

Green up your menu



Food Service

Are you looking to add tasty and delicious healthy menu items to your canteen!

Check out the list below for popular healthy items you could include on your menu!

Main meals

- Wraps, rolls or sandwiches with the following fillings:
 - Lean chicken, beef or turkey and salad
 - Tuna and salad
 - Curried egg using reduced fat mayonnaise
 - Cheese and salad.
- Toasties made with cheese and the following fillings:
 - Chicken and avocado
 - Tomato
 - Baked beans.
- Breakfast muffins made with English muffins, egg, cheese and spinach
- Sushi and/or rice paper rolls filled with vegetables and lean meat or seafood
- Curries, soups or stews made with healthy 'green' ingredients - see the [Healthier ingredients fact sheet](#) for more information
- Lean meat, vegetable skewers and corn cobs on the BBQ - see the [Better BBQ's fact sheet](#) for more ideas.

We recommend at least 40% of your menu items are green

This helps to ensure a range of healthy options are always available.

Top tips:

- Stock a range of green items across the menu, including meals, snacks and drinks
- Replace less popular red items with green items
- Make gradual changes to the menu.



Menu item not on this list?

If you have a menu item you think is healthy but is not on this list, send the product information or recipe to fueltoغو@education.wa.edu.au and our team can check it for you.

Snacks

- Whole pieces of fruit
- Slices of fruit e.g. watermelon
- Fruit cups
- Veggie sticks and hummus cups
- Yoghurt tubs
- Cheese and crackers
- Plain air popped popcorn
- Fruit breads (40g or less).



Tips for promoting your healthy food and drinks

- Offer taste tests for new healthy menu items
- Promote healthy food and drinks by advertising at the food service, on social media or through club newsletters
- Have green meals, snacks and drinks in prominent positions i.e. at eye level in fridges and vending machines, and at the point of sale on the counter
- Offer healthy meal deals by pairing a green meal or snack with a green drink.



All food and drinks have been assessed based on their nutrient values and colour coded according to the Western Australian Department of Health's Healthy Options WA Food and Nutrition Policy © State of Western Australia 2018 used with permission.

Drinks

- Still or sparkling plain water
- Still or sparkling water with natural flavours (e.g. fruit juice)
- Small (<300mL) plain or flavoured milks or iced coffee
- Tea or coffee
- Small (<300mL) hot chocolate or Milo
- Smoothies made with fresh fruit, milk and yoghurt.