
NSW Healthy School Canteen Strategy

MENU CHECK

SUMMARY OF RESULTS

Food and Drink Criteria Menu Check



Hornsby Girls High School

Your School canteen has met the NSW Healthy School
Canteen Strategy Food and Drink Criteria.

Well Done!



School	Hornsby Girls High School
Suburb	Hornsby
Date	20 August 2019
Menu submitted by	Hornsby Girls High School
Position	

OFFICE USE ONLY

Date Received	15 August 2019	LHD	Northern Sydney
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Thank you for submitting an application to the NSW School Canteen Menu Check Service. We have assessed the information you provided against the NSW Healthy School Canteen Strategy Food and Drink Criteria.

This report includes a summary of the menu check results and suggestions of how your school can achieve an even healthier canteen.

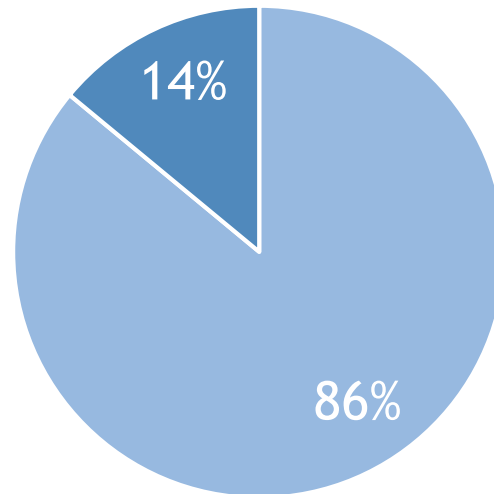
What did we Find?

Your school canteen is achieving:

- *At least $\frac{3}{4}$ (75%) of the menu are **Everyday** and no more than $\frac{1}{4}$ (25%) of the menu are **Occasional** foods and drinks.*
- *All the **Occasional** packaged foods and drinks in your canteen have a Health Star Rating of 3.5 Stars and above.*
- *Portion limits were met for all **Occasional** foods and drinks and **Everyday** flavoured milk, juices and hot meals on your menu.*
- *Your canteen displays, prices favourably, promotes and advertises only **Everyday** choices.*
- *Sugar-sweetened drinks are not sold in your school canteen or in vending machines.*

Menu Check Results

Proportion of Everyday and Occasional Foods and Drinks



■ Everyday ■ Occasional

Menu Summary

	Number of Items	Percentage (%)
Everyday	60	86
Occasional	10	14

If you make any changes to your menu in the future, please refer to the NSW Healthy School Canteen Strategy website (<https://healthyschoolcanteens.nsw.gov.au>) and the Menu Ready Reckoner: (<https://healthyschoolcanteens.nsw.gov.au/canteen-managers/making-great-choices/ready-reckoner>) to ensure your school continues to meet the Food and Drink Criteria.

Here are few tips to help your school canteen to continue to meet the Food and Drink Criteria and become even healthier.

Make the healthiest versions of freshly prepared on site (canteen made) meals and snacks by following the recommendations in the Menu Ready Reckoner and using 'Buy' ingredients column in the Essentials Shopping list.

Make sure your freshly prepared on site (canteen made) **Occasional** sweet snacks:



Contain healthy ingredients.



Only use ingredients from the Essentials Shopping List 'Buy' column.



Do not include any confectionery (icing, chocolate, choc chips, caramel, toffee, or other confectionery).



Make sure any new drinks or frozen snacks are not sugar-sweetened drinks (which includes soft drinks, energy drinks, iced teas, flavoured mineral waters and sports drinks), and that frozen snacks are 99% fruit juice or milk based with a Health Star Rating 3.5 or above.



Ensure all **Everyday** foods and drinks meet the criteria. For **Everyday** hot foods, flavoured milks, 99% juice and 99% frozen juice ice blocks to meet the Food and Drink Criteria, they must meet the portion size limit. (Refer to the Healthy School Canteen Strategy website and the Menu Ready Reckoner to ensure all **Everyday** items are offered in serving sizes that meet the portion limits.)



In addition to stocking your fridges and pantry with **Everyday** foods such as vegetables, legumes, fruit, bread, pasta, rice, lean meats, fish, chicken and dairy foods, use pantry and fridge ingredients from the Essentials Shopping List to make healthy **Everyday** meals and snacks.



Make sure you check your school's policy on the provision of peanuts, tree nuts, and nut products within the school.

Encourage the sale of more **Everyday** foods by:



Favourably pricing **Everyday** foods and drinks.



Promoting and advertising **Everyday** foods and drinks (i.e. displaying them at eye level so that students can easily see them).



Including only **Everyday** foods and drinks in 'meal deals' or 'special' offers.



Increase **Everyday** food and drinks further by removing less popular **Occasional** foods and drinks.



Increase the balance of **Everyday** foods and drinks by reducing the number of flavours and variety of **Occasional** foods. Remember every flavour is counted separately so decreasing the number of flavours of **Occasional** chips, ice blocks etc. can help increase your **Everyday** balance.

For more information on the Strategy please see the Healthy School Canteens website : - <https://healthyschoolcanteens.nsw.gov.au>.

All NSW Government schools are working towards having a healthy canteen by the end of 2019. Independent and Catholic schools are strongly encouraged to adopt the Strategy.

If you have any questions regarding this menu check please do not hesitate to contact the **NSW School Canteen Menu Check Service** at menucheck@nswhealthyschoolcanteens.com.au or phone 02 9133 8711 (TOLL FREE).

Your Local Health District Live Life Well@School Health Promotion Officer can provide you with support to meet the NSW Healthy School Canteen Strategy. Please contact Kylie Tekell at Kylie.Tekell@health.nsw.gov.au or call on 02 8877 5329.

Your Colour Coded Menu

● Everyday
 ● Occasional

Item	E/O	Count
SNACKS		
Yoghurt tub with mixed berries	E	1
Toast with vegemite or buttered	E	2
Raisin toast	E	1
Cheese and bacon scroll	O	1
Yoghurt tub with muesli	E	1
Crisps salted plain	O	1
Koala popcorn chicken flavour 25g	O	1
Fresh fruit banana, apple, mandarin, orange	E	4
Frozen watermelon, pineapple ring	E	2
Fruit salad tub	E	1
Muffin small	O	1
Veggie sticks with hommous	E	1
SANDWICHES/ROLLS		
Chicken avocado and lettuce	E	1
Chicken and salad	E	1
Egg and lettuce	E	1
Salad	E	1
Cheese and salad	E	1
Cheese and tomato	E	1
Salmon and lettuce	E	1
COLD WRAPS		
Salad	E	0
Chicken lettuce and avocado	E	0
HOT FOOD		
Home made singapore noodle veg	E	1
Home made fried rice vegetarian	E	1
Lasagne beef	E	1
Veggie burger	E	1
Veggie patty with mash and peas	E	1
Sausage roll	O	1
Beef pie	O	1
Beef burger lean beef patty	E	1
Chicken burger	O	1
Home made pizza bread mice	E	1

Home made pizza bread cheese and tomato	E	1
Chicken skewers marinated	E	1
Chicken sub lettuce	E	1
Homemade savoury Quiche mini	O	1
Curried chicken and rice home made	E	1
BEVERAGES		
Water	E	1
Plain milk small and large	E	2
Strawberry, chocolate, banana 500ml milk	E	3
Popper orange/juice, apple, tropical, orange mango	E	4
No sugar bottle coke 250ml	O	1
Mt franklin lightly sparkling flav	E	1
Zero powerade no sugar	O	1
Appetiser can	E	1
LUNCH SPECIALS		
Monday - homemade spaghetti bolognese	E	1
Tuesday - meatball sub	E	1
Wednesday - chilli con carne with rice homemade	E	1
Thursday - Marinated wings with mash and gravy	E	1
Friday - butter chicken and rice home made	E	1
TOASTIES		
Cheese toastie	E	1
Cheese and tomato toastie	E	0
Lean mince toastie	E	1
Chicken cheese BBQ sauce toastie	E	1
SALADS		
Greek salad	E	1
Chicken caesar	E	1
Garden salad with egg	E	1
Chicken salad	E	1
Sushi chicken teriyaki	E	1
Sushi tuna	E	1
Sushi vegetarian	E	1
Application Form		
Homemade pizza with ham and pineapple	E	1
Homemade pizza Vegetarian	E	1

**GREAT
CHOICE**
Healthy School Canteens

