

NSW Healthy School Canteen Strategy

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# MENU CHECK

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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.

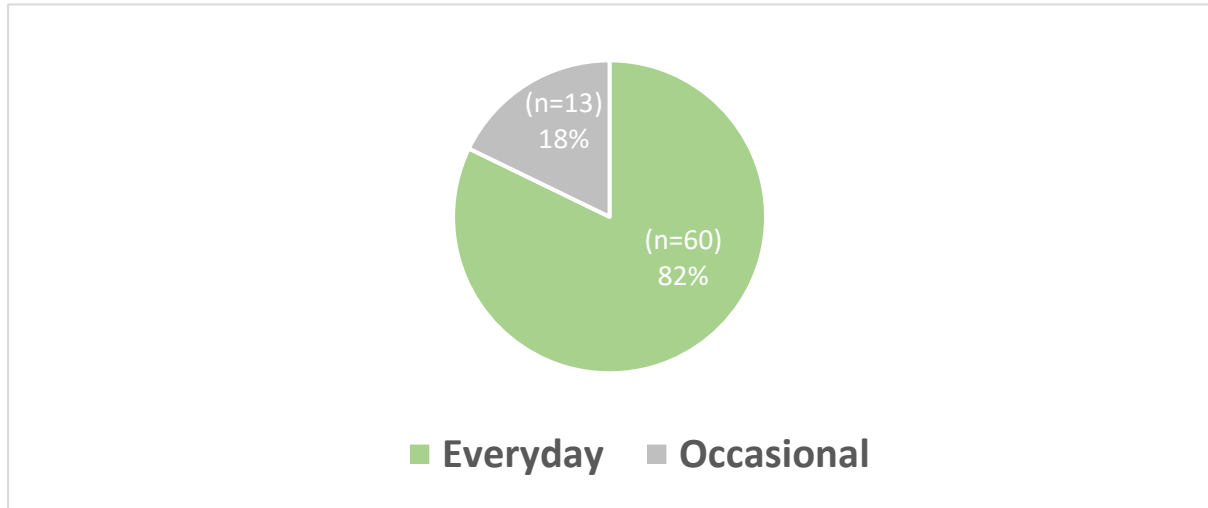
Please see the rest of the report for details on how your menu has been counted, as well as what to do if you wish to make changes to your menu in the future.

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

Date: 23 March 2023

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

Congratulations, At least  $\frac{3}{4}$  (75%) of your master 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	60	<b>82</b>
Occasional	13	<b>18</b>

## 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 that 75% of your menu continues to be made up of [Everyday](#) foods and drinks.

### Key:

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

<b>LUNCH MENU</b>		
<b>HOT MEALS</b>		
Macaroni Cheese	E	1
Split pea lentil dhal & basmati rice	E	1
Butter chicken & rice	E	1
Bolognese pasta bake	E	1
Beef korma & rice	E	1
Steamed white rice	E	1
Pizza rolls - under 250g - housemade	E	1
Quiche (2 mini quiche to a portion) - housemade	O	1
<b>SUSHI - baby sushi / sushi rolls</b>		
Avocado (baby & roll)	E	2
Cucumber (baby & roll)	E	2
Chicken katsu (baby & roll)	O	2
Chicken katsu & cucumber (roll)	O	1
Teriyaki chicken (roll)	E	1
Teriyaki chicken & cucumber (roll)	E	1
Crab (baby)	E	1
Tuna (baby & roll)	E	2
Tuna & avocado (baby & roll)	E	2
Tempura prawn & avocado (roll)	O	1
Salmon (baby)	E	1
Salmon & avocado (baby & roll)	E	2
<b>SANDWICHES (wholemeal, white, gluten free / TOASTIES (wholemeal, gluten free)</b>		
Cheese	E	1
Cheese & tomato	E	1
Ham	E	1
Ham & cheese	E	1
Ham, cheese & pineapple	E	1
Ham, cheese & tomato	E	1

Vegemite	E	1
<b>SNACKS</b>		
Muesli slice 50g	O	1
Greek yoghurt cup with berry compote	E	1
Mixed berry muffin (60g) - housemade	O	1
Chocolate brownie (60g) - housemade	O	1
Popcorn, lightly salted (25g)	O	1
Freeze fried fruit - apple/mango/pineapple/strawberry	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 & carrot mix	E	1
<b>DRINKS</b>		
<b>FLAVOURED MILK (300ml)</b>		
Oak milk chocolate	E	1
Oak milk strawberry	E	1
<b>JUICE BOMBS 100% fruit juice (250ml)</b>		
Apple & blackcurant	E	1
Apple & raspberry	E	1
Grape	E	1
Lemonade	E	1
Orange & passionfruit	E	1
Vanilla & lime	E	1
Watermelon	E	1
<b>JUICE 99.9% fruit juice (200ml)</b>		
Apple	E	1
Apple & blackcurrant	E	1
Orange	E	1
Water 600ml	E	1
<b>RECESS MENU</b>		
Sausage roll (100g) or Chicken Tender (100g) (alternate weeks)	O	1
Muesli slice (50g)	O	0
Mixed berry muffin (60g) - housemade	O	0
Chocolate brownie (60g) - house	O	0
Popcorn, light salted (25g)	O	0
Freeze dried fruit - apple/mango/pineapple/strawberry (10g)	E	0

Whole seasonal fruit	E	0
Frozen grapes (100g) per cup	E	0
Quelch ice blocks 99% fruit juice (70ml)	E	4
Frozen juice cup 100% fruit juice (110ml) - orange / apple & blackcurrant	E	2
Juicies tubes 99.6% fruit juice (105ml) - tropical	E	1
Moosies - chocolate (85g)	O	1
Moosies - strawberry, banana, bubblegum	items removed	-
<b>Additional Items from Application</b>		
Honey Joy (20g) - housemade	O	1
Chocolate rice bubble cake (35g) - housemade	O	1

## 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**.
- **Visit the HKA website** <https://healthy-kids.com.au> for resources, recipes and case studies on the Healthy School Canteen Strategy.
- **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 other networking opportunities near you (see Support Services next page).

- **Check the Healthy Food Finder:** <https://www.foodfinder.health.nsw.gov.au/> and the **NSW Buyer's Guide** <https://healthy-kids.com.au/what-is-the-food-industry/buyers-guide/> for new commercial foods and drinks or to check that commercial items on your menu still meet the Criteria.

## Support services

All NSW schools can access the following free support 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](mailto:healthyfood@health.nsw.gov.au) or phone **1800 930 966**.
- Contact their local health promotion officer - visit the NSW Healthy School Canteen website <https://education.nsw.gov.au/student-wellbeing/whole-school-approach/healthy-canteens> and click the "Resources and support" option on the left.