

Apricot and currant biscuits

RUSSELL VALE PUBLIC SCHOOL

METHOD

1. Preheat oven to 170°C. Line 2 baking trays with baking paper.
2. Place margarine and sugar into a large mixing bowl and beat on high until creamy. Add egg and continue to beat for 1 minute.
3. Reduce to slow speed and add flour.
4. Use a metal spoon to mix in fruit, oats and seeds. Form into small balls and place on baking tray, flatten slightly, leaving room between for them to spread.
5. Bake for 15 minutes or until golden.



Ingredients	Serves 20
Reduced fat margarine	3 tbsp
Brown sugar	1/3 cup
Egg	1
Self raising flour	1/2 cup
Rolled oats	1/3 cup
Dried apricots, diced	1/2 cup
Currants	1/2 cup
Sunflower seeds	1/4 cup

AMBER

Blueberry mini muffins

RUSSELL VALE PUBLIC SCHOOL METHOD

1. Preheat oven to 180°C. Combine flour, oats and sugar in a mixing bowl. Add margarine and mix.
2. Pour whisked eggs into the dry mixture. Stir to combine.
3. Add berries and stir through mixture.
4. Divide mixture between a 24 hole non-stick mini muffin, tray and bake for 20-25 minutes. Allow to cool before removing from tray.

Note: *If using the larger muffin tins, they become a **RED** product and not permitted for sale in the canteen.*



Ingredients	Serves 24
Self raising flour	¾ cup
Rolled oats	½ cup
Brown sugar	¼ cup
Reduced fat margarine	2 tbsps
Egg, beaten	½
Skim milk	½ cup
Fresh or frozen berries	⅔ cup

Mini spinach dippers (Big dipper)

GREEN

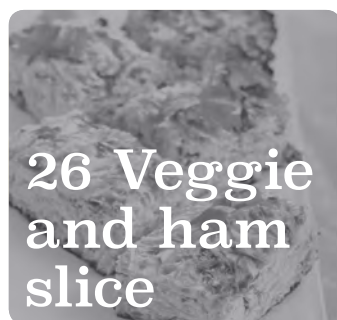
ST JOSEPHS PRIMARY SCHOOL METHOD

1. Preheat oven or pie oven to 180°C.
2. Defrost spinach and set aside.
3. Place margarine and onion in non stick saucepan, cook until onion is soft. Add flour and combine on low heat. Add soup mix and combine.
4. Using a whisk, slowly add milk to saucepan stirring continuously until mixture thickens. Stir in spinach and bring to boil. Remove from heat.
5. Cut hole in top of bread roll and remove bread in a chunk.
6. Place spinach mixture inside roll and bake for 10 minutes or until bread roll is crunchy.
7. Serve with veggie sticks for dipping (5 veggie sticks per serve).



Ingredients	Serves 5	Serves 10	Serves 25
Dinner roll	5	10	25
Reduced fat margarine	½ tsp	1 tsp	1 tbsp
Skim milk	⅓ cup	¾ cup	2 cups
Reduced salt spring vegetable soup mix	¼ packet	½ packet	1 packet
Plain flour	½ tsp	1 tsp	1 tbsp
Onion, diced	1 tbsp	2 tbsp	¼ cup
Frozen spinach	50g	100g	250g
Carrot and celery sticks	25	50	125

Part 3: Lunch



Nacho pots



METHOD

1. Preheat oven to 160°C.
2. Cut or tear Lebanese bread into triangles. Each piece makes approximately 20-30 triangles. Place on a tray and bake until crisp (about 5 minutes).
3. Lightly spray frying pan with canola oil and fry chopped onion until golden brown.
4. Add mince and cook until brown. Add bean mix and stir in spices.
5. Place the cooked bread pieces into single containers, top with meat sauce. And a sprinkle of cheese. Keep warm in pie warmers until serving. When serving, top with diced tomato and lettuce.



Ingredients	Serves 5	Serves 10	Serves 25
Lean beef mince	200g	400g	1kg
4 bean mix	150g	300g	750g
Brown onion	¼	½	1
Lebanese bread	1	2	5
Mixed lettuce	As required		
Tomato, diced	1	2	5
Reduced fat cheese, grated	½ cup	1 cup	2 ½ cup
Paprika	½ tsp	1 tsp	3 tsp
Cumin	½ tsp	1 tsp	3 tsp

Mexican wrap

GREEN

METHOD

1. Rinse and drain kidney beans and corn under cold water until run off is clear.
2. Combine beans, corn, mayonnaise, cumin, paprika and coriander until all ingredients are coated in mayonnaise.
3. Place bean mix, tomato, avocado and lettuce in wrap and fold. Wrap in paper and store in fridge until served.

Tip: Try swapping the beans for some precooked diced chicken breast. Simply heat and combine with the other ingredients.



Ingredients	Serves 5	Serves 10	Serves 25
Kidney beans	210g	420g	1050g
Corn kernels	125g	250g	625g
Reduced fat mayonnaise	3 tbsp	6 tbsp	15t bsp
Cumin	2 tsp	4 tsp	10 tsp
Paprika	2 tsp	4 tsp	10 tsp
Coriander, chopped	2 tbsp	4 tbsp	10 tbsp
Wrap	5	10	25
Tomato, diced	1	2	5
Mixed lettuce	1 cup	2 cups	5 cups
Avocado, mashed	1	2	5

GREEN

Hokkien noodle salad

KIAMA HIGH SCHOOL

METHOD

1. Soak noodles in boiling water for a couple of minutes until soft, drain and set aside.
2. Mix soy sauce, oyster sauce and sesame oil in a bowl.
3. Add sauce mixture to raw vegetables and mix.
4. Add cooked chicken and drained noodles to vegetables and combine
5. Serve in individual contains.



Ingredients	Serves 5	Serves 10	Serves 25
Hokkien noodles	1 pkt	2 pkt	5 pkt
Red capsicum, diced	½	1	2 ½
Carrot, grated	1	2	5
Snow peas, chopped	6	12	30
Celery stalks, chopped	1	2	5
Sesame oil	1 tsp	2 tsp	5 tsp
Oyster sauce	1 ½ tbsp	3 tbsp	7 ½ tbsp
Soy sauce	1 ½ tbsp	3 tbsp	7 ½ tbsp
Chicken, diced	½ cup	1 cup	2 ½ cups



Rice paper rolls

METHOD

1. Soak 2-3 rice paper sheets in cool water for roughly 2 minutes until soft.
2. Place vegetables in the middle of the rice paper. Under fill rather than over fill. Place a sprinkle of coriander on each.
3. Fold each bottom end over the middle of the ingredients. Then fold from one side, roll towards the middle of the ingredients, over the ingredients to the other side of paper.
4. Serve with sweet chilli sauce or soy sauce. A serve is 2 rolls.

**1 large capsicum should make approximately 50 strips.*



Ingredients	Serves 5	Serves 10	Serves 25
Green beans	10	20	50
Carrot, grated	½ cup	1 cup	2 ½ cups
Iceberg lettuce, sliced	1 cup	2 cup	5 cups
Coriander, finely chopped	1 tbsp	2 tbsp	¼ cup
Red capsicum, cut into thin strips	20 strips	40 strips	100 strips
Yellow capsicum, cut into thin strips	20 strips	40 strips	100 strips
Rice paper sheets	10	20	50

Veggie and ham slice

GREEN

METHOD

1. Preheat oven to 180°C. Grease a 3.5cm deep slice pan.
2. Heat oil in a large frying pan, and cook onion until translucent.
3. In a large bowl, combine carrot, zucchini, capsicum, peas, corn, onion, cheese, ham and flour. Whisk eggs in a separate bowl and add to vegetable mixture.
4. Pour vegetable mixture into slice pan. Place tomato halves on top of the vegetable mixture and press down slightly.
5. Bake in oven for 30 minutes or until a skewer comes out clean. Allow to cool for 5 minutes before cutting. Serve warm.

Tip: Fresh vegetables can be substituted for mixed frozen varieties. Just add a dash more flour to make up for the extra moisture contained in the frozen variety. Ham can also be left out or swapped for other protein sources such as canned salmon or tuna or cooked chicken breast.



Ingredients	Serves 6	Serves 10	Serves 24
Olive oil	1 tsp	2 tbsp	1 ½ tbsp
Brown onion, diced	½ onion	1	2
Carrot, grated	½ carrot	1	2
Zucchini, grated	½	1	2
Red capsicum, diced	½	1	2
Corn kernels, canned	60g	100g	240g
Frozen peas	½ cup	1 cup	2 cup
Reduced fat cheese, grated	⅓ cup	⅔ cup	1 ⅓ cups
Wholemeal self-raising flour	¼ cup	½ cup	1 cup
Eggs	3	6	12
Cherry tomatoes, halved	3	6	12
Reduced fat ham, diced	90g	180g	360g

Sweet chilli chiller



KIAMA HIGH SCHOOL

METHOD

1. Cook chicken tenders as per instructions and keep warm until serving.
2. On each wrap put 2 teaspoons of sweet chilli sauce, 30g cheese, lettuce, 2 tomato slices, cucumber and grated carrot.
3. Shortly prior to serving, add 2 chicken tenders to each wrap, and fold. Serve in a paper bag.

Tip: Make this item **GREENER** by using diced, cooked chicken breast. Simply heat chicken and add to wrap just before serving. This will quarter the sodium and fat content. To make this primary school friendly, simply use a small wrap and only one chicken tender.



Ingredients	Serves 5	Serves 10	Serves 25
Chicken tenders	10	20	50
Sweet chilli sauce	50mL	100mL	250mL
Low fat cheese, grated	150g	300g	750g
Mission wraps	5	10	25
Lettuce	2 cups	4 cups	10 cups
Tomato, sliced	2	4	10
Cucumber, continental	¼	½	1 ½
Carrot, grated	½	1	1½

GREEN

Mini pizzas

METHOD

1. Cut English muffin in half.
2. Combine tomato paste and mixed herbs in a small bowl.
3. Thinly spread 1 teaspoon of tomato herb mixture onto each half of muffin.
4. Sprinkle lightly with cheese.
5. Top with assorted toppings.
6. Grill in pie warmer or griller until cheese melts and bread turns crisp

Tip: Try the following combinations:

- Ham and mushroom
- Ham, baby spinach, red capsicum
- Olives, feta cheese and chicken breast
- Chicken and avocado
- Ham, mushroom, spinach and capsicum.



Ingredients	Serves 5	Serves 10	Serves 25
English muffin	5	10	25
Tomato paste	50g	100g	250g
Mixed herbs	2 tsp	4 tsp	3 tbsp
Reduced fat cheese, grated	½ cup	1 cup	2 ½ cups
Assorted toppings	Finely diced vegetables and ham		

GREEN

Zucchini fritter burgers

METHOD

1. Combine zucchini, flour, buttermilk and beaten egg in a large bowl. Refrigerate for 30 minutes prior to cooking.
2. In a heated non stick frying pan, cook a tablespoon of mixture until brown and crispy.
3. Serve on bread roll, top fritter with yoghurt and add salad toppings.



Ingredients	Serves 5	Serves 10	Serves 25
Zucchini, grated	1 ½	3	7 ½
Self raising flour	¾ cup	1 ½ cups	3 ¾ cups
Buttermilk	½ cup	1 cup	2 ½ cups
Egg, beaten	1	2	5
Natural yoghurt	½ cup	1 cup	2 ½ cups
Bread roll	5	10	25
Salad toppings	Tomato, lettuce, cucumber, grated carrot		

Traditional hamburger

GREEN

KIAMA PUBLIC SCHOOL

METHOD

1. Combine beef, carrot, zucchini, apple, bread crumbs, parsley and egg in a large bowl.
2. Form mixture into round patties and grill or pan fry until cooked all the way through (about 4 minutes each side).
3. Serve on a salad roll with lettuce, tomato and beetroot.



Ingredients	Serves 5	Serves 10	Serves 25
Lean beef mince	175g	350g	875g
Carrot, grated	½	1	2 ½
Zucchini, grated	1	2	5
Apple, grated	1/2	1	2 ½
Bread crumbs	1 ½ tbsp	3 tbsp	7 ½ tbsp
Parsley	1	2 tbsp	5 tbsp
Egg, beaten	½	1	2 ½
Olive oil	2 tsp	1 tbsp	2 ½ tbsp

GREEN

Sushi

KIAMA PUBLIC SCHOOL

METHOD

1. Place 1 Nori sheet shiny side down on a sushi mat (or bamboo placemat).
2. Using damp fingers spread $\frac{3}{4}$ cup of rice over Nori sheet leaving a 2cm strip along one of the shorter sides.
3. Spread 2 teaspoons of mayonnaise over centre of rice. Arrange 1 strip of cucumber, avocado and some grated carrot over the mayonnaise.
4. Using the mat, roll up firmly to form a roll. Cut into 5-6 slices. Refrigerate. Serve with soy sauce.



Ingredients	Serves 5	Serves 10	Serves 25
Short grain rice, cooked	3 cups	6 cups	15 cups
Nori sheets	4	8	20
Reduced fat mayonnaise	2 tbsp	4 tbsp	10 tbsp
Cucumber, strips	1	2	5
Avocado, sliced	1	2	5
Carrot, grated	1	2	5
Salt reduced soy sauce	To serve		

Very veggie fried rice

GREEN

HELENSBURGH PUBLIC SCHOOL

METHOD

1. Cook rice according to packet instructions, set aside until cold.
2. Heat wok and add small amount of oil. Add egg and swirl until omelette forms, cook until firm, set aside and roughly chop.
3. Add remaining oil, garlic and onion and cook until soft.
4. Add vegetables and ham and cook until tender.
5. Add rice and sauce to wok and stir fry until heated through. Serve hot.



Ingredients	Serves 5	Serves 10	Serves 25
Long grain rice	1 ½ cups	3 cups	7 ½ cups
Peanut oil	2 tbsps	4 tbsps	¼ cup
Eggs, lightly beaten	2	4	10
Onion, diced	1	2	5
Garlic cloves	2	4	10
Carrot, grated	1	2	5
Red capsicum, chopped	½	1	2 ½
Chinese cabbage, chopped	¼	½	1 ¼
Corn kernels, drained	¼ cup	½ cup	1 cup
Leg ham, chopped	250g	500g	1kg
Sweet soy sauce	2 ½ tbsps	5 tbsps	½ cup

GREEN

Chicken meatballs (Dragon eggs)

FIGTREE PRIMARY SCHOOL METHOD

1. Combine mince, vegetables, mustard, parsley and bread crumbs in a bowl.
2. Form small balls of mixture using a teaspoon to scoop the mixture and roll into ball shapes.
3. Spray a non stick frying pan with canola oil and heat. Cook meatballs for about 4 minutes each side on medium heat.
4. Once meatballs are cooked and cooled slightly, thread onto wooden stirrers. Serve warm, with tomato sauce in a small dipping cup.

Tip: Meatball subs can be made by putting meatballs in a hot dog roll, either full length for high school or half for primary, top with low fat cheese, lettuce and tomato.



Ingredients	Serves 5	Serves 10	Serves 25
Chicken mince	100g	200g	500g
Onion, diced	½	1	2 ½
Carrot, grated	½	1	2 ½
Zucchini, grated	½	1	2 ½
Mustard	2 tsp	1 tbsp	2 ½ tbsp
Parsley, chopped	1 tbsp	2 tbsp	½ cup
Bread crumbs, dried	2 tbsp	¼ cup	¾ cup

* 3 small meatballs make one serve

Baked jacket potato

GREEN

HELENSBURGH PUBLIC SCHOOL METHOD

1. Preheat oven or pie warmer to 180°C. Using a fork pierce potatoes 8 times and wrap in foil. Place in oven and bake for 1 hour or until tender.
2. Peel and mash avocado in bowl and add lemon juice. Stir through tomatoes and set aside.
3. Cut a cross in the top of the cooked potato and gently squeeze to open.
4. Top with 1 tablespoon sour cream, 1 tablespoon avocado and 2 tablespoons tomato mixture. Serve warm.

Tip: You can use low fat Greek yoghurt with no added sugar instead of reduced fat sour cream. Other filling options include tuna and avocado or salmon and low fat cream cheese or cottage cheese.



Ingredients	Serves 5	Serves 10	Serves 25
Medium potato, washed	5	10	25
Avocado, mashed	1 ½	3	7 ½
Lemon juice	1 ½ tsp	3 tsp	7 ½ tsp
Cherry tomatoes, quartered	125g	250g	625g
Reduced fat sour cream	⅓ cup	⅔ cup	2 ⅔ cups

Basic tomato sauce



BERRY PUBLIC SCHOOL METHOD

1. Heat oil in a large saucepan.
2. Add chopped onion and cook until golden brown.
3. Add canned tomatoes, herbs, soy sauce and grated vegetables.
4. Bring to boil and then reduce heat and simmer until sauce thickens.
5. Set aside, and allow sauce to cool. Using a food processor, puree the sauce until smooth.

Ingredients	Serves 5	Serves 10	Serves 25
Canned tomatoes	400g	800g	2kg
Onion, chopped	½	1	2 ½
Carrot, grated	½	1	2 ½
Zucchini, grated	½	1	2 ½
Mixed herbs	2 tsp	1 tbsp	2 ½ tbsp
Olive oil	2 tsp	1 tbsp	2 ½ tbsp
Soy sauce	1 tbsp	2 tbsp	¼ cup

This tomato sauce is extremely versatile and can be added to numerous recipes! Try some of the suggestions below.

Fresh or store bought Gnocchi - simply cook gnocchi in a large saucepan until it floats, drain and add tomato sauce. Serve warm with a sprinkle of cheese.

Pizza base sauce - add a thin layer of tomato sauce to an English muffin and top with desired dressings (see hints under recipe for Mini Pizzas).

Bean Burritos - mix tomato sauce and drained, washed canned kidney beans. Cook until beans are tender. Add to tortilla wrap with lettuce, cheese, tomato and avocado.

Spaghetti Bolognese - add 1kg cooked lean beef mince to tomato sauce. Serve with pasta and top with a sprinkle of cheese.

Lasagne - simply add 1kg cooked lean beef mince to tomato sauce and layer in a large baking dish with a thin layer of ricotta cheese or into individual containers with lasagne sheets. Fresh lasagne sheets are more cost effective as they are easier to break up – reducing wastage.





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