

canteen *fresh*

Helping canteen managers provide healthy and nutritious meal choices on their canteen menu.
Go to www.freshforkids.com.au for more fruit & veg information.

Fruity fun creations for kids



Kids love fresh fruit that is easy to eat and eye-catching. See page 2 for more.

6 Meal Deal
Options
See back page



Fruity funtastic treats

There's no limit to the colourful and imaginative edible creations using fresh seasonal fruit. Infant kids are sure to be delighted with these funtastic fruit treats!

Melon ball traffic lights

Use a melon baller to scoop out rockmelon, honeydew and seedless watermelon balls. Thread a watermelon ball, rockmelon and honeydew ball onto paddle-pop.

Starry starry melons

Cut seedless watermelon and rockmelon into 2cm thick slices. Using star cookie cutters, cut out star shapes. Serve chilled or frozen.

Pineapple smiley la la faces

Create smiley faces, by cutting peeled whole pineapple into 1cm-thick slices. Use sliced strawberry for a mouth and a circle of honeydew melons topped with a small dollop of yoghurt and a blueberry for the eyes.



Sweet, easy-to-eat grapes – the perfect snack food

Sweet and easy to eat, grapes are the perfect snack food. And once frozen, make a delicious iced treat for the hot summer days. Australian-grown grapes are picked ripe and ready to eat. They don't become sweeter once picked so a taste test is the best indicator of their flavour. Select firm plump grapes attached to a fresh-looking stem.

Seedless grape varieties:

Thompson Seedless

Also known as Sultana grapes, enjoy these straight from the bunch. Available from January to May.

Menindee Seedless

A very versatile grape that teams well with cheese and crackers. Available from November to February.

Flame Seedless

Ideal for fruit salads and adding to jellies. Available November to March.

Crimson Seedless

A great all rounder that has a slightly longer shelf life. Available from December to May.

Top grape snacks:

Grape and cheese snack pack

Serve red and green seedless grapes with reduced-fat cheese cubes in small disposable cups. Serve with wholegrain crackers.

Icy Grape Nibbles

Simply freeze small bunches of grapes and serve.

Breakfast Grape Sundae

For a recess breakfast, layer grapes with reduced-fat yoghurt, toasted muesli and a sprinkling of Milo in disposable cups.



Chill with cool fresh fruit drinks



Icy fresh fruit smoothies and slushies are goodness in a glass. Thirst quenching and sweet, kids are sure to love these exciting summery fresh fruit drinks that can be blended in minutes.

Top tips for making blended fruit drinks

- Freeze leftover chunks of fruit to use in drinks.
- Use reduced-fat milk and yoghurt.
- Pour milk or juice in the blender before adding the chopped fruit. This prevents the fruit from sticking to the blender blades.
- Add ice for an extra chill.

Iced Banana & Choc Smoothie

Blend chunks of frozen banana with reduced-fat milk, a spoonful of drinking chocolate, reduced-fat natural yoghurt and crushed ice. For a breakie version, replace chocolate with malt.

Strawberry & Pineapple Slushie

Blend chunks of pineapple and hulled strawberries with tropical fruit juice and lots of crushed ice.

snapshot: Apricots

To buy

Choose plump even-coloured apricots with rich golden-orange skin. Under-ripe fruit has green skin around the stem. Available from November through to January, with supply peaking in December. Be sure to snap them up!

To store

Allow apricots to fully ripen at room temperature. Refrigerate ripe fruit and eat within a day or two.

Top ideas for apricots

- Halve ripe apricots and top with a dollop of reduced-fat cream cheese for a healthy recess snack.
- Add apricots to summery fruit salads.
- Spread a pikelet with reduced-fat cream cheese and decorate with apricot wedges.
- Swirl chopped apricots and shredded toasted coconut through reduced-fat vanilla yoghurt.

For more information on fresh produce, please visit www.freshforkids.com.au



Crispy lettuce, cucumber and chicken schnitzel roll

Crunchy Iceberg lettuce and refreshing cucumber topped with an oven-baked chicken schnitzel and mayonnaise make a fabulous lunch roll. It's sure to be a hit with kids of all ages!

To make

Heat frozen chicken schnitzels in an oven as per packet instructions. Split a wholemeal or multigrain bread roll and spread with reduced-fat mayonnaise. Top with Iceberg lettuce leaves, the chicken schnitzel, sliced Lebanese cucumber and a dollop of mayonnaise. Top with remaining bread roll. Wrap up and serve.

Teachers' and seniors' variation

Replace Iceberg lettuce with rocket leaves.



Best wishes for Christmas & Happy Holidays from everyone at Sydney Markets and the 'Fresh for Kids' program.



6 terrific MEAL DEALS

Tamara Tomato TASTY MEAL

- Ham, tomato and cheese wrap
- Wedge of watermelon



Megabite Apple BRAIN FOOD

- Salad and cheese burger
- Lady Williams apple



Summa Strawberry HOT DEAL

- Lettuce and egg mayo sandwich
- Strawberry and pineapple slushie



Captain Capsicum HERO MEAL

- Capsicum salad and chicken wrap
- Fresh fruit salad



Oscar Orange SPORTING FUEL

- Cucumber, tuna and lettuce roll
- Orange and pineapple fruit salad



Bazza Banana BREAK

- Avocado, bacon and lettuce sandwich
- Iced banana and choc smoothie



what's in season

These fresh fruits and vegetables are in 'peak' season this term. Buying in season, means that you get quality and value. Refer to this guide when ordering produce for your canteen.

VEGETABLES

Asparagus
Beans
Capsicums
Celery
Cucumbers
Lettuce
Onions –
Green (shallots),
Spring
Peas
Spinach
Sweetcorn
Tomatoes
Watercress
Zucchini

FRUIT

Apricots
Avocados
Bananas
Berries
Cherries
Mangoes
Melons
Nectarines
Oranges –
Valencia
Papaya
Papaw
Peaches
Pineapples

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