



# Sensational Swappers

Food Smart Schools • an naq nutrition program

For more information visit [www.foodsmartschools.org](http://www.foodsmartschools.org) or email [info@foodsmartschools.org](mailto:info@foodsmartschools.org)

Our Food Smart Schools team have been busy gathering some fantastic GREEN style menu ideas to replace the AMBER items typically seen on tuckshop and canteen menus.

See what you think of those below. If you have some of your own "Sensational Swappers" and would like to share them with other schools, please contact us at [info@foodsmartschools.org](mailto:info@foodsmartschools.org).

The Usual	The Sensational Swapper
<b>Meat Pie</b>	<b>Filo Parcel (Curry or Savoury mince)</b> Use the lean savoury mince or curry mixtures you usually use in the canteen. Just spoon about ½ cup of the mixture onto 3-4 filo pastry sheets laid flat. Wrap into triangles or parcels. Spray the baking tray with olive oil and place parcels onto tray. Brush with milk or lightly beaten egg and bake in a preheated oven on 180OC for about 10-15 mins or until golden brown. OR <b>Meatloaf Cups</b> (see Food Smart School recipe online)
<b>Hot Dog</b>	<b>Savoury Mince Roll</b> Low Fat Savoury mince on a hot dog roll
<b>Chicken Nuggets</b>	<b>Chicken &amp; Salad Wrap</b> Take your usual Smart Choices compliant crumbed chicken product and serve in a wrap with plenty of salad and some reduced fat mayonnaise or hummus.
<b>2 Minute Noodles</b>	<b>Lean meat, vegetable and noodle stir-fry</b>
<b>Sausage Roll</b>	<b>Rice Paper Rolls or Sushi</b>
<b>Ham and Cheese Pizza</b>	<b>Homemade Pizza or Savoury Scrolls</b>
<b>Iced Bun</b>	<b>Apple Toastie</b>
<b>Jelly</b>	<b>Leftover Frozen Fruit Salad and Yoghurt</b> Blend together your leftover fruit salad with some reduced fat yoghurt and freeze in ice cube trays. Serve in a clear cup.
<b>Basic Lasagne</b>	<b>Healthy Lasagne</b> with vegetables, lean mince and reduced fat béchamel sauce and cheese
<b>Chocolate Cake</b>	<b>Raspberry Yoghurt Loaf</b>
<b>Nachos</b>	<b>Healthy Mexican Burrito</b> with plenty of salad.

Visit the Food Smart Schools Website at [www.foodsmartschools.org](http://www.foodsmartschools.org) for some of these recipes and more.



[www.foodsmartschools.org](http://www.foodsmartschools.org)



[infor@foodsmartschools.org](mailto:infor@foodsmartschools.org)