

Western Australian School Canteen Association Inc.



Supporting healthy choices

Canteen Cuisine has been colour coded to be according to the WA Department of Education's *Healthy Food and Drink* policy.

	Recipe name	Page	Category	
A	Apple and cinnamon muffins	25	AMBER	
	Apple jaffles	18	GREEN	
	Apple scroll	20	AMBER	
	Apricot and banana jaffles	19	AMBER	
	Asian bean salad	85	GREEN	
B	Banana freezies	113	GREEN	
	Banana loaf	34	AMBER	
	Bean nachos	94	AMBER	
	Beef lasagna	99	GREEN	
	Body builder	77	GREEN	
	Bruschetta cups	16	GREEN	
	Carrot cake	35	AMBER	
C	Carrot soup	74	GREEN	
	Cheese and spinach slice	55	GREEN	
	Corn rolls	15	GREEN	
	Corpus Christi soup	71	GREEN	
	Cosmic torpedo	79	GREEN	
	Country cuppa	73	GREEN	
	Couscous and chicken pockets	91	GREEN	
	Creamy pear dip	43	GREEN	
	Crunchy coleslaw	78	GREEN	
	Crunchy tuna rolls	62	GREEN	
	E	Easy fruit loaf	33	AMBER
		Easy vegie slice	53	GREEN
	F	Filled french sticks	17	GREEN
Fish burgers		61	GREEN	
Flying vegie pita		54	GREEN	
Fried rice		66	GREEN	
Fruit damper		37	AMBER	
Fruit muffins		26	AMBER	
Fruit pikelets		22	GREEN	
Fruit whirls		42	GREEN	
Funky fruits		42	GREEN	

	Recipe name	Page	Category
G	Golden cow	112	AMBER
H	Hawaiian rice salad	65	GREEN
	Haystacks	64	GREEN
	Hot roast rolls	63	GREEN
I	Ice delights	113	AMBER
	Impossible quiche	56	GREEN
J	Jelly delight	41	RED
L	Lentil pattie burgers	59	GREEN
	Low cholesterol pumpkin cake	36	AMBER
M	Macaroni cheese	89	GREEN
	Mediterranean roll-up	95	GREEN
	Minestrone Soup	70	GREEN
	Mini muffins	27	AMBER
	Mini pizza	52	GREEN
N	Nutty rice cakes	38	GREEN
O	Oat and coconut biscuits	108	AMBER
	Oaty nibbles	109	AMBER
P	Perfect pumpkin muffins	29	AMBER
	Pikelets	21	GREEN
	Pineapple and apple slice	39	AMBER
	Pocket pita surprises	76	GREEN
	Popcorn	110	GREEN
	Potato muffins	14	AMBER
	Potato pancakes	24	GREEN
	Potato salad	84	GREEN
	Potato soup	69	GREEN
	Pumpkin scones	30	GREEN
Pumpkin Soup	68	GREEN	
Q	Quick pasta	97	GREEN
R	Refrigerator muffins	28	AMBER

	Recipe name	Page	Category
S	Salad surprise	81	GREEN
	Savoury mince	88	GREEN
	Scones	31	GREEN
	Shepherd's pie	100	GREEN
	Sloppy Joes	96	GREEN
	Spicy Indian beans	92	GREEN
	Split pea soup	72	GREEN
	Sticky drumsticks	101	GREEN
	Sultana and apricot loaf	32	AMBER
	Summer's day salad	82	GREEN
	Super spuds	67	GREEN
	Survival pack	111	GREEN
T	Tabbouli	80	GREEN
	Tacos	90	GREEN
	Tangy chickpea dip	44	GREEN
	Traffic light pasta	98	GREEN
	Tropical melts	12	GREEN
	Tuna or salmon slice	57	GREEN
	Tuna pasta salad	83	GREEN
	TVP soup	75	GREEN
V	Vegetable corn toast	13	GREEN
	Vegetable lasagna	86	GREEN
	Vegie pikelets	23	GREEN
	Vietnamese rolls	93	GREEN
W	Wobblies	40	RED
Y	Yo ho ho quenchies	112	AMBER
Z	Zucchini and potato burgers	58	GREEN
	Zucchini burgers	60	GREEN

Please note Canteen Cuisine was published prior to the introduction of the HFD policy in 2007.

Recipes categorised as red should not be provided in WA schools, this includes variation examples containing choc chips (e.g. Mini muffins).