

HEALTHY MENU OPTIONS

When ordering food use the suggestions below to ensure a healthier selection of food and drink options.

Catering ideas for main meals (lunch and dinner)¹

	Healthy Suggestions	Try to avoid
Drinks	<p>Offer a variety of hot and cold options</p> <ul style="list-style-type: none"> • Plain tap, sparkling, soda and/or mineral water • Coffee (plain and decaffeinated) • Tea (plain and herbal) • Reduced-fat or skim milk for hot beverages • 99–100 per cent fruit juice (maximum recommended serve size of 250 mL per person). 	<p>Sugar-sweetened drinks (e.g. fruit drinks, iced teas, soft drinks, flavoured mineral water, sports drinks, cordial, energy drinks)</p> <p>No more than 1 cup (250ml) of fruit juice per person</p>
Sandwiches	<p>Offer a wide variety of breads and rolls including:</p> <ul style="list-style-type: none"> • Multigrain, wholemeal or wholegrain, rye • High-fibre white • Lavash and other flat breads • Bagels or plain Turkish bread • Small baguettes 	<p>Savoury breads with high salt and fat contents (e.g. garlic bread, pull-apart breads topped with regular fat cheese and processed meats such as salami or bacon).</p>
Sandwich spreads	<p>Serve spreads and condiments separately. Use only in small quantities – thin spread.</p> <ul style="list-style-type: none"> • Polyunsaturated or monounsaturated fats/oils - healthier spreads • Margarines made from nuts and seeds (e.g. canola, sunflower, and olive) • Reduced-fat cream cheese • Avocado • Ricotta or cottage cheese • Mustard, relishes and chutneys to be used in moderation 	<p>Cream, butter or dairy-blend spreads</p>

¹ Adapted from Healthy choices: healthy eating policy and catering guide for workplaces, State of Victoria, Department of Health and Human Services, 2016

	Healthy Suggestions	Try to avoid
Sandwich fillings	<p>Offer lean cuts of meats, meat alternatives, vegetables and reduced-fat cheeses:</p> <ul style="list-style-type: none"> • Roast chicken (no skin) • Roast beef • Lean turkey, chicken breast or ham • Tinned fish in spring water • Eggs • Ricotta or cottage cheese, reduced-fat hard or soft cheeses • Raw salad or vegetables 	<p>High-fat and salty meats such as luncheon meats, salami, bacon, and devon</p> <p>Do not add salt to sandwiches or fillings</p>
Sushi and rice paper rolls	<p>Offer options that contain lean meats (not crumbed or coated), tofu, eggs or seafood and use a variety of fillings.</p> <p>Sauces:</p> <ul style="list-style-type: none"> • Use low-fat, reduced-salt ingredients in dipping sauces such as soy sauce or fish sauce. 	<p>Sushi or rice paper rolls containing deep-fried, coated or battered ingredients</p>
Salads	<p>Offer a variety of salads such as garden, green, bean, pasta, etc. Leave salads undressed.</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • Use lean varieties of meat without crumbs or coating • Use tinned fish options that are canned in spring water • Choose reduced-fat varieties of cheeses (e.g. ricotta or cottage cheese) 	<p>Salads containing deep-fried ingredients such as croutons, meat or seafood or fatty meats</p> <p>Avoid meats which are high in salt and fat such as salami, bacon, devon or chorizo</p>
Salad dressings	<p>Offer dressings separately</p> <ul style="list-style-type: none"> • Balsamic vinegar/lemon juice dressing • Low-fat mayonnaise • Oil or yoghurt-based dressings • Reduced-fat, low-joule, no oil commercial dressings and small amounts of low-fat mayonnaise • Poly- and mono-unsaturated oils such as canola, sunflower oil, sesame oil, or olive oil 	<p>Do not add salt to salads or dressings</p> <p>Avoid excess dressings</p> <p>Cream or mayonnaise-based dressings such as Caesar or sour cream</p>

	Healthy Suggestions	Try to avoid
Finger Foods, antipastos, dips	<ul style="list-style-type: none"> • Vegetable-based salsas or relishes such as tomato, bean, or capsicum • Reduced-fat yoghurt-based dips such as beetroot, avocado, tzatziki or hummus • Roasted/grilled vegetables served drained of oil • Olives served drained of oil • Lean cold meat such as roast beef or skinless baked chicken • Hot options such as lean meat and vegetable kebabs, mini frittatas or bruschetta • Fresh cut fruit and/or vegetables sticks • A variety of different breads, rice crackers, water crackers or reduced-fat/reduced-salt crisp breads or pita breads – wholemeal varieties where possible • Vegetable-based frittatas • Steam dim sims/wontons 	<p>Deep-fried items including savoury pastries (e.g. dim sims, spring rolls, samosas; coated or crumbed meat) or vegetable products; and potato chips, wedges, gems, scallops or hash browns</p> <p>Hot or cold savoury pastries such as pies, sausage rolls, party pies, croissants or quiches</p> <p>High-fat, salty cured meats such as salami, chicken loaf, kabana, devon</p> <p>Oil-, cream-, and/or cheese-based dips such as aioli, sour cream and pesto</p>
Hot food	<ul style="list-style-type: none"> • Marinated lean meats (e.g. chicken pieces without skin) • Grilled/roasted vegetables • Vegetable patties (e.g. lentil, chickpea) • Roast vegetable frittata • Mini quiche (eg vegetable) • Toasted sandwiches • Mini pizzas with reduced-fat cheese and vegetable toppings • Kebabs (e.g. oven-baked lean meats, seafood or vegetable kebabs) 	<p>Pies and pasties</p> <p>Sausage rolls</p> <p>Hot chips</p> <p>Pizza with high fat toppings such as salami, bacon, devon</p> <p>Deep-fried items such as spring rolls, calamari</p> <p>Crumbed and fried foods</p>
Fruit and vegetable platters	Offer a variety of fresh fruits and vegetables	
Cheese and cheese platters	Small serves of reduced-fat cheeses with a variety of accompaniments such as wholegrain/wholemeal breads, crisp breads, crackers, fresh fruit and vegetables	Large portions/blocks of cheese, double/triple cream soft cheeses

Sample menu for main meals (lunch/dinner)

MENU ONE:

Tea and coffee, including herbal teas and decaffeinated coffee

Low- or reduced-fat milk (if required for hot drinks)

Jugs of water

Wholemeal sandwiches, wraps and wholegrain mini rolls (1 sandwich, wrap or roll per person) with assorted fillings such as reduced-fat cheese, lean meats or alternatives such as eggs or falafel and including plenty of salad.

Ideas for sandwiches:

- Roast beef, fruit chutney, red onion, tomato and lettuce
- Turkey reduced-fat cream cheese, carrot, tomato and baby spinach and cranberry sauce
- Roasted capsicum, hummus, sprouts and baby spinach

Fruit and cheese platter

MENU TWO:

Tea and coffee, including herbal teas and decaffeinated coffee

Low- or reduced-fat milk (if required for hot drinks)

Jugs of water

Sushi and rice paper rolls:

- Order a variety of mixed fillings including vegetables, lean, un-coated and un-crumbed meat, egg, tofu or seafood options

Fresh fruit platter