

# Ready reckoner of commonly supplied food and drinks

## Using the Ready Reckoner

These tables will provide you with a guide to food and drinks commonly supplied in schools, and the category they are most likely to fit into. Circles in two columns indicate that brands or varieties of foods and drinks in this category differ and may fit into one or other of the categories shown.



Foods	Likely part of the food and drink spectrum			Comments
	Green	Amber	Red	
<b>Breads and alternatives</b> <ul style="list-style-type: none"> <li>■ Select a variety of different breads, including wholegrain.</li> <li>■ scones – plain or fruit</li>   <li>■ raisin, fruit bread or buns</li> <li>■ rice and corn cakes</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li>   <li>●</li> <li>●</li> </ul>			<p>Breads can be used in a variety of different ways for snacks and/or main meal choices in the school canteen. Choose a variety of breads to add interest to your canteen menu.</p> <p>Toasted breads/jaffles served with fillings are a tasty alternative to sandwiches. They are often popular winter foods.</p> <p>Rolls can be split, have reduced fat cheese added, wrapped in foil and heated in the food warmer. Some rolls can be purchased already made up.</p> <p>Bread cases can be filled with similar fillings to the baked potatoes.</p> <p>Toasted raisin/fruit bread or buns are often popular as snack foods.</p> <p>Rice and corn cakes can be served with interesting vegetable toppings.</p>
<b>Rice and noodles</b> <ul style="list-style-type: none"> <li>■ fried rice</li> <li>■ stir fried noodles</li> <li>■ hot noodle cups</li> <li>■ sushi</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> </ul>		<p>Plain rice and noodles are in the GREEN category. Rice-based and noodle-based dishes can be high in sodium and saturated fat.</p> <p>Choose reduced fat and salt reduced versions.</p>
<b>Breakfast cereals</b>	<ul style="list-style-type: none"> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> </ul>		<p>Choose wholegrain cereals, wholewheat flake and puffed cereals, porridge, and wholewheat breakfast biscuits. These fit into the GREEN category. Serve with reduced-fat milk.</p> <p>Refined cereals are likely to be in AMBER.</p>
<b>Fruit</b> <ul style="list-style-type: none"> <li>■ fresh</li> <li>■ frozen</li> <li>■ canned</li> <li>■ dried</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>			<p>Any fresh fruit in season – whole, sliced, cubed, wedges, quarters, spirals (for example apple slinkies can be made using a special peeling and slicing machine).</p> <p>Fruit salad with a mixture of interesting fruit, served cold is a refreshing alternative. A scoop of reduced-fat ice-cream, a dollop of custard, yoghurt or fromage frais can add interest and variety.</p>



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<b>Vegetables</b> <ul style="list-style-type: none"> <li>■ fresh</li> <li>■ baked potatoes</li> <li>■ corn on the cob</li> </ul>	● ● ●			Baked potatoes can be cooked in their skins, split and filled with choices of sandwich fillings; they can also be filled with creamed corn, tabouleh, savoury mince or baked beans topped with cheese. Bread cases can also use these fillings.
<b>Legumes</b> <ul style="list-style-type: none"> <li>■ baked beans</li> <li>■ lentil patties</li> <li>■ felafels</li> </ul>	● ●	●		Baked beans can be used in sandwiches and jaffles as a meat alternative. Choose salt reduced varieties. Lentil patties and felafels can be used in rolls and sandwiches or served with salads.
<b>Salads</b> <ul style="list-style-type: none"> <li>■ garden/mixed</li> <li>■ pasta</li> <li>■ potato</li> <li>■ rice</li> <li>■ tabouleh</li> <li>■ coleslaw</li> <li>■ egg</li> </ul>	● ● ● ● ● ● ●	● ● ● ● ● ● ●		These salads could be served as a salad plate, box or tub. Lean meats, chicken, tuna or reduced fat cheese add protein and variety. Salads dressed with lots of oil and mayonnaise will fit into AMBER. For the salad to fit in the GREEN category, select the dressing carefully – no dressing or a no-oil or reduced-oil dressing is recommended.
<b>Soups</b> <ul style="list-style-type: none"> <li>■ canned</li> <li>■ commercially prepared</li> <li>■ canteen made</li> </ul>	● ● ●	● ● ●		Soups either made in the canteen for example pumpkin, vegetable or produced from low-salt commercially prepared soup mixes can be sold in cups with a bread roll or bread stick (grissini). If serving soup to younger children, stand and allow to cool slightly before serving for safety reasons.
<b>Dairy foods</b> <ul style="list-style-type: none"> <li>■ yoghurt</li> <li>■ custard</li> <li>■ cheese</li> <li>■ fromage frais</li> <li>■ milk</li> </ul>	Reduced fat	Full fat		Children and adolescents of school age do not need the full-fat varieties of these products. The reduced-fat versions should be encouraged.  Yoghurt – plain and fruit varieties and custard can be frozen in summer and sold as a snack.  Fromage frais – reduced fat fruit or vanilla.  See drinks.
<b>Meat/fish/poultry (not crumbed) and alternatives</b> <ul style="list-style-type: none"> <li>■ lean meats (for example roast beef)</li> <li>■ lean chicken meat (no skin)</li> <li>■ turkey</li> <li>■ egg (hard boiled then mashed or sliced)</li> <li>■ fish (for example tuna or salmon in spring water, sardines)</li> <li>■ nuts</li> <li>■ meat pattie (not crumbed)</li> <li>■ fish pattie</li> <li>■ char-grilled chicken fillet</li> <li>■ chicken drumsticks</li> <li>■ meat balls</li> <li>■ pork spare ribs</li> </ul>	● ● ● ● ● ●	● ● ● ● ● ●	● ● ● ● ● ●	These foods are a good source of protein and can be used for hot rolls, sandwiches, salad plates, pizza topping etc.  Some of these products will fit into the RED category. Check labels carefully. These products are usually used to make the following items in the canteen: – burgers – kebabs – burritos and tacos – focaccias  For a healthy and filling meal serve all of the above with salad.  Burritos and tacos (fill with reduced fat savoury mince and kidney beans, salad and reduced fat yoghurt; chicken burritos are a tasty alternative).



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<b>Processed meats</b> <ul style="list-style-type: none"> <li>■ devon</li> <li>■ ham</li> <li>■ chicken roll</li> <li>■ corned beef</li> <li>■ bacon</li> <li>■ pastrami</li> <li>■ salami</li> </ul>		<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>		<p>These foods are usually high in sodium and/or saturated fat putting them in AMBER. They are not as nutritious as lean cuts of meat. If using these foods, use in small amounts and serve with a bread-based product and salad.</p>
<b>Crumbed chicken, fish or vegetable products</b> <ul style="list-style-type: none"> <li>■ chicken nuggets</li> <li>■ chicken fillet wedges</li> <li>■ chicken patty</li> <li>■ fish fingers</li> <li>■ fish burgers</li> <li>■ vegetable patties</li> <li>■ battered saveloys and sausages (beef, lamb and chicken varieties)</li> <li>■ frankfurters</li> </ul>		<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>It's important to check the label against RED as some products are often high in saturated fat and sodium. Again, if using these products, DON'T DEEP FRY. Limit the number per serve of nuggets and chip type products to keep down the kilojoules.</p> <p>Sausages and battered saveloys are very high in saturated fat and sodium placing them into the RED end of the spectrum.</p> <p>Most frankfurters are high in sodium. Choose a reduced fat and sodium version and serve on a bun to boost the nutritional value.</p>
<b>Commercial oven-baked potato products</b> <ul style="list-style-type: none"> <li>■ wedges</li> <li>■ chips</li> <li>■ hash browns</li> <li>■ scallops</li> <li>■ gems</li> </ul>		<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>Oven-baked potato products usually fit into the AMBER category. Check the label to be sure and serve in small amounts.</p> <p>All deep fried foods are in the RED category.</p>
<b>Pasta products</b> <ul style="list-style-type: none"> <li>■ lasagne</li> <li>■ spaghetti bolognaise</li> <li>■ macaroni cheese</li> </ul>		<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>Check the label against the RED criteria. Pastas served with fresh tomato-based sauces are a good choice. Avoid large serves. Serve with plenty of salad.</p>
<b>Pizza</b> <ul style="list-style-type: none"> <li>■ hawaiian</li> <li>■ supreme</li> <li>■ cheese and bacon</li> <li>■ muffin and pita bread-based pizzas</li> </ul>	<ul style="list-style-type: none"> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> <li>●</li> </ul>	<ul style="list-style-type: none"> <li>●</li> <li>●</li> <li>●</li> </ul>	<p>Go for the thin crust or bread-based pizzas as these have less fat.</p> <p>Select those with vegetables in the topping or serve with salad.</p> <p>Muffin and pita bread pizzas make a good snack. Pizzas can be topped with lean meats and fruit or vegetables and served as a snack food.</p>



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<b>Savoury pastries/breads</b> <ul style="list-style-type: none"> <li>■ standard meat pies, sausage rolls, pasties, party pies, chicken and potato pies, cheese and bacon pies, cheese and spinach triangles, quiche, samosas and other fancy versions.</li> <li>■ savoury croissants</li> <li>■ garlic bread</li> </ul>		●	●	<p>The saturated fat content of many pastries will put them into the RED category. Check the label against the criteria. A number of companies make reduced fat versions.</p> <p>Croissants are very high in saturated fat and kilojoules and fall into the RED end of the spectrum.</p> <p>Can be high in saturated fat, sodium and kilojoules. Check the label. To make your own, lightly brush with olive oil and crushed garlic.</p>
<b>Spring rolls, chiko rolls, and dim sims</b>		●	●	<p>Check these products against the criteria. Some will fall into AMBER. DON'T DEEP FRY. Oven-bake these foods or steam dim sims to keep the fat and kilojoules down.</p>
<b>Spreads</b> <ul style="list-style-type: none"> <li>■ peanut butter and other nut spreads, fish, chicken and meat paste, yeast and vegetable extract spreads</li> <li>■ chocolate spreads, honey and jam</li> </ul>		●	●	<p>Use sparingly. Choose reduced-salt varieties where available. Make sure you can see the bread through the spread!</p> <p>These spreads have minimal nutritional value and may contribute to tooth decay if eaten frequently. Fill bread with other Smart Choices such as lean meats and vegetables.</p>
<b>Sauces and gravy</b> <ul style="list-style-type: none"> <li>■ tomato</li> <li>■ sweet chilli</li> <li>■ BBQ</li> <li>■ soy</li> <li>■ satay/peanut</li> <li>■ gravy</li> </ul>		●	●	<p>Use sparingly. Choose reduced salt varieties where available.</p>
<b>Fats and oils</b> <ul style="list-style-type: none"> <li>■ margarine and oil</li> <li>■ mayonnaise</li> </ul>		●	●	<p>Choose polyunsaturated or mono-unsaturated varieties and use sparingly. Butter is high in saturated fat; use polyunsaturated margarine instead.</p>
<b>Cakes, muffins, sweet biscuits and slices</b>		●	●	<p>Some un-iced cakes, muffins and sweet biscuits that are a small to medium serve size or have been modified (for example reduced levels of fat or sugar and include fibre) may fit into AMBER. Check label against the RED criteria.</p>
<b>Ice-creams, milk-based ice confections and dairy desserts</b> <ul style="list-style-type: none"> <li>■ chocolate coated</li> <li>■ premium</li> <li>■ standard reduced and low fat ice-creams and milk-based ice confections</li> <li>■ dairy desserts</li> </ul>		●	●	<p>Check standard ice-creams, milk-based ice confections and dairy desserts against the RED criteria.</p>
<b>Ice blocks, water/fruit-based ice confection/slushees</b>		●	●	<p>Watch the serve size and check against the RED criteria. Choose those with greater than 50% fruit juice and watch the serve size.</p>



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<b>Confectionery</b> <ul style="list-style-type: none"> <li>■ lollies – boiled, jellies, juice jellies, cough lollies, liquorice etc.</li> <li>■ chocolates, carob</li> </ul>			●  ●	<p>Note: All types of confectionery fit into the RED end of the spectrum. They are foods of minimal nutritional value, or are too high in energy (kilojoules) and saturated fat.</p>
<b>Savoury snack foods</b> <ul style="list-style-type: none"> <li>■ popcorn</li> <li>■ flavoured popcorn</li> <li>■ crisps and chips</li> </ul>	●	●	●  ●	<p>Air-popped, no added fat or salt popcorn is a high-fibre, low-fat choice.</p> <p>Read the label for flavoured popcorn – it may be too high in saturated fat and salt.</p> <p>Check against the RED criteria. Crisps and chips are generally too high in energy (kilojoules) and/or saturated fat and/or sodium. They fit mostly into the RED category.</p>
<b>Savoury biscuits</b>		●	●	<p>Check against the RED criteria as some products are too high in saturated fat and sodium.</p>
<b>Snack food bars</b> <ul style="list-style-type: none"> <li>■ cereal-based bars</li> <li>■ fruit bars</li> <li>■ breakfast bars</li> </ul>		● ● ●	● ● ●	<p>Choose carefully. Watch the serve size. Check against the RED criteria. These foods are also sticky and can contribute to tooth decay if eaten regularly.</p>
<b>Drinks</b> <ul style="list-style-type: none"> <li>■ Artificially sweetened soft drinks</li> <li>■ Energy drinks</li> <li>■ Flavoured mineral water</li> <li>■ Fruit juices</li> <li>■ Fruit drinks</li> <li>■ Cordials</li> <li><b>Milks –</b> <ul style="list-style-type: none"> <li>■ reduced-fat</li> <li>■ full-fat</li> </ul> </li> <li>■ Soft drinks and sports drinks</li> <li>■ Sports water</li> <li><b>Soy drinks –</b> <ul style="list-style-type: none"> <li>■ reduced-fat</li> <li>■ full-fat</li> </ul> </li> <li>■ Water</li> </ul>	●       ●   ●	●   ●  ●  ●  ●  ●	●  ●  ●  ●  ●  ●  ●  ●  ●	<p>Artificially sweetened drinks fit into the RED category because they have no nutritional value and are high in acidity which can contribute to tooth decay and erosion if consumed regularly.</p> <p>Fit into the RED end of the spectrum. They are foods of minimal nutritional value and are high in caffeine.</p> <p>Fit into the RED end of the spectrum. They are foods of minimal nutritional value.</p> <p>Serve fruit juice chilled or frozen. Stock juices that are smaller in serve size (not more than 250 ml) and look out for products that contain some fibre and no added sugar.</p> <p>Fruit drinks can contain from 5–50% or more fruit juice. Choose those with more than 50% fruit juice and keep the serve size to below 250 ml. Fruit drinks that are larger in serve size will fit into the RED category.</p> <p>Fit into the RED category. Cordials have no nutritional value.</p> <p>Over the age of two years, children and adolescents are encouraged to drink reduced fat milks. Choose reduced-fat or low-fat varieties of plain and flavoured milks, or fresh fruit milkshakes or smoothies.</p> <p>Fit into the RED category. They are drinks of minimal nutritional value.</p> <p>These are moderate in energy content and fit into the AMBER or RED category. Check the label.</p> <p>Over the age of two years, children and adolescents are encouraged to drink reduced-fat soy drinks. Choose calcium-enriched, reduced-fat or low-fat varieties of plain and flavoured soy drinks, or fresh fruit soyshakes or smoothies.</p> <p>Water is the best thirst quencher. Plain water (spring, mineral or sparkling – serve icy cold in summer).</p> <p><b>Tip!</b> Some primary schools serve iced water by the cup – charging only for the cup.</p>

Based on the NSW Department of Health and NSW Department of Education and Training *Canteen Menu Planning Guide*, 2004.

