



Great Taste Sensations! Primary Schools

Thankyou to all the schools who participated on Tuesday by supplying some of their “Great Fresh Taste Sensations” for publication. Hopefully some of the ideas will get your taste buds working and inspire you to try something new. Do a taste testing session one lunchtime to see if the children like some of these new tastes. I have included the name of the school that contributed the idea so you can ring them to ask for more information if you need to.

Two excellent promotion days have been mentioned.

1. Healthy Bones Day by Mannering Park is an excellent way of linking nutrition activities from the classroom to the “real life” experience of eating foods from the canteen (Putting theory into practise). It would be great to let the teachers know of a day such as this ahead of time so they can plan some nutrition lessons to compliment your activity. Well done Mannering Park!!!
 2. Ettalong Beach use Grandparents day to help promote healthy food in the wider community. Delicious lunch packs containing lavash wraps and fruit are sold to Grandparents on this special day that many primary schools celebrate.
- **“Chocolate mushrooms”** Use an ice cube tray that has semi circular holes. Pour in chocolate milk. Half freeze, then insert half a paddle pop stick and finish freezing. Can do the same with other flavoured milks and juices. High profit margin and very popular with the students. Try different shaped ice cube trays eg. Stars, faces and give them new names. 20c each –Avoca Beach
 - **Cheese and Pineapple bites** Toothpick/piece of pineapple/cheese 20c -Ourimbah
 - **Shoots** Crushed pineapple and orange juice placed in taste testing cups and freeze. 20c -Copocabana
 - **Dynamite Sticks** Fill ice block tube with flavoured milk. Add paddle pop stick. Freezr 50c –Woodport
 - **Cheese Roundas/Mini Pizzas** Slice of bread stick with tomato pasta sauce and topped with cheese. 30c/40c Ourimbah, Woodport/Killarney Vale.
 - **Mini Nachos** Nachos, Taco sauce and grated cheese placed in paper muffin cases. Place in warmer to melt the cheese. (Rositas corn chips are baked not fried) 50c Copocabana



- **Mexican Wrap** One heated plain chicken tender placed on a flour tortilla with lettuce, cheese and salsa. Fold up and wrap in foil. Place in oven for approximately 10 minutes before bagging. \$3.50 Ourimbah
- **Crispbread Vegemite** 10c Ettalong
- **Cheese and biscuit** (4 squares) 50c Ettalong
- **Fruit bags/cups** Small pieces of fruit chopped up into a cup 60c Ettalong
- **Grandparents Day Special** Place chopped lamb, salsa and sprouts in a lavash (or tortilla) Place this at one end of a clear take away container. Put chopped fruit in the other end. \$5.00
-Variation on the above Chicken and coleslaw lavash
 - Ourimbah This has been a great hit for grandparents and promotes healthy food in the broader community. Ettalong
- **Fruit pancakes** Banana, apple, blueberry, strawberry. Use one cup of SR Flour, one cup of lite white milk and one egg. Great at recess! 10-20c each. The Entrance.
- **Veggie Packs** Carrot sticks (6) celery sticks (10) and 3 cherry tomatoes. 60c The Entrance
- **Fruit Juice Ice Blocks** 100% fruit juice, purified or boiled water (cooled). Mix 50/50 pour into iceblock moulds. Place in paddle pop sticks that have been soaked in water. Stops stick from popping out. We make 300 per day. 10c each
- **Fruit salad bags** (sandwich bag) Half red, half green apple, orange, banana, pineapple, strawberry, (seasonal fruits)
 Summer – nectarine, peach, kiwi, watermelon \$2.50 Teachers love these. Kanwal
- **Salad boxes** \$3.00 Kanwal
- **Blackboards to advertise healthy foods and meal deals.** Kanwal
- **Pizza Scrolls** Lebanese bread, Tomato sauce, cheese (and ham if you like) Roll up and cook in sandwich press until cheese is melted and cut into 5 pieces. 40c a piece - Our Lady of the Entrance.
- **Cheese and Vege Scrolls** One piece of frozen puff pastry spread with vegemite and sprinkled with cheese. Roll up and slice into 9 pieces. Cook for 15 minutes at 200 C. O L Entrance
- **Pizza Muffins** Half an English muffin, tomato sauce and cheese and optional ham or other toppings. Heat in pie warmer. 60c
 - Our Lady of the Entrance
- **Pizza Subs** Cut Turkish bread in half, length ways then cut into 5 pieces. There should be a total of 10 pieces.
 - *Chicken, bacon and BBQ sauce:* Tomato paste, BBQ sauce, onion finely chopped, shredded tomato pieces, grated cheese.
 - *Ham and Cheese:* Tomato paste, Chopped ham, grated cheese.
 - *Vegetarian:* Tomato paste, Onion finely chopped, capsicum sliced, mushroom sliced, pineapple pieces, grated cheese. 60c - OLR Entrance.



- **Spaghetti Pizzas** (x 6 halves) Split 3 muffins in half. Top with a tin of spaghetti. Top with grated cheese. Bake in the oven until the cheese has melted. 60c - OLR The Entrance
- **Strawberry and custard cups** 50c - OLR The Entrance
- **Fruit Kebabs** 20c Gosford East
- **Fruit cups** 50c
- **Fruit drops (Frozen pulp)** 15c
- **Salad Lavash** 50c
- **Juice cups** (100% N.A.S Pine Juice frozen) Gosford East
- **Banana Smoothies** $\frac{3}{4}$ cup reduced fat milk, 1 whole small banana, 1 tea spoon honey, desert spoon vanilla ice cream and blend to a smooth consistency. Serve in a 250ml cup. Mannering Park
- **Mini Freeze (also known as Mini OJ)** Use a small souffle cup. Fill with 100% orange juice diluted by 50%. Freeze 20c Mannering Park
- **Promotion Day Healthy Bones** All meals are high calcium choices and include drink and cheese stick in the deal. We had the school skeleton spend the day in the canteen and I dressed in black clothes with a skeleton painted on it. Mannering Park.
- **Pineapple Icy Cups** Made from unsweetened juice and water frozen in 80ml sample cups. 30c
- **Pizza** made on half bread rolls . Ham and cheese. \$1
- **Frozen breaka cup.** Cut in half and eat with half a paddle pop stick. 60c
- **Fruit on paddle pop sticks** 50c
- **Vege sticks and crackers with salsa** \$1.00
- **Frozen Milk** Berkeley Vale Public School placed their fresh cartons of flavoured milk into the freezer each day. They sell them at lunchtime with a spoon. Milk sales doubled and there is no labour involved.
- **Frozen Grapes** Freeze grapes in sandwich bags when they are cheap or oranges cut into quarters. 20c Woy Woy South.
- **Frozen Water cups** Fill the cup with water and put in $\frac{1}{2}$ a paddle pop stick. Freeze 30c Woy Woy Public
- **Frozen Watermelon and Rockmelon.** Place seedless watermelon or rockmelon in food processor. Place in NIP cups. Place in $\frac{1}{2}$ paddle pop stick and freeze. 30c St John Baptist
- **Fruit sticks** Thread chunks of various fruits on a paddle pop stick (watermelon, pineapple, strawberries, rockmelon) 20c each Erina Heights
- **Frozen grapes in a cup** 30c Erina Heights
- **Nachos** Plain corn chips, mild salsa dip and reduced grated cheese. Microwave. 60c small plate Erina Heights
- **Bread cases** Cut crusts off bread, press into grated muffin pan. Cook for 15 minutes 160C. Make white sauce. Add creamed corn, cooked chicken then add grated cheese on top. Cook another 10 minutes. 50c each Erina Heights



- **Wraps** Tortillas filled with salad ingredients with salmon, tuna or chicken. \$3:00 Erina Heights
- **Mexican Wrap** Chicken breast meat, salsa, lite cheese on a soft tortilla wrap. Wrapped in foil and warmed in pie oven. Also chicken, lettuce and mayo \$2.75 Lisarow
- **Pizza subs** Use a torpedo roll sliced in half and cut into 4 pieces.
Add
 - Ham, pineapple and cheese on a tomato sauce base.
 - Spaghetti/baked beans with cheese on top
 - Chicken with BBQ sauce and cheese 50c Lisarow
- **Milkshake Mondays** Chocolate, Strawberry, Caramel, Vanilla \$1.00
regular \$2.00 Large

Bloopers Vege burgers, Hamburgers and meat patties, Anzac biscuits, exotic fruits, 100% fruit straps, frozen oranges (ended up as torpedoes in the playground), frozen pineapple pieces, fruit kebabs, Face bread.

in iceblock trays - frozen flavoured milk (5 or 10 centres sold individually or in an ice-cream cone or plastic cup), frozen custard with 1/2 a paddle stick (10c), frozen quarter a strawberry covered in yoghurt with a 1/2 paddle stick (10c). Frozen strawberry on 1/2 paddle stick was another idea.

Individual dried apricots

Individual pieces of fruity bix by Sanitarium