

NSW Healthy School Canteen Strategy

MENU CHECK

Results Report



Mona Vale Public School

Congratulations!

Your school canteen is meeting the NSW Healthy School Canteen Strategy

Thank you for submitting an application to the Healthy Food Information Service (formerly the Menu Check Service). Of the foods and drinks checked on your menu, we found that:

- Sugar-sweetened drinks (included frozen varieties and jellies) and energy drinks are not for sale in your school canteen.
- **Occasional** packaged foods and drinks have a Health Star Rating of 3.5 stars or above.
- Portion limits are met for **Occasional** foods and drinks and **Everyday** flavoured milk and 99% fruit juices.
- At least $\frac{3}{4}$ (75%) of the menu are **Everyday** foods and drinks and no more than $\frac{1}{4}$ (25%) of the menu are **Occasional** food and drinks.
- Only **Everyday** foods and drinks are actively promoted in meal deals and specials. **Occasional** foods and drinks are not placed on the countertop at the point of sale.

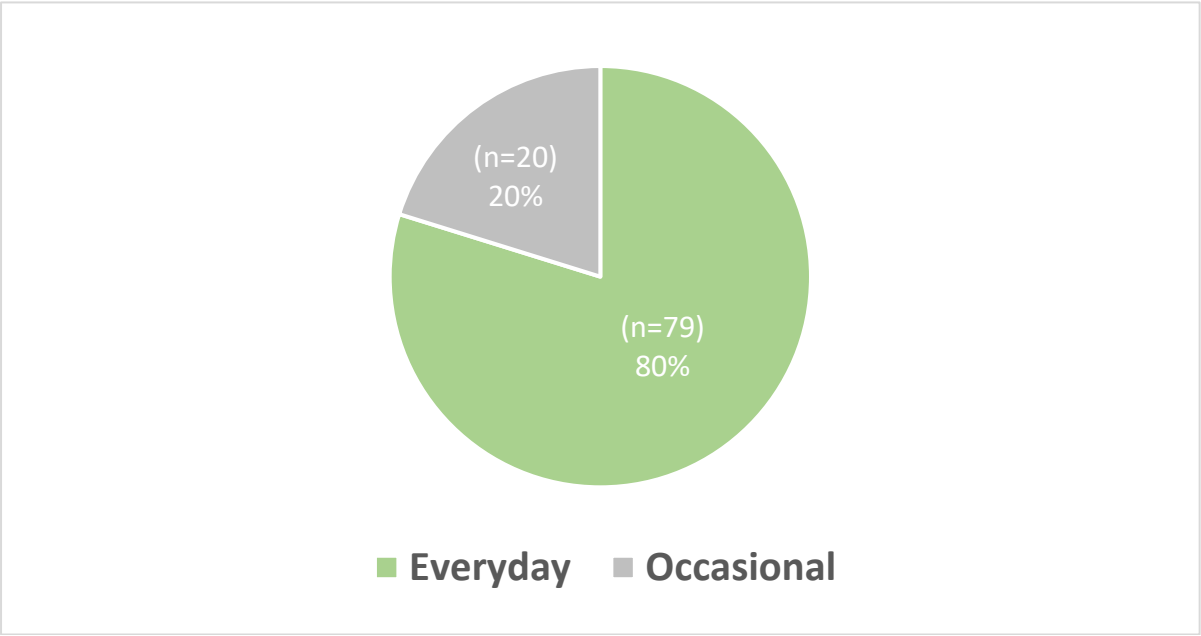
Please see the rest of the report for details on how your menu has been counted, as well as what to do if you wish to make changes to your menu in the future.

If you have any questions regarding this report, please do not hesitate to contact us at healthyfood@health.nsw.gov.au or phone 1800 930 966.

Date: 27 August 2025

Proportion of Everyday and Occasional foods and drinks on your canteen menu

Congratulations, at least $\frac{3}{4}$ (75%) of your menu contains **Everyday** foods and drinks and no more than $\frac{1}{4}$ (25%) of the menu are **Occasional** foods and drinks.



	Menu	
	No. of items	%
Everyday	79	80
Occasional	20	20

Your Colour Coded Menu

The following table shows how we have classified ([Everyday](#) or [Occasional](#)) and counted the foods and drinks on your menu to work out the percentages. This can help guide any changes you may want to make in the future to ensure [Everyday](#) foods and drinks make up at least 75% of the menu.

Key:

- — [Everyday](#)
- — Occasional
- — [Everyday - does not meet criteria](#)
- — [Occasional does not meet criteria](#)
- — Sugar Sweetened Drink - Should not be sold

Item	E/O	Count	Availability
<u>LUNCH MENU</u>			
Hot meals			
Macaroni cheese (220g - Good food hero product)	E	1	
Cheesy vegetable pasta bake (220g - Good food hero product)	E	1	
Butter chicken and rice (220g - Good food hero product)	E	1	
Bolognese pasta bake (220g - Good food hero product)	E	1	
Chicken pesto pasta (220g - Good food hero product)	E	1	
Edamame and broccoli fried rice (220g - Good food hero product)	E	1	
Crumbed chicken fingers (100g) with rice and teriyaki sauce	O	1	
Sausage roll (110g) and veggie sticks	O	1	
Steamed white rice	E	1	
Spiral pasta with tomato based sauce - housemade	E	1	
Pizza rolls - under 250g - housemade	E	1	
Quiche (2 mini quiche to a portion 110g) - housemade	O	1	
Sushi bites			
Egg sushi	E	1	
Baby sushi			
Avocado	E	1	
Cucumber	E	1	
Chicken katsu	O	1	
Teriyaki chicken	E	1	
Tuna and chicken katsu	O	1	
Tuna	E	1	
Tuna and avocado	E	1	
Salmon	E	1	
Salmon and avocado	E	1	
Sushi roll pieces			

Salmon and avocado	E	1	
Tuna and avocado	E	1	
Tempura prawn and avocado	O	1	
Chicken katsu and cucumber	O	1	
Teriyaki chicken and avocado	E	1	
Sushi rolls			
Avocado	E	1	
Cucumber	E	1	
Chicken katsu	O	1	
Chicken katsu and cucumber	O	1	
Teriyaki chicken	E	1	
Teriyaki chicken and avocado	E	1	
Tuna	E	1	
Tuna and avocado	E	1	
Tempura prawn and avocado	O	1	
Salmon and avocado	E	1	
Sandwiches			
(wholemeal, white, gluten free / TOASTIES (wholemeal, gluten free))	-	-	
Cheese	E	1	
Cheese and tomato	E	1	
Ham	E	1	
Ham and cheese	E	1	
Ham, cheese and pineapple	E	1	
Ham, cheese and tomato	E	1	
Vegemite	E	1	
Vegemite and cheese	E	1	
Salad	E	1	
Snacks			
Greek yoghurt cup with berry compote	E	1	
Mixed berry muffin (60g) housemade	O	1	
Chocolate brownie (60g) - housemade (gluten free available)	O	2	
Honey joy (20g) - housemade	O	1	
Chocolate rice bubble cake (35g) - housemade	O	1	
Pack of mini Oreo's (20.4g)	Removed	-	
Popcorn, lightly salted (25g)	O	1	
Banana bread (gluten and dairy free available)	O	2	
Freeze dried fruit - apple/mango/pineapple/strawberry (10g)	E	4	
Fruit salad	E	1	
Cut orange (whole orange)	E	1	
Cut apple (whole apple)	E	1	
Frozen grapes (100g per cup)	E	1	

Cut cucumber (1/2 cucumber)	E	1	
Cut carrot (whole carrot)	E	1	
Cut cucumber and carrot mix	E	1	
<u>DRINKS</u>			
Flavoured milk			
Oak milk chocolate (300ml)	E	1	
Oak milk strawberry (300ml)	E	1	
Australia's Own Kids milk chocolate (200ml)	E	1	
Australia's Own Kids milk chocolate (200ml)	E	1	
Glee 99% fruit juice (250ml)			
Rockin' raspberry	E	1	
Tropical treat	E	1	
Bubblegum grape	E	1	
Sour watermelon	E	1	
Juice 99.9% fruit juice (200ml)			
Apple	E	1	
Apple and blackcurrant	E	1	
Orange	E	1	
Water (600ml)	E	1	
<u>BREAKFAST MENU</u>			
Toast with vegemite	E	0	Before school only
Toastie - ham / cheese / ham and cheese	E	0	Before school only
Whole seasonal fruit	E	0	Before school only
Yoghurt with berry compote	E	0	Before school only
Cornflakes with milk	E	0	Before school only
<u>RECESS MENU</u>			
Sausage roll (120g) and veggie sticks	O	0	
Spiral pasta with tomato based sauce - housemade	E	0	
Garlic bread (gluten free and dairy free available)	E	2	
Gluten free tomato and cheese sub	E	0	
Fruit salad	E	0	
Cut orange (whole orange)	E	0	
Cut apple (whole apple)	E	0	
Frozen grapes (100g) per cup	E	0	
Cut cucumber (1/2 cucumber)	E	0	
Cut carrot (whole carrot)	E	0	
Cut cucumber and carrot mix	E	0	
Cheese and crackers	E	1	
Hommus with carrot sticks	E	1	
Hommus with cucumber sticks	E	1	
Hommus with carrot and cucumber sticks	E	1	
Hommus with crackers	E	1	
Greek yoghurt cup with berry compote	E	0	

Mixed berry muffin (60g) - housemade	O	0	
Chocolate brownie (60g) - housemade	O	0	
Honey Joy (20g) - housemade	O	0	
Chocolate rice bubble cake (35g) - housemade	O	0	
Pack of mini oreos (20.4g)	Removed	-	
Popcorn, lightly salted (25g)	O	0	
Banana bread (gluten and dairy free available)	O	0	
Freeze dried fruit - apple/mango/pineapple/strawberry (10g)	E	0	
Quelch ice block 99% fruit juice (70ml)	E	8	
Frozen juice cup 100% fruit juice (110ml) - apple and blackcurrant / orange	E	2	
Juices tubes 99.6% fruit juice (105ml) - tropical	E	1	
Frozen Oak Milk strawberry (100ml)	E	1	
Moosies - chocolate (85g)	O	1	
Twisted yoghurt (120ml) - watermelon and mango	O	1	
Bulla ice cream cup (100ml) vanilla	Removed	-	

What happens if I change my menu?

You may wish to make changes to your menu for a variety of reasons including:

- increasing variety to keep students interested
- introducing new commercial products or new canteen made recipes
- removing or replacing products that have been reformulated and no longer meet the Criteria
- swapping out items that don't sell very well
- making seasonal changes.

While you do need to ensure that any change continues to meet the Strategy, the good news is you don't need to re-submit your menu to the Healthy Food Information Service (formerly the Menu Check Service) every time you make a change. Having been through the menu check process you should be familiar with the Food and Drink Criteria and how to apply this to new foods and drinks that you want to add to your menu.

For example, if you add new **Occasional** foods or drinks, you need to make sure they have a Health Star Rating of at least 3.5 stars and do not exceed the maximum portion limits. You will also need to check that at least 75% of your menu is still made up of **Everyday** foods and drinks, otherwise you may need to add more **Everyday** items to balance your menu.

How can I keep up to date with the latest information?

There are a number of ways you can keep up to date with the latest information, products and resources:

- **Visit the Healthy School Canteens website** <https://education.nsw.gov.au/student-wellbeing/whole-school-approach/healthy-canteens> for resources on the Healthy School Canteen Strategy, including the NSW Healthy School Canteen Strategy **Food and Drink Criteria booklet**.
- **Network with other canteen managers** - Join canteen manager groups on social media platforms, such as Facebook, to network with other canteen managers. Local Health Districts may also host canteen network meetings in your area. Get in touch with your local health promotion officer to learn if there are networking opportunities near you (contact the Healthy Food Information Service at healthyfood@health.nsw.gov.au or phone 1800 930 966).

- **Check the Healthy Food Finder** - an online look up tool that allows users to check the Health Star Rating of packaged foods and drinks and find products that meet the Criteria: <https://www.foodfinder.health.nsw.gov.au/>

Support services

All NSW schools can access free support from the Healthy Food Information Service and local health promotion officers to implement the Strategy and apply for a menu check.

- Contact the Healthy Food Information Service (formerly the Menu Check Service) at healthyfood@health.nsw.gov.au or phone **1800 930 966**.