

NSW Healthy School Canteen Strategy

MENU CHECK

Results Report
for schools operated
by licensed providers



Arthur Phillip High 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 (including 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 all **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.

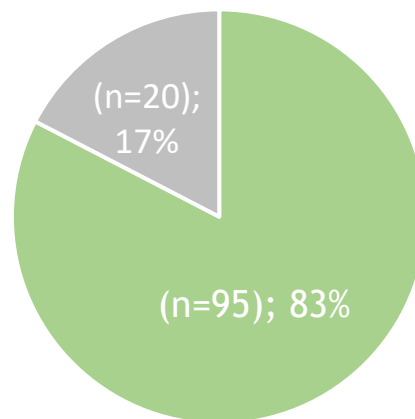
Please see the rest of this report for details on how your menu has been counted, as well as what to do if you wish to make changes to your menu in the future.

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

Date: 30 September 2020

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.



■ **Everyday** ■ **Occasional**

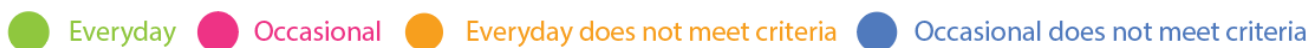
	Monday*		Tuesday		Wednesday		Thursday		Friday	
	No. of items	%	No. of items	%	No. of items	%	No. of items	%	No. of items	%
Everyday	95	83	96	83	94	83	92	83	98	84
Occasional	20	17	19	17	19	17	19	17	19	16

Because the count of your menu changes each day, your results are based on the day with the lowest proportion of Everyday foods and drinks.

Your Colour Coded Menu

The following shows how we have (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:



Item	E/O	Count	Availability
BREAKFAST (Before school only)			
Everyday			
Raisin toast	E	1	
Toast with honey, jam or vegemite	E	3	
Bircher muesli and yoghurt	E	0	
Fruit salad	E	0	
Fruit salad with Greek yoghurt	E	0	
Up and Go	E	0	
Pikelets no topping	E	0	
Pikelets with jam, maple syrup or honey	E	0	
Occasional			
Homemade muffins (1 of following available/day): apple, pear, berries, strawberries	O	0	
Bacon & Egg Burger	O	0	
SNACKS			
Everyday			
Seasonal fresh fruit	E	1	
Fresh fruit salad	E	1	
Fruit Kebab	E	1	
Fruit salad with Greek yoghurt	E	1	
Health pack (carrot, celery, cucumber, cheese and crackers)	E	1	
Cucumber, celery and carrot cup with hummus	E	1	
Pizza bread	E	1	
Cheese toastie	E	1	
Oven baked frittata bites	E	1	
Yoghurt cups plain, berries or muesli	E	3	
Garlic bread	E	1	
Occasional			
Homemade muffins (1 of following available/day): apple, pear, berries, strawberries	O	1	

Hash brown	O	1	
The Eat plenty of Menu..			
SANDWICHES			
Everyday			
(white, wholemeal, multigrain, lowcarb, gluten free breads)			
Vegemite or honey	E	0	
Vegemite and light tasty cheese	E	1	
light tasty cheese	E	1	
chicken, lettuce and mayo	E	1	
chicken and salad	E	1	
salad	E	1	
tuna, cucumber and mayo	E	1	
tuna and salad	E	1	
light tasty cheese and tomato	E	1	
ham	E	1	
ham and light tasty cheese	E	1	
ham and salad	E	1	
light tasty cheese and salad	E	1	
ham, light tasty cheese and tomato	E	1	
WRAPS			
Everyday			
Chargrilled chicken lettuce tomato cucumber and mayo	E	1	
Chicken tandoori (yoghurt, lettuce and carrot)	E	1	
Falafel (hummus, tabouli, lettuce and carrot)	E	1	
Chicken vietnamese baguette	E	1	
Lamb roll (lamb, roasted capsicum, rocket, tzatziki)	E	1	
Beef roll (beef, onion, chilli, coriander, tomato, lettuce, mustard mayo)	E	1	
Homemade Chicken schnitzel avocado lettuce and mayo	E	1	
Chicken Schnitzel roll (lettuce and mayo)	E	1	
Occasional			
Oven baked Sweet chili chicken tender wrap (lettuce, mayo, sweet chili)	O	1	
SALADS			
Everyday			
Fruit salad and yoghurt	E	1	
Salad and dressing	E	1	
Grilled chicken and salad	E	1	
Tuna salad	E	1	
Greek Salad	E	1	
Potato salad (greek yoghurt, taste of mayo, red onions)	E	1	
Beef salad (mixed salad, corn, tomatoes, cucumber, capsicum, red onions, tzatziki)	E	1	
Lamb salad (mixed salad, red onions, fresh mint, fresh chili, cucumber, tomatoes, tzatziki)	E	1	

Occasional			
Caesar salad (lettuce bacon parmesan and croutons)	O	1	
Caesar salad with chicken	O	1	
HOT FOOD			
Everyday			
Pasta Bolognese or plain sauce (gluten free pasta is also available)	E	1	
chicken kebab stick	E	1	
chicken kebab in a roll with lettuce and mayo	E	1	
chicken burger (chargrilled chicken breast lettuce and mayo) NOT CRUMBED	E	1	
Beef burger (100% beef patty, lettuce tomato and sauce)	E	1	
Vegetarian burger (vegetarian patty, lettuce tomato and mayo)	E	1	
Portuguese chicken burger (chicken burger + portuguese and sweet chili sauce) NOT CRUMBED	E	1	
Fish burger with cheese, lettuce and mayo NOT CRUMBED	E	1	
Soup of the day (seasonal)	E	1	
Vegetarian pesto pasta	E	1	
Occasional			
Good Tucker Ricotta and spinach roll	O	1	
Pie (GF and Halal options available)	O	1	
Sausage roll (GF and Halal options available)	O	1	
Gourmet pie	O	1	
Gourmet potato pie	O	1	
Meatlover Pizza (Monday only)	O	1	M
DRINKS			
Everyday			
Water	E	1	
Sparkling Mineral Water	E	1	
Flavoured Milk - Choc, Straw 300mL	E	2	
Flavoured Milk - Choc, Straw, Vanilla Malt 500mL	E	3	
Soy milk popper	E	1	
Plain milk popper	E	1	
Up & Go - Choc, Vanilla	E	2	
Juice poppers 99% fruit juice - apple, ABC, orange	E	3	
Glee 99% fruit juice in sparkling mineral water - Tropical, Raspberry, Blackcurrant, Grape	E	4	
Chill Aloe - Original, Grape, Lychee, Peach, Pomegranate, Watermelon	E	6	
Occasional			
Chill Ice Tea - lemon, peach, raspberry	O	3	
FROZEN FOODS			
Everyday			
Frozen seasonal fruit - watermelon, rockmelon, pineapple	E	3	
Juicies - Wildberry, Tropical, Apple, Tropical	E	4	
Ice Mony - Lemon Ice, Chocolate, Blue Raspberry, Red Berry Blast	E	4	

Occasional			
Twisted Frozen Yoghurt - Watermelon/Mango , Strawberry	O	2	
Paddle Pops - Chocolate, Rainbow	O	2	
Moosies - Chocolate, Blue Moon	O	2	
SPECIALS			
Monday:			
Pizza - margherita	E	1	M
Pizza - ham&pineapple or vegetarian	E	2	M
Teriyaki chicken with rice and vegetables	E	1	M
Tuesday:			
Sushi roll - chicken, tuna or vegetarian	E	3	T
Edamame	E	1	T
Homemade lasagna (napoletano sauce and mozzarella cheese)	E	1	T
Wednesday:			
Fried rice (vegan)	E	1	W
Ravioli beef or spinach and ricotta	E	2	W
Thursday:			
Honey soy wings with rice	E	1	Th
Friday:			
Sushi roll - chicken, tuna or vegetarian	E	3	F
Edamame	E	1	F
Homemade butterchicken with rice	E	1	F
Pasta salad with tuna or chicken, pesto, olives, fresh tomatoes	E	2	F

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 these 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 contact for details (see Support Services next page).
- **Visit the HKA website** <https://healthy-kids.com.au/> for resources, recipes and case studies on the Healthy School Canteen Strategy.
- **Visit the Healthy School Canteens website** www.healthyschoolcanteens.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 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**