

## HEALTHY CATERING IDEAS FOR MAIN MEALS

The tables below help to explain **GREEN**, **AMBER** and **RED** foods and give real food examples to assist you. Remember, the menus on the Monash catering website have already done this work for you, so you can be sure that everything on the Monash Healthy Catering website is **GREEN** and **AMBER**.

| ITEM                    | RECOMMENDED FOOD AND DRINKS<br>( <b>GREEN</b> AND <b>AMBER</b> OPTIONS)                                                                                                                                                                                                                                                                                                                                                                             | NOT RECOMMENDED<br>( <b>RED</b> OPTIONS)                                                                                                                                                                                                                                                                          |
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| <b>Drinks</b>           | Offer a variety of hot and cold options: <ul style="list-style-type: none"> <li>• chilled plain and sparkling water</li> <li>• plain and decaffeinated coffee</li> <li>• plain and herbal teas</li> <li>• reduced-fat or skim milk for tea and coffee</li> <li>• artificial sweetener for hot beverages</li> <li>• 99–100 per cent fruit juice with maximum recommended serve size of 250mL per person. Recommend serving in small cups.</li> </ul> | <ul style="list-style-type: none"> <li>• Sugar sweetened soft drinks, fruit drinks, iced tea drinks, flavoured mineral water, sports waters, cordials, and energy and sports drinks</li> <li>• Large serves of fruit juice per person (greater than 300mL)</li> </ul>                                             |
| <b>Sandwiches</b>       | Offer a variety of breads, sandwich types and fillings; try finger or pinwheel sandwiches, open-faced, bread rolls, pita pockets or lavash wraps<br><br>Use a wide variety of breads and rolls including: <ul style="list-style-type: none"> <li>• multigrain, wholemeal, wholegrain and rye</li> <li>• high-fibre white</li> <li>• lavash and other flat breads</li> <li>• bagels or plain Turkish bread</li> <li>• small baguettes</li> </ul>     | <ul style="list-style-type: none"> <li>• Large portions of salty, high-fat savoury breads such as garlic or pull-aparts topped with regular fat cheese and fatty, salty, processed meats such as bacon or salami</li> <li>• Large portions of breads such as long hot dog rolls, ciabatta and focaccia</li> </ul> |
| <b>Sandwich spreads</b> | Use spreads or condiments sparingly and try reduced-salt, reduced-fat varieties including poly or mono-unsaturated margarine, avocado, cottage cheese, ricotta, reduced-fat cream cheese, hummus or tzatziki.<br><br>Use mustards, relishes and chutneys in moderation                                                                                                                                                                              | Butter, dairy blend spreads, mayonnaise; oil, cream and/or cheese-based dips such as aioli, sour cream, tapenade and pesto                                                                                                                                                                                        |

| ITEM                              | RECOMMENDED FOOD AND DRINKS<br>(GREEN AND AMBER OPTIONS)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | NOT RECOMMENDED<br>(RED OPTIONS)                                                                                                                                                                                                                                                                         |
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| <b>Sandwich fillings</b>          | <p>Lean cuts of meats, meat alternatives or reduced-fat cheeses:</p> <ul style="list-style-type: none"> <li>• roast beef</li> <li>• roast chicken with no skin</li> <li>• lean turkey, chicken breast or ham</li> <li>• tinned fish (canned in spring water)</li> <li>• eggs</li> <li>• ricotta or cottage cheese, reduced-fat, hard or soft cheeses</li> </ul> <p>Use plenty of raw salad or vegetables<br/>Roasted or grilled vegetables drained of oil</p>                                                                                                                                                                                                                                                                                                                                                                                                        | <ul style="list-style-type: none"> <li>• High-fat, salty luncheon meats such as salami, chicken loaf, kabana, devon, bacon, Strasburg or Mortadella</li> <li>• Do not add salt to sandwiches or filling ingredients</li> </ul>                                                                           |
| <b>Sushi and rice paper rolls</b> | <p>Try options that contain lean, un-coated and un-crumbed meats, tofu, egg or seafood and use a variety of vegetable fillings.</p> <p>Use low-fat, reduced-salt ingredients in dipping sauces such as:</p> <ul style="list-style-type: none"> <li>• sweet chilli sauce</li> <li>• reduced-salt soy sauce or reduced-salt fish sauce with fresh herbs, garlic, onion or shallots</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>• Sushi or rice paper rolls containing deep-fried, coated or battered ingredients</li> <li>• Cream or oil-based sauces (e.g. regular mayonnaise)</li> </ul>                                                                                                       |
| <b>Salads</b>                     | <ul style="list-style-type: none"> <li>• Offer a variety of salads, such as garden, bean, pasta, rice or noodle, potato, tabouleh, couscous, coleslaw, roasted vegetables or egg salad.</li> <li>• Use balsamic vinegar/lemon juice dressings, or low-fat mayonnaise, oil or yoghurt-based dressings. Offer dressing on the side.</li> <li>• If salads include meat or poultry, use lean varieties (with visible fat trimmed and skin removed) without crumbs or coating, that have been grilled, roasted or cooked in minimal amounts of poly or mono-unsaturated oil.</li> <li>• If salads include tinned fish, use options that are canned in springwater.</li> <li>• If salads include cheese, choose reduced-fat varieties, such as ricotta or cottage cheese.</li> <li>• If salads include nuts, choose unsalted, unroasted or dry-roasted options.</li> </ul> | <ul style="list-style-type: none"> <li>• Salads containing deep-fried ingredients (e.g. croutons, meat or seafood), fatty meats (e.g. bacon) or coated meat and poultry</li> <li>• Avoid fatty, salty cured meats such as salami, chicken loaf, kabana, devon, bacon, Strasburg or Mortadella</li> </ul> |

| ITEM                                    | RECOMMENDED FOOD AND DRINKS<br>(GREEN AND AMBER OPTIONS)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | NOT RECOMMENDED<br>(RED OPTIONS)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
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| <b>Salad dressings</b>                  | <p>It is preferable to leave salads undressed or serve dressings separately.</p> <ul style="list-style-type: none"> <li>• Low-oil or no-oil dressings such as lemon, orange or lime juice, natural yoghurt, balsamic or wine vinegar with herbs or pepper</li> <li>• Reduced-fat, low-oil, no-oil or low-joule commercial dressings and small amounts of low fat mayonnaise</li> <li>• If preparing dressings use small amounts of poly or mono-unsaturated oils, such as canola, sunflower, sesame, olive or peanut oils</li> </ul>                                                                                                                                                                                                                                       | <ul style="list-style-type: none"> <li>• Do not add salt to salads or dressings</li> <li>• Avoid excess dressing</li> <li>• Avoid cream or mayonnaise-based dressings such as Caesar or sour cream</li> </ul>                                                                                                                                                                                                                                                                                                                                                          |
| <b>Finger foods, antipasto and dips</b> | <ul style="list-style-type: none"> <li>• Vegetable-based salsas or relishes such as tomato, bean or capsicum</li> <li>• Reduced-fat yoghurt-based dips such as beetroot, eggplant, capsicum, avocado, tzatziki or hummus</li> <li>• Roasted or grilled vegetables served drained of oil</li> <li>• Olives served drained of oil</li> <li>• Lean cold meat such as roast beef or skinless baked chicken</li> <li>• Hot options such as lean meat and vegetable kebabs, mini frittatas or bruschetta</li> <li>• Fresh cut fruit and/or vegetables sticks</li> <li>• A variety of different breads, rice crackers, water crackers or reduced-fat/reduced-salt crispbreads or pita breads (wholemeal varieties where possible)</li> <li>• Vegetable-based frittatas</li> </ul> | <ul style="list-style-type: none"> <li>• Deep-fried items including savoury pastries such as dim sims, spring rolls, samosas; coated or crumbed meat or vegetable products; and potato chips, wedges, gems, scallops or hash browns</li> <li>• Hot or cold savoury pastries such as pies, sausage rolls, party pies, croissants or quiches</li> <li>• High-fat, salty cured meats such as salami, chicken loaf, kabana, devon, bacon, Strasburg or Mortadella</li> <li>• Oil, cream and/or cheese-based dips such as aioli, sour cream, tapenades and pesto</li> </ul> |
| <b>Fruit platters</b>                   | <p>Whole, sliced or cut pieces of fresh fruit.</p> <p>Try fresh fruit kebabs with low-fat or reduced-fat dipping sauces such as:</p> <ul style="list-style-type: none"> <li>• fruit purees</li> <li>• reduced fat vanilla yoghurt</li> <li>• whipped ricotta</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <p>Whipped cream or chocolate sauce</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

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| <b>Cheese and cheese platters</b> | <p>Small serves of cheese such as cottage, ricotta, fetta or hard cheeses, reduced-fat where possible, with a variety of accompaniments such as:</p> <ul style="list-style-type: none"> <li>• different bread varieties, wholemeal, salt-reduced crispbreads and crackers, pita bread, lavash, rice crackers or water crackers</li> <li>• fresh fruit and small amounts of dried fruit</li> <li>• fresh cut vegetable sticks with reduced-fat dips</li> <li>• roasted or grilled vegetables (served drained of oil)</li> <li>• plain and/or dry-roasted unsalted nuts</li> </ul> | <ul style="list-style-type: none"> <li>• Large portions or blocks of cheese, double/triple cream soft cheeses such as brie and camembert</li> <li>• Chocolate almond bread, high-fat and high-salt crackers</li> <li>• Salted, coated and/or fried nuts</li> </ul> |