

## HEALTHY CATERING (SAMPLE MENU)

The following sample menus include options from the 'recommended food and drinks' column in the previous tables. Remember to always provide water as the main drink at your workplace meetings, functions and events.

A bowl of whole fruit is a handy catering option for meetings as whole fruit is quicker to prepare, often costs less and will last longer than cut fruit.

Speak to your caterer regarding ordering for dietary requirements, they should be able to identify which of their menu items are vegetarian, gluten free, wheat free etc.

MORNING TEA	LUNCH
Jugs of water Low- or reduced-fat milk (if required for hot drinks) Tea and coffee, including herbal teas and decaffeinated coffee Sugar and artificial sweetener Vegetable-based frittata Seasonal fresh fruit	Jugs of water Low or reduced-fat milk (if required for hot drinks) Tea and coffee, including herbal teas and decaffeinated coffee Sugar and artificial sweetener Wholemeal sandwiches, wraps and wholegrain mini rolls (1 sandwich or wrap per person) with assorted fillings such as reduced-fat cheese, lean meats or alternatives such as eggs, including plenty of salad.
AFTERNOON TEA	
Jugs of water Low or reduced-fat milk (if required for hot drinks) Tea and coffee, including herbal teas and decaffeinated coffee Sugar and artificial sweetener 2 x low fat mixed berry and apple cinnamon mini muffins or 60g medium savoury muffin per person Bowl of whole fruit	<ul style="list-style-type: none"> <li>• roast beef, fruit chutney, red onion, tomato and lettuce</li> <li>• shaved lean ham, reduced-fat cream cheese, carrot, tomato and lettuce</li> <li>• roasted capsicum, hummus, sprouts and baby spinach</li> </ul> Fruit and cheese platter. A suitable serve of cheese is 40g per person. Sushi and rice paper rolls: <ul style="list-style-type: none"> <li>• order a variety of vegetable fillings</li> <li>• order lean, un-coated and un-crumbed meat, egg, tofu or seafood options</li> </ul> Fresh fruit kebabs with low fat vanilla yoghurt.

This document is adapted with thanks from the Victorian Department of Health and Human Services' Healthy Catering Guide, *Healthy Choices: Healthy eating policy and catering guide for workplaces.*