

NSW Healthy School Canteen Strategy

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# MENU CHECK

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Results Report



# Randwick Public School

## Congratulations!

### Your school canteen is meeting the NSW Healthy School Canteen Strategy

Thank you for submitting an application to the NSW School Canteen 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.

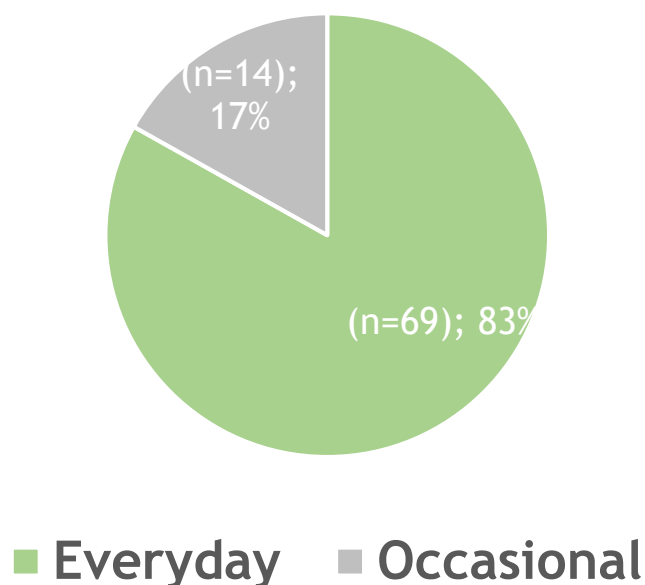
Please see the rest of the report for details on how your menu has been counted, as well as what to do if you wish to make changes to your menu in the future.

If you have any questions regarding this report, please do not hesitate to contact us at [menucheck@nswhealthyschoolcanteens.com.au](mailto:menucheck@nswhealthyschoolcanteens.com.au) or phone **02 9133 8711 (TOLL FREE)**.

Date: 11 December

## 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.



	Monday		Tuesday		Wednesday		Thursday		Friday	
	No. of items	%	No. of items	%	No. of items	%	No. of items	%	No. of items	%
Everyday	66	<b>83</b>	66	<b>83</b>	66	<b>83</b>	66	<b>83</b>	66	<b>83</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](#)

Item	E/O	Count	Availability
Ham, cheese, avocado, fresh tomato turkish toasted	e	1	
Eggplant, fresh tomato, sundried tomato and cheese	e	1	
Garlic chicken, avocado, bacon, fresh tomato and aioli	e	1	
Sandwiches: vegemite, jam, cheese, cheese and vegemite, cheese and tomato, ham and cheese, salad, cheese and salad, tuna, lettuce and mayonaise, ham, cheese and tomato, chicken (breast) and salad, chicken (breast), lettuce and mayonaise, egg, lettuce and mayonaise	e	17	
Wraps: Chicken casear wrap (chicken breast)	e	1	
Wraps: BBQ meat lovers (beef slices and salami slices),	o	1	
Wraps: Ham, cheese and pineapple wrap, cheese and spinach wrap	e	2	
Fruit salad tub	e	1	
Watermelon tub	e	1	
Garden salad	e	4	
Greek salad	e	4	
Caesar salad	e	2	
Homemade fried rice	e	1	
Lean sausage roll	o	1	
Lean pie	o	1	
Baked chicken nuggets	o	1	
Sausage sizzle	o	1	
Nachos	o	1	
Corn cob	e	1	
Homemade pasta bolognese	e	1	
Homemade lasagna	e	1	
Homemade pasta napolitana	e	1	
Homemade pasta and cheese	e	1	
Red Rock Deli Sea salt chips	o	1	
Grainwaves	o	1	

Carrot and celery sticks	e	1
Carrot and celery sticks with hommus and wrap bread	e	1
Mini banana bread	o	1
Low sugar jelly cup	o	1
Fresh apples and oranges	e	2
Homemade mini muffin	s	1
Homemade cookie	o	1
Fresh yoghurt with berries	e	1
Twisted Frozen yoghurt	o	1
Quelch Juice tubes	e	4
100% frozen juice cups	e	1
Moove chocolate and strawberry milk	e	2
Plain milk	e	1
Bottled water	e	1
100% orange juice	e	1
100% apple juice	e	1
100% apple/blackcurrant juice	e	1
Hot chocolate	e	1
Sushi: chicken teriyaki and cucumber roll, tuna and cucumber roll and cucumber bite box	e	3 Mon, Wed, Fri
Mini Jatz	e	1
Popcorn	o	1
Ice Mony: lemon ice, blue raspberry and red berry blast	e	3
Beef Ravioli Napolitana	e	1
Honey Soy Chicken With Steamed rice	e	1
Hokkien Noodles with BBQ Pork	e	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 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:

- **Attend local canteen network meetings** - Local health promotion officers run canteen network meetings in their areas. Check with your local health district health promotion officer for details (see Support Services next page).
- **Visit the Healthy School Canteens website** [www.healthyschoolcanteens.com.au](http://www.healthyschoolcanteens.com.au) for resources, recipes and case studies on the Healthy School Canteen Strategy.
- **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.

- **Check the Healthy Food Finder:** [www.foodfinder.nsw.gov.au](http://www.foodfinder.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

### *Primary schools*

- All NSW primary schools can access free support to implement the Strategy by contacting their local health promotion officer. Visit the NSW Healthy School Canteen website: <https://healthyschoolcanteens.nsw.gov.au/> and enter 'More support' in the search window.

### *Secondary schools*

- Secondary schools can access free support by calling the NSW Secondary School Support Service Phone: **(02) 9876 1300 (TOLL-FREE)** or from outside of **Sydney 1300 724 850**.
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