

# GREATER BENDIGO'S HEALTHY CATERING GUIDE





## About

This Guide has been developed to assist you to choose healthy options when ordering catering. All menu items have been assessed through the Healthy Eating Advisory Services online 'FoodChecker' tool. Food and drinks meeting the **GREEN** and **AMBER** classifications have only been included in this guide to align with the *Healthy choices: workplace healthy eating policy and catering guide*.

The Victorian Government has recently updated their policy directive for all public health services in Victoria to specify that ALL catering (food and drinks) provided by the service to staff and visitors (includes catering ordered through in-house or commercial providers) must be provided in line with the *Healthy choices: workplace healthy eating policy and catering guide* (no food or drinks classified **RED** can be provided, and the majority of food and drinks provided must be classified **GREEN**). This means caterers must now comply with these guidelines when providing catering to a public health service.

Other workplaces are also choosing to follow the Healthy choices: workplace healthy eating policy and catering guide when providing catering for meetings, events and functions.

## About the Healthy Choices Guidelines

The Healthy Choices Guidelines classify food and drinks into three categories according to their nutritional value.

**GREEN** category food and drinks are the healthiest choices. They are good sources of important nutrients and lower in fat, added sugar and salt. Examples include: water, breads and cereals, fruit and vegetables, reduced-fat dairy products, lean meat and poultry, fish, eggs, nuts and seeds.

**AMBER** category foods and drinks should be selected carefully and consumed in moderation. Although these items provide some valuable nutrients they can contribute to moderate amounts of fat, added sugar or salt. Examples include: regular fat milk, yoghurt and cheese, dried fruit and some fruit juices (at least 99 per cent real fruit juice).

**RED** category foods are low in nutrients and are high in sugar, fat or salt and should be eaten rarely and in very small serves. Red category foods and drinks should be avoided in catering. Examples include: deep fried foods, lollies, chocolates, cakes, processed meats e.g. salami, kabana, chips, pastries and soft drinks.

## How to use this guide

Use this resource to guide your catering choices, to ensure you are providing healthy options at meetings, events and functions.





## Healthy catering tips

- Order multigrain, wholemeal, rye or other high fibre breads/wraps
- Think about healthy sandwich fillings (avoid processed meats, order plenty of vegetable fillings)
- Always provide plain water as a drink option
- Offer reduced fat-milk and soy or almond milk as an alternative milk option
- Offer herbal tea and decaf coffee as alternative drink options
- Include as many **GREEN** foods and drinks in your catering order as possible (at least 50 per cent)
- Reduced fat products should be used in preference to full fat products
- Remember to order for special diets and think about cultural appropriateness i.e. gluten free, vegetarian, halal, indigenous
- Remember: croissants are always considered **RED**
- Avoid over-catering (minimise food waste)
- Ask about minimal packaging and use of recyclable food packaging

## Tips for ordering healthy sandwiches, wraps and rolls

### Step 1: choose a base

Wholemeal, wholegrain, multigrain base, rye (a high fibre base)

### Step 2: choose a spread

Hummus, vegetable based dips, mashed avocado, cottage cheese, ricotta, creamed corn, pesto, mustard

### Step 3: ensure protein is included

Chicken, turkey, tuna, salmon, egg, lean ham, grated cheese, cream cheese, cottage cheese, roast beef, baked beans, peanut butter, baked falafel

### Step 4: ensure vegetables are included

Chargrilled veggies, shredded lettuce, baby spinach leaves, salad mix, grated carrot, thinly sliced vegetables, beetroot, corn kernels etc.

## How much catering should I order?

Leftover catering (food) that ends up in landfill is a major contributor to greenhouse gas emissions contributing to our changing climate. With a little planning, you can reduce the amount of catering that is wasted. To help you plan your next catering order, try:

- Tracking event RSVP's (where possible) so you know how many participants you are feeding
- When ordering sandwiches, the standard amount is four points (one sandwich per person) and less if there is salad or finger food also available
- Think about the purpose of the meeting and the type and amount of food that is necessary
- We tend to over cater in fear of running out of food, why not try ordering less catering next time and see how it goes?

## Helpful links and resources

### Healthy Eating Advisory Service – Healthy Choices Guidelines

<https://heas.health.vic.gov.au/healthy-choices/guidelines>

### health.vic.gov.au – Healthy Choices Guidelines and Policy Directives

<https://www2.health.vic.gov.au/public-health/preventive-health/nutrition/healthy-choices-for-retail-outlets-vending-machines-catering>

Information about local caterers who have Healthy Choices menus is on pages 4-10. If you would like your menu added to this guide please contact [foodsystems@bendigo.vic.gov.au](mailto:foodsystems@bendigo.vic.gov.au) to find out how.





## Access Australia (PepperGreen Farm Catering)

Below shows some of the **GREEN** / **AMBER** options available to order from PepperGreen Farm Catering. To place an order and enquire about dietary requirements, contact PepperGreen Farm Catering directly.

 (03) 5445 9890

 [info@peppergreenfarmcatering.com.au](mailto:info@peppergreenfarmcatering.com.au)

 [www.peppergreenfarmcatering.com.au](http://www.peppergreenfarmcatering.com.au)

### Caters for:

- Gluten free
- Lactose free
- Vegetarian
- Vegan
- Culturally appropriate: Halal, Kosher, Indigenous

Cold foods	Healthy Choices classification
Plain scones	AMBER
Pumpkin scones	GREEN
Savoury muffins	AMBER
Vegetable muffins	GREEN
Sushi rolls	AMBER
Zucchini slice	AMBER
Zucchini, ricotta and pumpkin tarts	GREEN
Sandwiches with a mix of traditional and gourmet fillings	GREEN AMBER
Fresh tortilla wraps with assorted fillings	GREEN AMBER
Fresh salad rolls with assorted fillings	GREEN AMBER
Assorted salads e.g. pasta salad, Caesar salad	GREEN AMBER
Fresh fruit platters	GREEN

Hot foods	Healthy Choices classification
Semi-dried tomato pesto damper scrolls	AMBER
Baked ricotta tarts with basil and tomato	AMBER
Assorted focaccias	AMBER
Arancini balls	GREEN
Potato and leek soup	GREEN

Drinks	Healthy Choices classification
Orange juice	AMBER
Spring water	GREEN
Tea and coffee	GREEN



## Country Cakes

Below shows some of the **GREEN** / **AMBER** options available to order from Country Cakes. To place an order and enquire about dietary requirements, contact Country Cakes directly.



(03) 5442 3601



[www.countrycakes.com.au](http://www.countrycakes.com.au)

### Caters for:

- Vegetarian
- Vegan

Snacks	Healthy Choices classification
Fruit muffins	AMBER
Savoury scones	AMBER

Platters	Healthy Choices classification
Fruit platter	GREEN
Fruit and cheese platter	AMBER

Lunch / dinner	Healthy Choices classification
Mixed sandwiches, wraps and rolls	GREEN AMBER
Meat and salad bowl	GREEN
Salad bowls	GREEN

Drinks	Healthy Choices classification
Still or sparkling water	GREEN

## Lakkis Brothers Bendigo (Ulumbarra Café)

Below shows some of the **GREEN** / **AMBER** options available to order from Ulumbarra Café. To place an order and enquire about dietary requirements, contact Ulumbarra Café directly:

☎ 0421 843 898 or (03) 5444 2111

✉ catering@lakkis.com.au

### Caters for:

- Gluten free
- Lactose free
- Vegetarian
- Vegan
- Other

Hot foods	Healthy Choices classification
Pumpkin soup	GREEN
Cauliflower soup	GREEN
Chicken and vegetable soup	GREEN
Beef and barley soup	GREEN
Potato and leek soup	GREEN
Crustless quiche	GREEN
Roast beef and vegetables	GREEN
Roast chicken and vegetables	GREEN
Roast vegetables	GREEN
Traditional Sri Lankan vegetable curry with steamed rice	GREEN
Traditional Sri Lankan chicken curry with steamed rice	GREEN
Roast pork and vegetables	GREEN

Hot foods	Healthy Choices classification
Pasta bolognese	AMBER
Chicken, pumpkin and mushroom risotto	AMBER

Snacks	Healthy Choices classification
Yoghurt with nuts, seeds and berries	GREEN
Fresh fruit platter	GREEN
Fresh fruit skewers	GREEN
Fresh whole fruit	GREEN
Vegetable frittata	GREEN
Vegetable crudité with house made dips	GREEN
Low fat mini muffins	GREEN
Pumpkin scones	GREEN





## Lakkis Brothers Bendigo (Ulumbarra Café) continued...

Cold foods	Healthy Choices classification
Assorted rolls	GREEN
Assorted sandwiches	GREEN
Quinoa, avocado and tomato salad	GREEN
Vegetable frittata	GREEN
Greek salad	GREEN
Roast vegetable with goat cheese and spinach salad	GREEN
Sushi	GREEN
Orange, pistachio and masclun leaves with wasabi dressing	GREEN

Drinks	Healthy Choices classification
Cool Ridge lightly sparkling water lime 500ml	GREEN

## Mother Bean Mobile Coffee

Below shows some of the **GREEN** / **AMBER** options available to order from Mother Bean Mobile Coffee. To place an order and enquire about dietary requirements, contact Mother Bean Mobile Coffee directly:



0422 435 630



motherbean@hotmail.com

### Caters for:

- Gluten free
- Lactose free
- Vegan

Drinks	Healthy Choices classification
Espresso	GREEN
Black tea	GREEN
Herbal tea	GREEN
Prana chai	GREEN
Australian light milk	GREEN
Australian full cream milk	AMBER
Lidell's lactose free full cream	AMBER
MilkLab almond milk	AMBER
Australia's Own unsweetened organic almond milk	AMBER
Bonsoy soy milk	AMBER
Pure Harvest organic unsweetened soy milk	AMBER



## Hospital Catering

Below shows some of the **GREEN** / **AMBER** options available to order from Hospital Catering. To place an order and enquire about dietary requirements, contact Hospital Catering directly:

1800mycatering  
mayer@1800mycatering.com.au  
[www.hospitalcatering.com.au](http://www.hospitalcatering.com.au)

### Caters for:

- Gluten free
- Lactose free
- Vegetarian
- Vegan
- Other

Drinks	Healthy Choices classification
Assortment of tea and coffee	GREEN
Bottled water	GREEN
Mineral water	GREEN

Cold foods	Healthy Choices classification
Sandwiches and wraps	GREEN AMBER
English muffins	AMBER
Mini bagels or baguettes	GREEN AMBER
Mini low fat frittata or tarts	GREEN AMBER
Quinoa fruit salad with honey	GREEN
Chia or granola cup with low fat yogurt and fruits	GREEN
Plain greek yogurt, with blueberries	GREEN
Bircher muesli with, yoghurt and cinnamon	GREEN

Cold foods	Healthy Choices classification
Low-fat sweet and savoury mini muffins	GREEN AMBER
Wholemeal scones with low fat yoghurt or ricotta cheese and fruit puree	AMBER
Watermelon and feta skewers	GREEN
Whole fruit	GREEN
Seasonal fruit platter	GREEN
Fruit kebabs with sweet dipping sauces	GREEN
Cheese and dried fruits	AMBER
Cheese and fresh fruits	GREEN
Cheese and greens platter	GREEN
Dips and greens platter	GREEN
Dips platter	GREEN
Sushi	GREEN AMBER



## Hospital Catering continued...

Hot foods	Healthy Choices classification
Greek mousaka	GREEN
Chicken provencale	GREEN
Beef kofta skewers with mint leaf yoghurts	GREEN
Tandoori chicken with steamed rice and raita	GREEN
Palak paneer	GREEN
Chinese fried rice	GREEN
Goan fish curry	AMBER
Chickpea and potato masala	AMBER
Lamb madras	AMBER
Mixed lentil dhal masala	AMBER
Stir fry beef with black bean	AMBER
Moroccan fish tagine	AMBER
Sri Lankan fish fillet in tomato curry	AMBER
Steamed fish in banana leaves, lemon grass, garlic	AMBER
Baked pumpkin kibbeh	AMBER

Salads, skewers and more	Healthy Choices classification
Poached chicken salad with spring vegetables, cashew	GREEN
Thai beef salad with Asian vegetables and hokkien noodles	GREEN
Broccoli salad with snow peas, capsicum, cucumber sticks, sesame seeds and ginger	GREEN
Grilled lentil patties with tomato sauce	GREEN
Toasted Turkish bread wedges with mixed herbs	GREEN
Grilled marinated chicken breast, garlic, thyme skewers	GREEN
Falafel balls with hummus dip	GREEN
Mini lemon thyme lean cut lamb skewers	GREEN
Steamed vegetarian dumplings	GREEN
Grilled free range chicken and sweet corn tortilla with ricotta and avocado salsa	GREEN





This guide has been developed by Bendigo Community Health Services and the City of Greater Bendigo following an expression of interest period for local caterers. If you would like your menu added to this guide please contact [foodsystems@bendigo.vic.gov.au](mailto:foodsystems@bendigo.vic.gov.au) to find out how.

