

SCHOOL CANTEEN MENU

BREAKFAST

- Berry breakfast smoothie
- Banana & oat breakfast smoothie
- Yoghurt cup with granola



SNACKS

- Tzatziki dip – served with vegetable sticks
- Hommus dip – served with vegetable sticks
- Granola bar



TOASTED SANDWICHES

- Cheese, tomato & spinach toasted sandwich
- Tuna, cheese & spinach toasted sandwich
- Ham, cheese & tomato toasted sandwich



SUSHI

- Tuna & avocado sushi
- Sweet chilli tofu & vegetable sushi
- Teriyaki chicken & cucumber sushi



PIZZA

- Mini chicken, capsicum & mushroom pizza
- Mini supreme pizza
- Mini ham, cheese & pineapple pizza



HOT FOOD

- Thai green curry – with rice and veg
- Beef Bourginon – with mashed potato and veg
- Butter chicken – with rice and veg





Berry Breakfast Smoothie

Smoothies are a quick and delicious meal idea for school breakfast programs or for the school canteen. You can use any variation of fresh, frozen or tinned fruit to add variety.

Serves 10

Approximate cooking time: 5 minutes

Ingredients

4 cups of frozen berries

4 cups Dairy Farmers Lite White Milk

**2 cups Farmers Union Greek Style
Natural Light Yogurt**

1 cup oats

Method

1. Place all ingredients in a blender or a large bowl if using a stick blender.
2. Blend all ingredients until smooth.
3. Divide into 10 cups and serve.

Lion Dairy & Drinks

Farmers Union Greek Style Natural Light
Yogurt Dairy Farmers Lite White Milk

Nutrition Analysis (per 225g serve)

Energy 580kJ (139cal) Protein 8g Fat
4g CHO 15g Fibre 3g

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Banana & Oat Breakfast Smoothie

Smoothies are a quick and delicious meal idea for school breakfast programs or for the school canteen. You can use any variation of fresh, frozen or tinned fruit to add variety.

Serves 10

Approximate cooking time: 5 minutes

Ingredients

4 cups of chopped banana (~ 6 medium bananas)

4 cups Dairy Farmers Lite White Milk

2 cups Farmers Union Greek Style Natural Light Yogurt

1 cup oats

Method

1. Place all ingredients in a blender or a large bowl if using a stick blender.
2. Blend all ingredients until smooth.
3. Divide into 10 cups and serve.

Lion Dairy & Drinks

Farmers Union Greek Style Natural Light Yogurt
Dairy Farmers Lite White Milk

Nutrition Analysis (per 225g serve)

Energy 740kJ (177cal) Protein 8g Fat 4g CHO 24g Fibre 2g

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Yoghurt Cup with Granola

Yoghurt cups are an easy-to-assemble meal idea for school breakfast programs or served at the school canteen.

Serves 10

Approximate cooking time: 10 minutes

Ingredients

1 kg Farmers Union Greek Style Natural Light Yogurt

1 kg of Cranberry & Apple Granola

3 bananas sliced

Note: any variation of fresh, frozen or tinned fruit can be used

Method

1. Layer granola on the bottom of cup.
2. Add in a layer of yogurt.
3. Add some banana on top.
4. Add a second layer of granola.
5. Finish with yogurt and top with banana.

BIDFOOD Codes

Trumps Cranberry & Apple Granola – #167163

Lion Dairy & Drinks

Farmers Union Greek Style Natural Light Yogurt

Nutrition Analysis (per 230g serve)

Energy 2010kJ (480cal) Protein 12g
Fat 10g CHO 81g Fibre 8g

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Tzatziki Dip

*Dips are the perfect accompaniment for vegetable sticks.
You can easily make your own using the recipe below.*

Serves 10

Approximate cooking time: 10 minutes

Ingredients

1 medium Lebanese cucumber

**1 cup Farmers Union Greek Style
Natural Light Yogurt**

1 clove garlic

**1 tablespoon fresh mint or ½ tablespoon
dried mint**

Method

1. Peel and finely dice the cucumbers.
2. Gently squeeze any excess moisture from the cucumbers onto a paper towel.
3. Combine the yoghurt, crushed garlic and mint in a large bowl.
4. Stir cucumber into yoghurt mixture until combined.
5. Serve with vegetable sticks.

Lion Dairy & Drinks

Farmers Union Greek Style Natural Light
Yogurt

Nutrition Analysis (per 45g serve)

Energy 120kJ (29cal) Protein 2g Fat
1g CHO 3g Fibre <1g

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Hommus Dip

Dips are the perfect accompaniment for vegetable sticks.

You can easily make your own using the recipe below.

Serves 10

Approximate cooking time: 10 minutes

Ingredients

400g Edgell Canned Chickpeas

1 tablespoon tahini

1 tablespoon lemon juice

1 tablespoon olive oil

1 clove garlic

Method

1. Drain the chickpeas into a bowl to remove the liquid. Retain some of the liquid.
2. Combine the chickpeas, tahini, lemon juice, olive oil and crushed garlic in a blender.
3. Blend all ingredients until smooth, adding a small amount of the chickpea liquid as required.
4. Serve with vegetable sticks.

BIDFOOD Codes

Edgell Canned Chickpeas – #151430

Nutrition Analysis (per 45g serve)

Energy 315kJ (75cal) Protein 3g Fat
4g CHO 5g Fibre 3g

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Granola Bar

Granola bars are a delicious snack idea for school aged children.

You can easily bake your own using the recipe below.

Serves 20

Approximate cooking time: 40 minutes

Ingredients

3 cups Cranberry & Apple Granola

3 eggs

1 teaspoon vanilla essence

1 teaspoon ground cinnamon

¼ cup (60ml) olive oil

¼ cup (60ml) honey

Method

1. Preheat the oven to 160°C.
2. Mix the all ingredients in a large bowl and stir until combined.
3. Spoon into a baking tin lined with baking paper.
4. Bake for approximately 25-30 minutes, until golden brown.
5. Cool on a wire rack.
6. Cut into 20 pieces and serve.

BIDFOOD Codes

Trumps Cranberry & Apple Granola –
#167163

Nutrition Analysis (per 30g serve)

Energy 470kJ (112cal) Protein 2g Fat
4g CHO 16g Fibre 1g

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Cheese, Tomato & Spinach Toasted Sandwich

Sandwiches are an easy-to-assemble and versatile meal idea for school canteen lunches.

Serves 10

Approximate cooking time: 10 minutes

Ingredients

2 large tomatoes

10 slices of reduced fat cheese

100g baby spinach

20 slices of Wonder White Hi Fibre Sandwich Bread

Method

1. Slice tomatoes.
2. Lay out 10 slices of bread and place 1-2 slices of tomato, 1 slice of cheese and a small handful of spinach on each slice.
3. Top with another slice of bread.
4. Toast in a sandwich press for approximately 5 minutes or until golden brown.

Goodman Fielder

Wonder White Hi Fibre Sandwich Bread

Nutrition Analysis (per 135g serve)

Energy 1000kJ (239cal) Protein 12g
Fat 5g CHO 33g Fibre 6g

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Tuna, Cheese & Spinach Toasted Sandwich

Sandwiches are an easy-to-assemble and versatile meal idea for school canteen lunches.

Serves 10

Approximate cooking time: 10 minutes

Ingredients

2 x 425g John West Tuna in Spring Water

10 slices of reduced fat cheese

100g baby spinach

20 slices of Wonder White Hi Fibre Sandwich Bread

Method

1. Slice tomatoes.
2. Lay out 10 slices of bread and place 1 slice of cheese, 85g of tuna and a small handful of spinach on each slice.
3. Top with another slice of bread.
4. Toast in a sandwich press for approximately 5 minutes or until golden brown.

BIDFOOD Codes

John West Tuna in Spring Water – #14376

Goodman Fielder

Wonder White Hi Fibre Sandwich Bread

Nutrition Analysis (per 190g serve)

Energy 1375kJ (329cal) Protein 34g

Fat 6g CHO 33g Fibre 6g

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Ham, Cheese & Tomato Toasted Sandwich

Sandwiches are an easy-to-assemble and versatile meal idea for school canteen lunches.

Serves 10

Approximate cooking time: 10 minutes

Ingredients

2 large tomatoes

10 slices of reduced fat cheese

10 slices of salt reduced ham

20 slices of Wonder White Hi Fibre Sandwich Bread

Method

1. Slice tomatoes.
2. Lay out 10 slices of bread and place 1-2 slices of tomato, 1 slice of cheese and 1 slice of ham on each slice.
3. Top with another slice of bread.
4. Toast in a sandwich press for approximately 5 minutes or until golden brown.

Goodman Fielder

Wonder White Hi Fibre Sandwich Bread

Nutrition Analysis (per 145g serve)

Energy 1050kJ (251cal) Protein 14g
Fat 5g CHO 34g Fibre 6g

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Tuna & Avocado Sushi

Sushi is an easy-to-assemble and versatile meal idea for school canteen lunches.

Serves 10

Approximate cooking time: 30 minutes

Ingredients

5 cups cooked sushi rice

10 nori (seaweed) sheets

2 x 425g John West Tuna in Spring Water

1 avocado

140g mayonnaise

Method

1. Place one sheet of nori on a bamboo mat and spread about ½ cup of rice on top of the nori, leaving a 2cm strip on one edge free of rice.
2. Slice avocado into thin slices. Drizzle a line of mayonnaise down the centre and then top with slices of avocado and tuna.
3. Using the bamboo mat as a guide, roll up the sushi to firmly enclose the filling. Cut into 2cm wide slices and serve with soy sauce.

BIDFOOD Codes

John West Tuna in Spring Water – #14376

Nutrition Analysis (per 200g serve)

Energy 1560kJ (373cal) Protein 26g
Fat 14g CHO 35g Fibre 3g

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Sweet Chilli Tofu & Vegetable Sushi

Sushi is an easy-to-assemble and versatile meal idea for school canteen lunches.

Serves 10

Approximate cooking time: 30 minutes

Ingredients

5 cups cooked sushi rice

10 nori (seaweed) sheets

125g lettuce

1 carrot

1 cucumber

140g Knorr Sweet Chilli Sauce

140g mayonnaise

500g tofu (optional)

Method

1. Place one sheet of nori on a bamboo mat and spread about $\frac{1}{2}$ cup of rice on top of the nori, leaving a 2cm strip on one edge free of rice.
2. Slice cucumber and carrots into thin slices. Drizzle a line of mayonnaise down the centre and then top with slices of cucumber, carrot, lettuce and cooked tofu (optional). Drizzle with a line of sweet chilli sauce.
3. Using the bamboo mat as a guide, roll up the sushi to firmly enclose the filling. Cut into 2cm wide slices and serve with soy sauce.

BIDFOOD Codes

Knorr Sweet Chilli Sauce – #10152

Nutrition Analysis (per 220g serve)

Energy 1580kJ (378cal) Protein 13g
Fat 16g CHO 43g Fibre 5g

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Teriyaki Chicken & Cucumber Sushi

Sushi is an easy-to-assemble and versatile meal idea for school canteen lunches.

Serves 10

Approximate cooking time: 30 minutes

Ingredients

5 cups cooked sushi rice

10 nori (seaweed) sheets

500g Oven Roasted & Shredded Chicken Breast

1 cucumber

140g Knorr Teriyaki Sauce

140g mayonnaise

Method

1. Place one sheet of nori on a bamboo mat and spread about $\frac{1}{2}$ cup of rice on top of the nori, leaving a 2cm strip on one edge free of rice.
2. Slice cucumber into thin slices. Drizzle a line of mayonnaise down the centre and then top with slices of cucumber and chicken. Drizzle with a line of teriyaki sauce.
3. Using the bamboo mat as a guide, roll up the sushi to firmly enclose the filling. Cut into 2cm wide slices and serve with soy sauce.

BIDFOOD Codes

Knorr Teriyaki Sauce – #110636

M&J Chickens

Oven Roasted & Shredded Chicken Breast

Nutrition Analysis (per 195g serve)

Energy 1490kJ (356cal) Protein 18g
Fat 13g CHO 41g Fibre 2g

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Mini Chicken, Capsicum & Mushroom Pizza

Pizzas are an easy-to-assemble and versatile meal idea for school canteen lunches.

Serves 10

Approximate cooking time: 10 minutes

Ingredients

- 5 Mighty Soft English Muffins
- 200g reduced salt tomato paste
- 1 tablespoon dried mixed herbs
- 1 cup (140g) Oven Roasted & Shredded Chicken Breast
- 1 cup reduced fat grated mozzarella cheese
- 1 medium capsicum
- ½ cup mushrooms

Method

1. Preheat oven to 180°C.
2. Mix the tomato paste and dried herbs together. Spread one tablespoon of the tomato paste over half of each English muffin.
3. Dice the capsicum and slice the mushrooms.
4. Top the pizzas with shredded chicken breast, capsicum and mushrooms. Top with mozzarella cheese.
5. Bake for 5-10 minutes or until the cheese is bubbling and lightly browned.

Goodman Fielder

Mighty Soft English Muffins

M&J Chickens

Oven Roasted & Shredded Chicken Breast

Nutrition Analysis (per 115g serve)

Energy 680kJ (163cal) Protein 12g
Fat 4g CHO 18g Fibre 3g

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Mini Supreme Pizza

Pizzas are an easy-to-assemble and versatile meal idea for school canteen lunches.

Serves 10

Approximate cooking time: 10 minutes

Ingredients

- 5 Mighty Soft English Muffins
- 200g reduced salt tomato paste
- 1 tablespoon dried mixed herbs
- 1 cup (140g) reduced salt ham
- 1 cup reduced fat grated mozzarella cheese
- ½ cup (80g) tinned pineapple pieces
- ½ medium capsicum
- ½ cup mushrooms

Method

1. Preheat oven to 180°C.
2. Mix the tomato paste and dried herbs together. Spread one tablespoon of the tomato paste over half of each English muffin.
3. Finely dice the ham. Dice the capsicum and slice the mushrooms.
4. Top the pizzas with ham, capsicum, mushrooms and pineapple. Top with mozzarella cheese.
5. Bake for 5-10 minutes or until the cheese is bubbling and lightly browned.

Goodman Fielder

Mighty Soft English Muffins

Nutrition Analysis (per 110g serve)

Energy 660kJ (158cal) Protein 10g
Fat 4g CHO 19g Fibre 3g

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Mini Ham, Cheese & Pineapple Pizza

Pizzas are an easy-to-assemble and versatile meal idea for school canteen lunches.

Serves 10

Approximate cooking time: 10 minutes

Ingredients

- 5 Mighty Soft English Muffins
- 200g reduced salt tomato paste
- 1 tablespoon dried mixed herbs
- 1 cup (140g) reduced salt ham
- 1 cup reduced fat grated mozzarella cheese
- 1 cup (160g) tinned pineapple pieces

Method

1. Preheat oven to 180°C.
2. Mix the tomato paste and dried herbs together. Spread one tablespoon of the tomato paste over half of each English muffin.
3. Finely dice the ham.
4. Top the pizzas with ham and pineapple. Top with mozzarella cheese.
5. Bake for 5-10 minutes or until the cheese is bubbling and lightly browned.

Goodman Fielder

Mighty Soft English Muffins

Nutrition Analysis (per 95g serve)

Energy 660kJ (158cal) Protein 10g
Fat 4g CHO 19g Fibre 3g

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Thai Green Curry

*This Thai green curry recipe can help you save time and resources when preparing meals.
The Chef's Creations range from M&J Chickens are ready to heat and serve.*

Serves 10

Approximate cooking time: 40 minutes

Ingredients

2kg Thai Green Curry

5 cups Mélange Vegetable Mix

5 cups cooked Jasmine Rice

Method

1. Reheat Thai green curry by decanting the wet dish into a large saucepan.
2. Stir occasionally until it has reached the required temperature. Simmer for a further 5 minutes until the mixture has slightly thickened.
3. Cook the jasmine rice and vegetable mix, following the instructions on the packet.
4. Serve Thai green curry with $\frac{1}{2}$ cup cooked rice and $\frac{1}{2}$ cup vegetables.

BIDFOOD Codes

Edgell Mélange Vegetable Mix - #35135

Fortune Jasmine Rice - #190799

M&J Chickens

Chef's Creations Thai Green Curry

Nutrition Analysis (per 335g serve)

Energy 1660kJ (397cal) Protein 24g

Fat 14g CHO 42g Fibre 2g

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Beef Bourginon

*This beef bourginon recipe can help you save time and resources when preparing meals.
The Chef's Creations range from M&J Chickens are ready to heat and serve.*

Serves 10

Approximate cooking time: 40 minutes

Ingredients

2kg Beef Bourginon

5 cups Mélange Vegetable Mix

5 cups Potato Mash

Method

1. Reheat beef bourginon by decanting the wet dish into a large saucepan.
2. Stir occasionally until it has reached the required temperature. Simmer for a further 5 minutes until the mixture has slightly thickened.
3. Cook the potato mash and vegetable mix, following the instructions on the packet.
4. Serve beef bourginon with $\frac{1}{2}$ cup potato mash and $\frac{1}{2}$ cup vegetables.

BIDFOOD Codes

Edgell Mélange Vegetable Mix - #35135

McCain Potato Mash - #157335

M&J Chickens

Chef's Creations Beef Bourginon

Nutrition Analysis (per 350g serve)

Energy 1280kJ (305cal) Protein 29g

Fat 9g CHO 23g Fibre 6g

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Butter Chicken

*This butter chicken recipe can help you save time and resources when preparing meals.
The Chef's Creations range from M&J Chickens are ready to heat and serve.*

Serves 10

Approximate cooking time: 40 minutes

Ingredients

2kg Butter Chicken

5 cups Mélange Vegetable Mix

5 cups cooked Basmati Rice

Method

1. Reheat butter chicken by decanting the wet dish into a large saucepan.
2. Stir occasionally until it has reached the required temperature. Simmer for a further 5 minutes until the mixture has slightly thickened.
3. Cook the basmati rice and vegetable mix, following the instructions on the packet.
4. Serve butter chicken with $\frac{1}{2}$ cup cooked rice and $\frac{1}{2}$ cup vegetables.

BIDFOOD Codes

Edgell Mélange Vegetable Mix - #35135

Fortune Basmati Rice - #177036

M&J Chickens

Chef's Creations Butter Chicken

Nutrition Analysis (per 335g serve)

Energy 1660kJ (397cal) Protein 23g

Fat 14g CHO 43g Fibre 2g

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