

# Theme Days

## Health & Well-being

### Fruity Friday's

Trial new fruit items each Friday or simply package standard fruit in a different way like fruit kebabs, cups or salads.

### NAPLAN/exam brain food

May

NAPLAN testing takes place across the country in May, so get clever in the kitchen by giving everyday items a NAPLAN themed name! Or

for those end of term exams offer 'brain food' such as:

- Smarty pants muffins – use berries they are full of the good stuff
- Brainy burgers containing a fish pattie and salad
- Salmon or tuna patties
- Top of the class tuna and salad sandwiches on wholemeal bread
- Einstein egg & bacon breakfast muffins/frittatas
- IQ's Impossible quiche - from the Canteen Cuisine cookbook (page 56).

### Wrap it day

Make different wraps as specials using a variety of wrap types and fillings.

- Peir peri chicken, vegetarian, lamb and tatziki, teriyaki chicken, Mexican, Caesar salad or a breakfast wrap.

### Super smoothie day

Smoothies are a great way to use leftover chopped fruit. They are full of flavour and packed with vitamins and minerals.

- Make a variety of smoothie sizes for big and little people
- Use different mixes of fruits and give them new appealing names
- Purchase new colourful paper cups and straws for each flavour.

### Super salad day

Make new salads for the summer menu or package standard items differently

- Shaker salad cup – shred and layer colourful salad in a plastic cup, top with lean chicken or ham and a dressing sachet
- Add rice, pasta or Caesar salad to the specials board
- If space permits have a build you own salad bar.

### Corn on the cob day

Who doesn't love corn? Packed full of antioxidants, potassium & dietary fibre corn is a powerhouse of goodness! How will you decide to showcase corn on your menu?

- Corn on the cob – serve cobbettes at recess
- Savoury muffins – made with corn (kernels or creamed) and lean ham, cheese & herbs
- Crunchy corn salsa – pack it full of corn, capsicum, spring onion, tomatoes and serve over stuffed spuds
- Corn fritters – delicious, healthy and easy to make
- Chicken and corn soup – nothing better on a cold day
- Mini corn and blueberry muffins made with cornmeal (polenta).