

canteen *fresh*



Super snacks,
quick lunch ideas
and helpful
information on fresh
fruit and vegetables.
Proudly brought to
your school canteen by
Sydney Markets.

super *fresh* salads

Raw, or just cooked vegetables are extremely healthy, colourful and crunchy. The weather is warm and it's the perfect time to try these super salad ideas!

TUNA VEGETABLE SALAD

Combine roughly chopped boiled new potatoes, hard boiled eggs, ripe tomatoes, finely sliced celery, finely chopped red capsicum, chopped par-boiled green beans and drained, flaked tuna. Toss with a little mayonnaise, if desired, and serve. *(Pictured right)*



POTATO, CELERY AND EGG SALAD

Combine roughly chopped boiled new potatoes, finely sliced celery, shredded Iceberg lettuce, chopped hard-boiled eggs and chopped crispy bacon. Toss gently with light sour cream and a little skim-milk natural yoghurt and season with salt and pepper.

Serve salads in a plastic takeaway container and pack with a spoon and a buttered bread roll.

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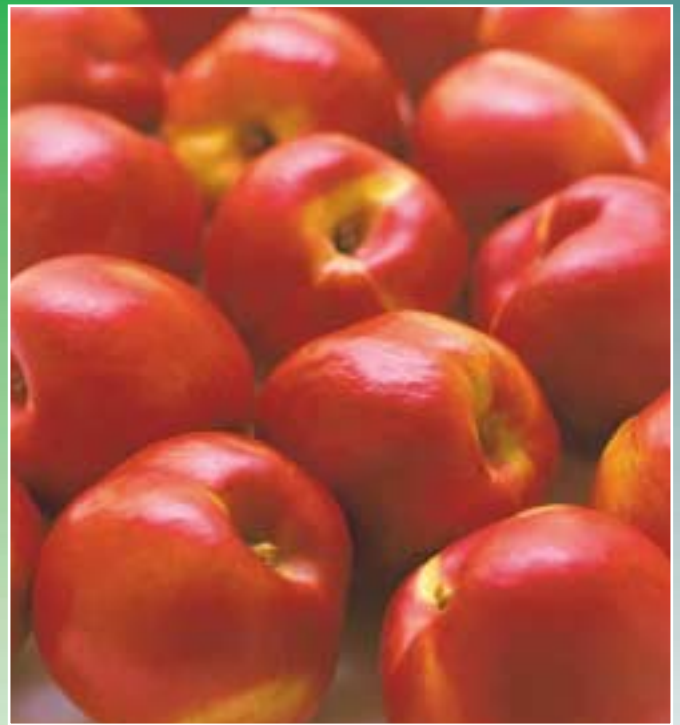
**HELP
US WITH
fresh IDEAS
AND WIN!**
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sweet *fresh* fruit

It's a great time of year for fresh fruit! At the end of summer there is an abundance of fruit like melons, mangoes, late-season peaches and nectarines (*pictured*), passionfruit and pineapple.

Autumn sees the arrival of new-season apples, pears and nashi. Plump plums, kiwifruit, limes and grapes are plentiful and excellent value.

Make the most of seasonal fruits with these fast and fabulous sweet treats for kids.



BANANA PEACH CUSTARD PARFAIT

Layer sliced bananas, chopped peaches and passionfruit pulp in plastic cups with a little low-fat vanilla custard and crushed nuts. Chill until ready to serve.

Or try **Honeydew passionfruit parfait** (*pictured left*) as an alternative: Chop honeydew melon into 2cm chunks and place in plastic cups. Top with low fat vanilla custard or honey-flavoured yoghurt and then passionfruit pulp.

FRUIT SALAD & LIME

Combine sliced peaches, nectarines, diced pineapple, rockmelon, sliced Valencia oranges, Thompson seedless grapes and chopped apple. Sprinkle with a little freshly-squeezed lime juice and toss gently. Spoon into cups and top with a spoonful of natural yoghurt. Chill until ready to serve, or freeze for an icy snack!

(From mid-march substitute plums for peaches and nectarines).

SUPER FRUIT CARAMEL CUP

Layer peeled, sliced kiwifruit and Valencia orange segments in plastic cups with light rice custard and a little caramel topping. Chill until ready to serve.

COOL MELON BALLS

Watermelon and rockmelon are terrific thirst-quenchers, especially after sport.

Halve melons, removing any seeds and use a melon baller to scoop out the flesh. Mix the watermelon and rockmelon balls and place the melon balls into plastic cups. Cover with plastic wrap and chill or freeze until ready to serve.



lunch on the go

These quick lunch ideas for kids on the move will add convenience and variety to your canteen menu. Be sure that children going away from school on an excursion or a sports day can order in advance.

PLOUGHMAN'S LUNCH

Pack a ham-filled bread roll into a bag with a wedge of tasty cheese, a stick of washed celery and an apple.

BANANA & CREAM CHEESE DOG

Lightly spread a hot-dog roll with crunchy peanut butter and light cream cheese. Pack into a bag with a ripe banana. Kids simply peel the banana and place it onto the roll and this 'hot dog' is ready to eat!

roll a *fresh* wrap

Wraps made with lavash or Lebanese breads or totillas are a brilliant lunch for busy kids, plus they're a change from everyday sandwiches! Wraps can be made in advance and stored covered with plastic wrap or foil in the fridge until ready to serve.



Be creative with wrap fillings and include fresh vegetables for added crunch and colour. Keep the breads moist by spreading with mashed avocado, margarine, sauce or a spread before adding the filling. To serve, wrap bon-bon style in greaseproof paper so that they're easy to hold and eat.

Get rolling now with these wrap suggestions:

- ▶ Spread the bread with crunchy peanut butter then top with cottage cheese, finely sliced celery, grated carrot and sliced button mushrooms.
- ▶ Spread the bread with a little mayonnaise then top with sliced tomato, finely sliced red capsicum, sliced hard-boiled egg and drained flaked salmon or tuna.
- ▶ Spread the bread with mashed avocado, adding a squeeze of lemon juice when mashing to prevent browning, then top with snow pea sprouts, shaved ham and cheese.
- ▶ Spread the bread with light cream cheese then top with grated carrot, sultanas or chopped fresh dates and drizzle with honey.
- ▶ Spread the bread with hommus then top with halved cherry tomatoes, finely sliced celery and shredded lettuce.

top *fresh* purchasing tips

- ▶ Always inspect the underside of **berry** punnets before purchasing to check that the fruit is undamaged and free of mould.



- ▶ **Melons** are picked ripe. Select melons which feel heavy for their size. A pleasant, fruity aroma is an indication of good flavour.
- ▶ Greening of skin on **Valencia oranges** does not mean that the fruit is under-ripe. Greening occurs to oranges on the tree in hot weather as a natural part of the ripening process.
- ▶ **Red Mignonette** or **Red Oakleaf lettuce** makes a great change to traditional Iceberg lettuce. They're loose-leafed lettuce varieties with mild tasting, tender leaves which kids like eating.

what's fresh

FEBRUARY TO APRIL

Use this list of seasonal fruit and vegetables as a guide when purchasing.

Buying fruit and vegetables in their natural peak season is your guarantee of freshness and good value.

Provide your greengrocer with size and quality requirements when you place your order. Consider ripening time for fruits such as bananas, avocados and stone fruit.

VEGETABLES

BEANS (Green, Snake & Flat varieties)

CAPSICUM (the red variety is sweetest & rich in vitamin C)

CORN

CUCUMBERS (Apple, Common, Lebanese & Telegraph varieties)

EGGPLANT

LETTUCE (all varieties)

PEAS (serve sugar snap peas raw with a dip)

POTATOES

SWEET POTATO

TOMATOES (serve at room temperature for best flavour)

WATERCRESS (mild peppery flavour – add to salads)

FRUIT

AVOCADO (Reed, Shepard & Fuerte varieties)

APPLES (Royal Gala, Jonathon & Red Delicious)

BANANAS

BERRIES (season ends mid March)

GRAPES (select seedless varieties)

KIWIFRUIT

LIMES

MELONS (Casaba, Rockmelon & Watermelon)

NASHI

NECTARINES (February to mid March)

ORANGES (Valencia)

PASSIONFRUIT

PEACHES (February to mid March)

PEARS (Williams & Beurre Bosc)

PERSIMMON (is soft when ready to eat)

PINEAPPLE



PLUMS (Autumn Giant, President & Teague Blue)

FRESH FRUIT ON DISPLAY

A piece of fresh fruit is one of the healthiest snacks for children. Have fruit attractively displayed on the counter to attract attention. Fruit that is easy and quick to eat is best.

Right now, the following fruits are ideal:

- ▶ Small Royal Gala or Jonathon apples
- ▶ Bananas
- ▶ Ripe Williams pears
- ▶ Plums
- ▶ Small bunches of sultana grapes
- ▶ Nectarines (early in the term)
- ▶ Cup of hulled strawberries (until mid-March)

HELP US WITH *fresh* IDEAS AND WIN!

Sydney Markets would like to offer you the opportunity to win \$50 of fresh produce for your school canteen.

Simply send in your super easy, super fresh snack ideas that you have tried and tested at your school canteen. Authors of published recipes will receive \$50 worth of fresh produce for your school canteen with compliments from Sydney Markets.

Please address recipes to: Fresh for Kids Program Manager, Sydney Markets, PO Box 2, Sydney Markets NSW 2129.

Canteen Fresh is produced by



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meal

• DEALS •

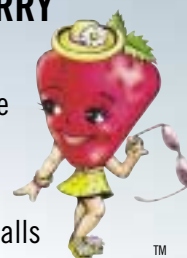
CAPTAIN CAPSICUM HERO MEAL

- Egg, tuna, capsicum & tomato wrap
- Seasonal fruit salad



SUMMA STRAWBERRY HOT DEAL

- Peanut butter, cottage cheese, celery, carrot & mushroom wrap
- A cup of cool melon balls



OSCAR ORANGE SPORTING FUEL

- Banana & cream cheese dog
- Kiwifruit & orange caramel cup



MEGABITE APPLE BRAIN FOOD

- Ploughman's lunch (with an apple!)
- Orange juice



TAMARA TOMATO TASTY MEAL

- Cherry tomato, celery, lettuce & hommus wrap
- Banana peach custard parfait

