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NSW Healthy School Canteen Strategy

# MENU CHECK

## SUMMARY OF RESULTS

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Food and Drink Criteria Menu Check





# Beacon Hill Public School

Your School canteen has met the NSW Healthy School  
Canteen Strategy Food and Drink Criteria.

Well Done!



School	Beacon Hill Public School
Suburb	BEACON HILL
Date	21 August 2019
Menu submitted by	Jenny Harrison
Position	Canteen Manager

**OFFICE USE ONLY**

Date Received	13 August 2019	LHD	Northern Sydney
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Thank you for submitting an application to the NSW School Canteen Menu Check Service. We have assessed the information you provided against the NSW Healthy School Canteen Strategy Food and Drink Criteria.

This report includes a summary of the menu check results and suggestions of how your school can achieve an even healthier canteen.

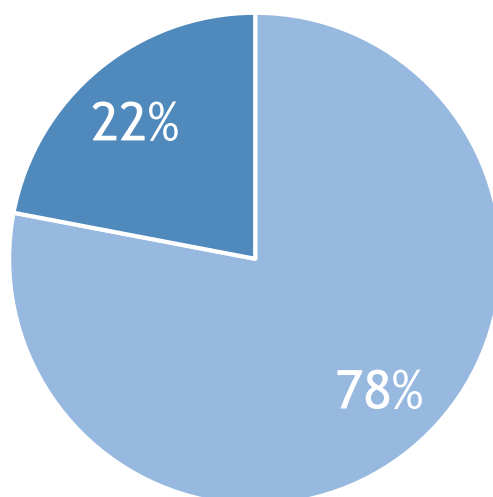
# What did we Find?

Your school canteen is achieving:

- *At least  $\frac{3}{4}$  (75%) of the menu are **Everyday** and no more than  $\frac{1}{4}$  (25%) of the menu are **Occasional** foods and drinks.*
- *All the **Occasional** packaged foods and drinks in your canteen have a Health Star Rating of 3.5 Stars and above.*
- *Portion limits were met for all **Occasional** foods and drinks and **Everyday** flavoured milk, juices and hot meals on your menu.*
- *Your canteen displays, prices favourably, promotes and advertises only **Everyday** choices.*
- *Sugar-sweetened drinks are not sold in your school canteen or in vending machines.*

# Menu Check Results

## Proportion of Everyday and Occasional Foods and Drinks



■ Everyday ■ Occasional

## Menu Summary

The results for Focus Area 2 are based on the menu day with the lowest proportion of **Everyday** foods and drinks.

	Monday		Tuesday		Wednesday		Thursday		Friday	
	No. of items	%	No. of items	%	No. of items	%	No. of items	%	No. of items	%
Everyday	63	83	53	80	65	83	51	78	63	83
Occasional	13	17	13	20	13	17	14	22	13	17

If you make any changes to your menu in the future, please refer to the NSW Healthy School Canteen Strategy website (<https://healthyschoolcanteens.nsw.gov.au>) and the Menu Ready Reckoner: (<https://healthyschoolcanteens.nsw.gov.au/canteen-managers/making-great-choices/ready-reckoner>) to ensure your school continues to meet the Food and Drink Criteria.

## Here are few tips to help your school canteen to continue to meet the Food and Drink Criteria and become even healthier.

Make the healthiest versions of freshly prepared on site (canteen made) meals and snacks by following the recommendations in the Menu Ready Reckoner and using 'Buy' ingredients column in the Essentials Shopping list.

Make sure your freshly prepared on site (canteen made) **Occasional** sweet snacks:



Contain healthy ingredients.



Only use ingredients from the Essentials Shopping List 'Buy' column.



Do not include any confectionery (icing, chocolate, choc chips, caramel, toffee, or other confectionery).



Make sure any new drinks or frozen snacks are not sugar-sweetened drinks (which includes soft drinks, energy drinks, iced teas, flavoured mineral waters and sports drinks), and that frozen snacks are 99% fruit juice or milk based with a Health Star Rating 3.5 or above.



Ensure all **Everyday** foods and drinks meet the criteria. For **Everyday** hot foods, flavoured milks, 99% juice and 99% frozen juice ice blocks to meet the Food and Drink Criteria, they must meet the portion size limit. (Refer to the Healthy School Canteen Strategy website and the Menu Ready Reckoner to ensure all **Everyday** items are offered in serving sizes that meet the portion limits.)



In addition to stocking your fridges and pantry with **Everyday** foods such as vegetables, legumes, fruit, bread, pasta, rice, lean meats, fish, chicken and dairy foods, use pantry and fridge ingredients from the Essentials Shopping List to make healthy **Everyday** meals and snacks.



Make sure you check your school's policy on the provision of peanuts, tree nuts, and nut products within the school.

## Encourage the sale of more **Everyday** foods by:



Favourably pricing **Everyday** foods and drinks.



Promoting and advertising **Everyday** foods and drinks (i.e. displaying them at eye level so that students can easily see them).



Including only **Everyday** foods and drinks in 'meal deals' or 'special' offers.



Increase **Everyday** food and drinks further by removing less popular **Occasional** foods and drinks.



Increase the balance of **Everyday** foods and drinks by reducing the number of flavours and variety of **Occasional** foods. Remember every flavour is counted separately so decreasing the number of flavours of **Occasional** chips, ice blocks etc. can help increase your **Everyday** balance.

For more information on the Strategy please see the Healthy School Canteens website: - <https://healthyschoolcanteens.nsw.gov.au>.

All NSW Government schools are working towards having a healthy canteen by the end of 2019. Independent and Catholic schools are strongly encouraged to adopt the Strategy.

If you have any questions regarding this menu check please do not hesitate to contact the **NSW School Canteen Menu Check Service** at [menucheck@nswhealthyschoolcanteens.com.au](mailto:menucheck@nswhealthyschoolcanteens.com.au) or phone 02 9133 8711 (TOLL FREE).

Your Local Health District Live Life Well@School Health Promotion Officer can provide you with support to meet the NSW Healthy School Canteen Strategy. Please contact Kylie Tekell at [Kylie.Tekell@health.nsw.gov.au](mailto:Kylie.Tekell@health.nsw.gov.au) or call on 02 8877 5329.



# Your Colour Coded Menu

● Everyday
 ● Occasional

Item	E/O	Count	Availability
<b>HOT FOOD AVAILABLE AT RECESS ONLY</b>			
Pizza slice canteen made	E	1	Daily
1/2 cheese and garlic muffin	E	1	Daily
Steamed dim sims	E	1	Daily
Hash browns	O	1	Daily
Mystery morning tea cake bits	O	1	Daily
Mini vegemite scrolls	E	1	Daily
Mini sausage roll	O	1	Daily
<b>SNACKS, COUNTER AND LUNCH</b>			
Grissini breadstick	E	1	Daily
Banana magic muffins	O	1	Daily
Choc magic muffins	O	1	Daily
Yoghurt cups	E	1	Daily
Jelly cups	E	1	Daily
Custard cups	E	1	Daily
Mixed fruit cups	E	1	Daily
Piece of fruit apple, banana, mandarin	E	3	Daily
Koala popcorn salted	O	1	Daily
Steamed jasmine rice	E	1	Daily
Red Rock Deli chips plain	O	1	Daily
Cheese and biscuits	E	1	Daily
<b>FROZEN TREATS</b>			
Orchy cups - orange, pineapple, apple blackcurrant	E	3	Daily
Quelch fruit sticks	E	1	Daily
Milk cups chocolate, strawberry	E	2	Daily
Frozen pineapple	E	1	Daily
Frozen watermelon	E	1	Daily
<b>DRINKS, COUNTER AND LUNCH</b>			
Milk flavoured chocolate/strawberry	E	2	Daily
Juice - orange/apple (Emma & Tom's)	E	2	Daily
Green smoothies (Emma & Tom's)	E	1	Daily
Karma Rama smoothie (Emma & Tom's)	E	1	Daily
Appletiser	E	1	Daily
Fizzy fruit drink - plain/berry/lime	E	3	Daily
<b>LUNCH ORDERS SANDWICH</b>			

Wholemeal sandwich	E	1	Daily
Wholemeal roll			
MYO salad box base	E	1	Daily
Margarine			
Mayonnaise			
Honey	E	1	Daily
Jam	E	1	Daily
Vegemite	E	1	Daily
Cheese	E	1	Daily
Avocado	E	1	Daily
Egg	E	1	Daily
Chicken	E	1	Daily
Ham	E	1	Daily
Tuna	E	1	Daily
Extra salad items	E	0	Daily
<b>HOT FOOD</b>			
Hot corn cob	E	1	Daily
Garlic bread	O	1	Daily
Cheese and bacon roll	O	1	Daily
Steamed jasmine rice	E	1	Daily
Chicken tenderloins	O	1	Daily
Hot cheese roll canteen made	E	1	Daily
Sausage roll	O	1	Daily
Macaroni cheese	E	1	Daily
Meat pie	O	1	Daily
Spinach and ricotta roll	O	1	Daily
Lasagne	E	1	Daily
Butter chicken	E	1	Daily
Beacon bol	E	1	Daily
Beacon bol GF	E	0	Daily
Sticky wings	E	1	Daily
<b>SUSHI MON - WED - FRI</b>			
Sushi hand roll - 7 varieties	E	7	Mon, Wed, Fri
Baby box - 4 varieties	E	4	Mon, Wed, Fri
Nigiri Salmon 5 pieces	E	1	Mon, Wed, Fri
<b>SEASONAL ITEMS</b>			
Cheese toastie term 2 &3	E	1	Tues, Wed
HCT toastie term 2 &3	E	1	Tues, Wed
Gluten free cheese toastie term 2 & 3	E	0	Tues, Wed
Gluten free HCT toastie term 2 & 3	E	0	Tues, Wed
Nachos summer	O	0	Summer
Beacon burrito winter	O	1	Thursday

# **GREAT CHOICE**

Healthy School Canteens

