

# WYNDHAM HEALTHY CATERING GUIDE



## ABOUT

The Wyndham Healthy Catering Guide has been developed by Healthy Together Wyndham (HTW) to provide workplaces, associations and groups with healthier catering choices.

All menu items in this guide have been assessed by the Healthy Together Healthy Eating Advisory Service using the Healthy Choices guidelines. These guidelines use a 'traffic light' rating system and only menu items with a green or amber rating have been included in this handbook.

All prices within this handbook were correct at the time of printing (June 2015). Prices and availability are subject to change. For the latest information, please contact the caterer directly.

## HEALTHY TOGETHER WYNDHAM

Healthy Together Wyndham works with workplaces, sporting clubs, schools and early learning centres as well as the wider community to address the underlying causes of poor health and help create a healthier Wyndham. For more information, go to [www.wyndham.vic.gov.au/healthytogether](http://www.wyndham.vic.gov.au/healthytogether)

## A HEALTHY WORKPLACE

Workplaces can play a key role in supporting and improving the health of staff. A healthy workplace has benefits for both employers and employees, because it contributes to:

- increased staff productivity and job satisfaction
- decreased stress and anxiety in the workplace
- staff being more likely to stay in their jobs
- decreased absenteeism or sick days
- reduced worker's compensation costs

## ACHIEVEMENT PROGRAM

The Healthy Together Achievement Program provides a framework to promote health and wellbeing by encouraging and supporting healthy behaviours in workplaces and schools including healthy catering. To find out more about registering for the Achievement Program visit: [www.achievementprogram.healthytogether.vic.gov.au](http://www.achievementprogram.healthytogether.vic.gov.au)

## HEALTHY EATING IN THE WORKPLACE

The most successful way to support healthy eating in the workplace is to use a 'whole of workplace' approach. This means making sure healthy choices are available everywhere where foods and drinks are supplied including:

- catering for staff
- vending machines
- on-site food and drink retail outlets such as canteens, cafeterias, cafes, coffee shops and kiosks
- staff rooms and kitchens
- fundraising activities, gifts, prizes and give-aways

The Victorian Government has developed the Healthy Choices: Healthy Eating Policy and Catering Guide for Workplaces, to help workplaces practise a whole of setting approach to healthy eating. The guidelines provide practical advice and step-by-step instructions on how to develop a healthy eating policy, as well as recommendations for healthy workplace catering.

To access the guidelines visit [www.health.vic.gov.au/nutrition/](http://www.health.vic.gov.au/nutrition/)

## FINDING A HEALTHY PROVIDER

Many catering companies offer healthy options. To find a healthy provider you can:

- use the caterers outlined in this guide and select items from the healthy choices menu
- speak with your current caterer about the healthy options available - if the menu doesn't contain healthy options, request changes based on the practical tips outlined in this guide or refer to the resources outlined in this document
- speak with other local caterers or retail food outlets in your area regarding healthy options available

The Wyndham Healthy Catering Guide includes providers in Wyndham who have taken the time to work with HTW to develop a list of healthy options for catering. Food items may differ in presentation and appearance. HTW is not endorsing the caterers included in this guide, and this booklet is to be used as a guide only. Wyndham City Council provides no warranties in relation to the services of any of the catering providers listed, and further, accepts no liability for any loss or damage incurred as a result of the services provided.

## REMEMBER

It is a good idea to ask staff about the foods and drinks they prefer to make sure they are happy with what is provided.



## HOW TO USE THIS GUIDE

To order healthy options from this guide please contact the caterer directly. Contact details for each caterer can be found at the top of each menu.

### Icon Legend

★ Green category foods

★ Amber category foods

(p/p) per person

(S) small

(M) medium

(L) large

Please inform your caterer of any special dietary requirements.

Most caterers are able to provide vegetarian and gluten free options.

## THE HEALTHY CHOICES GUIDELINES

The Healthy Choices guidelines classify food and drink into three categories according to their nutritional value.

### GREEN

Green category foods and drinks are the healthiest choices. They should be included as the main choices, promoted and encouraged where possible and available at all times. They are good sources of important nutrients and lower in fat, added sugar and salt. Examples include multigrain and wholemeal breads, wholegrain cereals, fresh and frozen fruit and vegetables, reduced or low fat milk and yoghurt, lean meat and poultry, fish, eggs and plain unsalted nuts and seeds.

### AMBER

Amber category foods and drinks should be selected carefully and consumed in moderation. Large serves should be avoided. Although amber items may provide some valuable nutrients they can contribute moderate amounts of fat, added sugar or salt. Look for better choices from foods and drinks in this category. Examples of amber food and drinks include fruit juice, flavoured milks and dairy desserts and some processed meats in small amounts such as lean ham.

### RED

Red category foods are low in nutrients and are high in sugar, fat or salt. These should not be supplied through catering. Examples of red food and drinks are confectionary, pastries, cakes, biscuits, soft drinks, cordial, energy drinks, sports drinks, deep fried foods, potato chips, pies, sausage rolls and some processed meats such as salami.

## REMEMBER

Let the caterer know you are ordering from the

Wyndham  
Healthy  
Catering  
Guide

## HEALTHY EATING

The key to healthy eating is to enjoy a variety of nutritious foods from the core food groups. These include:

- vegetables and legumes/beans
- fruit
- grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
- lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- milk, yoghurt cheese and/or alternatives, mostly reduced fat

PROVIDING HEALTHIER FOOD AND DRINK OPTIONS CAN BE EASY AND DELICIOUS!  
A FEW SIMPLE CHANGES CAN MAKE A BIG DIFFERENCE.

## CATERING TIPS

- ★ Ensure foods from the core food groups are available
- ★ Always provide plain water as an option to drink
- ★ Include as many green category options as possible when ordering catering
- ★ Offer reduced-fat milk and soy milk with tea and coffee
- ★ Offer herbal tea and decaf coffee as alternative options
- ★ Include fruit and vegetables in most menu choices
- ★ Include vegetable or salad items in all sandwiches, rolls and wraps
- ★ Ask for fresh or dried fruits, or vegetable sticks on cheese platters
- ★ Keep processed meats to a minimum
- ★ Serve spreads and condiments separately and use salt reduced condiments
- ★ Use multigrain, wholemeal, rye or other high fibre breads
- ★ Ask for reduced-fat versions of mayonnaise, cheese and other dairy products
- ★ Avoid over-catering
- ★ Reduce serving sizes; ask for mini muffins, provide pre cut serves, provide half serves
- ★ Offer alternative sweeteners
- ★ Limit foods high in unhealthy saturated and trans fats, salt and sugar (i.e. red category items)



## HOW MUCH?

Determining quantities to order for catering can sometimes be difficult due to the wide variety available in most food categories. As a general guide, serving size suggestions are:

- 1 sandwich or wrap per person for lunch
- 1 cup of green leafy or raw salad vegetables per person, 1/2 cup of cooked vegetables
- a suitable serve of fruit per person is 1 medium piece (apple, banana or pear), 2 small pieces (apricot, plum or kiwi fruit) or 1 cup of diced or canned fruit
- 40g (2 slices) cheese per person (choose reduced fat varieties)

## SAMPLE MENUS

### MORNING TEA

Jugs of water  
Tea, coffee including herbal teas and decaffeinated coffee with low fat milk  
Reduced-fat mixed berry and apple cinnamon mini muffins  
Seasonal fresh fruit platter or vegetable platter with low fat dips

### LUNCH

Jugs of water  
Tea, coffee including herbal teas and decaffeinated coffee with low fat milk  
Sandwiches, wraps and whole-grain mini rolls with assorted fillings such as low fat cheese, lean meats or alternatives, including plenty of salad  
Seasonal fresh fruit platter or fruit and cheese platter

## REMEMBER

Reducing portion sizes can help individuals to manage their energy intake. Even when green choices are provided, offering foods and drinks in large portions can contribute to excess energy and weight gain.

Always provide water as the main drink at meetings and in your workplace



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## HELPFUL LINKS AND RESOURCES

Healthy Choices: Healthy Eating Policy and Catering Guide for Workplaces  
Healthy Eating Advisory Service  
[www.heas.healthytogether.vic.gov.au/workplaces/healthy-eating-policy-and-catering-guide](http://www.heas.healthytogether.vic.gov.au/workplaces/healthy-eating-policy-and-catering-guide)

Guidelines for serving healthier foods at meetings, functions and events  
Cancer Council  
[www.cancercouncil.com.au/wp-content/uploads/2011/12/Healthy-Catering-Guidelines.pdf](http://www.cancercouncil.com.au/wp-content/uploads/2011/12/Healthy-Catering-Guidelines.pdf)

Guidelines and resources for catering and preparing foods  
The Heart Foundation  
<http://www.heartfoundation.org.au/information-for-professionals/food-professionals/Pages/catering-preparing-foods.aspx>

Healthy fundraising ideas  
Cancer Council  
[www.cancercouncil.com.au/20126/reduce-risks/local-government-initiatives/resources-for-localgovernment/healthy-eating-for-local-government/](http://www.cancercouncil.com.au/20126/reduce-risks/local-government-initiatives/resources-for-localgovernment/healthy-eating-for-local-government/)

Fact sheets and recipes  
Healthy Together Healthy Eating Advisory Service  
<http://heas.healthytogether.vic.gov.au/>

Australian Dietary Guidelines  
Department of Health  
[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)



# Charlies Fruit Market

21 Station Place, Werribee 3030  
(03) 9741 2667

## FRESH FRUIT OPTIONS

Fresh seasonal fruit salad with yoghurt

\$30 (serves 10) ★

Fresh seasonal fruit platter

\$30 (serves 10) ★

## VEGETABLE PLATTER

Fresh vegetable pieces with assorted dips -  
may include varieties such as carrot, cucumber, capsicum,  
snow peas, radish, celery and cherry tomato

\$30 (serves 10) ★

Pick-up only.





# Saffron Kitchen

(03) 9742 4013

saffron@wyndhamcec.org.au

www.wyndhamcec.org.au

Wayaperri House

106 Duncan's Road, Werribee 3030

Wyndham Vale Community Learning Centre

86 Manor Lakes Boulevard, Wyndham Vale 3024

Laverton Community Hub

95-105 Railway Avenue, Laverton 3028



## MENU OPTION 1

3 finger food items and fruit platter

\$9.50 (p/p)

## MENU OPTION 2

2 finger food items, 2 main dishes and fruit platter

\$14.50 (p/p)

## FINGER FOOD

Vietnamese paper rolls

Frittatas

Savoury quiches

Turkish pizza

## MAIN DISHES

Vegetarian lasagne

Mexican chilli beans

Fresh egg noodle chilli and tomato salad

Vermicelli rice noodle salad

Coconut, lentil and egg noodle soup

Egg curry

Tofu curry

Ethiopian tomato and sweet potato red curry

Biryani rice

Fried rice

Savoury quiche

Vegetarian pizza

Delivery available.





## Café QB

61 Thames Boulevard, Werribee 3030

(03) 9742 5040

qb@qbcc.org.au

www.qbcc.org.au



## FINGER FOOD

Rice paper rolls	\$2.50 each	★
Sushi - vegetarian, cooked tuna, grilled teriyaki, avocado or smoked salmon	\$2.50 each	★

## WRAPS, SANDWICHES AND ROLLS

Chicken breast with mesclun salad and mayonnaise	\$8.00 each	★
Poached chicken with feta cheese, olive, tomato, tzatziki sauce and mesclun salad	\$8.00 each	★
Thai grilled chicken with carrot, cucumber, onion, crispy noodle, mesclun salad in home-made Thai dressing	\$8.00 each	★
Tuna with celery, onion, mesclun salad with mayonnaise	\$8.00 each	★
Curry egg mayonnaise with shredded iceberg lettuce	\$8.00 each	★
Poached chicken with avocado and mesclun salad	\$8.00 each	★

## SALADS

Tuna nicoise	\$8.00 each	★
Greek salad	\$8.00 each	★
Quinoa with grilled zucchini, eggplant, red onion and capsicum	\$8.00 each	★
Poached chicken and avocado salad with lime olive oil dressing	\$8.00 each	★
Pasta vegie salad with carrot, zucchini, broccoli and onion with lime dressing	\$8.00 each	★
Grilled vegies with zucchini, eggplant, capsicum and beetroot in red wine vinaigrette	\$8.00 each	★
Smoked salmon with red onion, carrot, greens and mayonnaise dressing	\$9.00 each	★
Thai poached chicken salad with carrot, cucumber, onion, crispy egg noodles in Thai dressing	\$8.00 each	★

## MAIN

Pad Thai (selection of chicken, beef or vegetarian)	\$8.00 each	★
Singapore noodles (selection of vegetarian or chicken)	\$8.00 each	★
Stir fry chicken and vegetables	\$8.00 each	★

Delivery available to most locations.





## Mondells Patisserie

33 Watton Street, Werribee 3030

(03) 8742 6695

sales@mondells.com.au

www.mondells.com.au

mondells  
patisserie

### GRANOLA POTS

Home-made granola pots with natural yoghurt and mixed berries

from \$6.50 each ★

### PLATTERS

Fresh seasonal fruit platter with yoghurt

from \$6.00 (p/p) ★

Morning food platters including varieties such as

from \$2.00 each

Mini berry muffins

Mini pumpkin seed muffins

Sultana scones

Mini apple/carrot muffins

Mini banana bread teacakes

Dips and crudités (fresh vegetable pieces)

from \$5.00 (p/p) ★

Roasted carrot hummus dip

Kale and tahini dip

Beetroot dip

### SANDWICHES, FOCACCIAS AND WRAPS

Varieties on white, wholemeal or multigrain

\$5-\$9 each ★★

### FINGER FOOD

Fritters - served with dipping sauces, homemade relishes or fresh salsa

from \$3.50 each

Veggie fritters with avocado dip

Zucchini and bacon fritters with onion relish

### SALAD BOWLS

Salad varieties

from \$6-\$8 (p/p) ★

Nicoise salad

Poached coconut chicken salad

Roasted pumpkin, chickpea and spinach

Pork, orange and coriander salad

Roasted vegetable and ricotta salad

Delivery available.

Please discuss your individual requirements upon placing orders.





# One Stop Café

17/47-51 Little Boundary Road, Laverton North 3026

(03) 9314 9757

m 0401 422 946

onestopcafe14@gmail.com

## COLD FOOD OPTIONS

Pointed plain sandwiches	\$4.50 each	★ ★
Gourmet pointed sandwiches	\$5.50 each	★ ★
3 finger club sandwiches	\$6.50 each	★ ★
Classic cobb sandwiches	\$7.90 each	★ ★
Combination wraps, cobb and finger club sandwiches	\$7.90 each	★ ★
Gourmet wraps	\$7.90 each	★ ★
Fruit platter	\$4.20 (p/p)	★
Fruit skewers	\$3.00 each	★

## HOT FOOD OPTIONS

Meatballs with tomato relish	\$2.20 each	★
Chicken satay skewers	\$3.50 each	★
Roasted vegetable frittata	\$2.20 each	★

## LUNCH PACKAGES

Package A	\$11.00 (p/p)	★
Pointed sandwiches with assorted fillings		
Sushi platter: assortment of salmon and tuna rolls and mixed sashimi		
Seasonal fruit platter		
Package B	\$13.95 (p/p)	★
Pita bread wraps with fresh gourmet fillings		
Mixed sushi and Vietnamese rice paper rolls with satay sauce		
Seasonal fruit platter		
Package C	\$15.50 (p/p)	★
Selection of cobb sandwiches, pita bread wraps and finger club sandwiches		
Mixed sushi and Vietnamese rice paper rolls with satay sauce		
Seasonal fruit platter		

Light rye, dark rye and multigrain bread varieties available.  
Packages are for a minimum of 10 people. Delivery available.





# DiCaprio

88 Derrimut Rd, Hoppers Crossing 3029

(03) 9748 2888

[hoppers@dicaprio.com.au](mailto:hoppers@dicaprio.com.au)

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

## SALADS

Grilled calamari salad	\$9 (S), \$18.50 (L)	★
Warm seafood salad	\$12 (S), \$24.00 (L)	★★
Grilled loin of chicken	\$9 (S), \$17.50 (L)	★
Warm lamb salad	\$10.50 (S), \$21.00 (L)	★

## PIZZA

Gourmet vegetarian	\$14 (M)	★
Aubergine delight	\$14 (M)	★
Smoked salmon	\$18 (M)	★
Chicken tandoori	\$18 (M)	★
Lamb pizza	\$20 (M)	★

Eat-in or pick-up only.





# Zouki Catering

Werribee Mercy Hospital  
300 Princes Highway, Werribee 3030  
(03) 9320 9666  
catering@zouki.com.au  
www.zouki.com.au



## PLATTERS

- Seasonal fresh fruit platter \$35.00 (S), \$55 (L) ★
- Cheese and fresh fruit platter with toasted focaccia and water crackers \$45 (M), \$65 (L) ★★
- Mediterranean platter - selection of char grilled vegetables, pickled greens, olives sundried tomatoes, bocconcini, fetta, stuffed vine leaves, falafels, vegetable frittata, hummus and tzatziki dips with toasted focaccia and pita bread \$50.00 (M), \$70.00 (L) ★★
- Sushi - mixture of nori and California rolls served with wasabi and soy \$40 (M), \$60 (L) ★

## SANDWICHES, WRAPS AND BAGUETTES

- Assorted 4 point sandwiches \$6.50 each ★★
- Gourmet wraps \$8.90 each ★★
- Crusty mini baguettes \$4.50 each ★★

## FINGER FOOD

- Vietnamese rice paper rolls \$3.50 - 1 per serve ★★
- Fresh fruit skewers with yoghurt \$4.50 - 1 per serve ★

Delivery available.





# Cakebread Catering

Shop 1/8 Cattanach Crescent,  
Werribee 3030

(03) 9742 6905

catering@cakebread.com.au

www.cakebread.com.au



## SALAD

Quinoa and chicken salad

\$50 (serves 7-10) ★

Honey soy chicken casserole with rice or couscous

\$60 (serves 10) ★

## FINGER FOOD

Tandoori chicken, cucumber yoghurt and iceberg lettuce bites

\$2.30 each ★

Mini zucchini and cheese muffins with roasted Moroccan vegetables and tomato relish

\$1.50 each ★

## PLATTER OPTIONS

Sandwich platter

\$55 (40 points per platter) ★★

Pita wraps platter

\$60 (100 bite sized portions) ★★

Fruit platter

\$60 (serves 15-20) ★★★

Dips and crudités (fresh vegetable pieces)

\$65 (serves 15-20) ★★★

Delivery available.







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## Wyndham

For more information about eating healthy foods, being active, community health, and how to sign up to the Achievement Program, go to: [www.wyndham.vic.gov.au/healthytogether](http://www.wyndham.vic.gov.au/healthytogether)



Follow the conversation online  
[www.facebook.com/healthyandactiveinwyndham](http://www.facebook.com/healthyandactiveinwyndham)



@wyndhamliving

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Healthy Together Wyndham, supported by the Victorian Government, is improving the health of our community.

