



Healthier Kids' Meal Options for Foodservice Outlets



Healthy eating for kids is good for business

We all want our customers to be happy and to provide them with healthier choices when eating out. The food preferences kids develop early in life follow them into adulthood, so it's important we help them develop healthy eating habits right from the start. Encouraging kids to eat well can be challenging for parents, but you can help support parents to make the healthier choices for their kids at your business.

The recipes in this booklet have been developed for use by cooks and chefs in the foodservice setting.

We recommend including the healthier meal options from this booklet on your kids menu. To encourage kids to purchase them, we suggest placing the healthiest meal options at the top of your kids menu, and make sure you price them the same or cheaper than other options. For a real sales boost, consider offering a reward for kids who order the healthy option (stickers, magnets).

The Heart Foundation promotes children's meals that:

- Use polyunsaturated and/or monounsaturated oils for food preparation including deep frying
- Eliminate salt in preparation and cooking and use reduced, low or no salt ingredients
- Provide fresh fish, chicken or lean meat in the meals
- Include at least 1 serve of vegetables (excluding potato)
- Use wholegrain ingredients where possible
- Offer healthier alternatives to chips
- Include tap water as the best drink for kids
- Ensure a child-friendly presentation of food
- Are displayed prominently and promoted as healthier options.

Acknowledgements

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FISH

Fish with green pea smash

Preparation time: 5 minutes

Cooking time: 15 minutes

Serves: 8

Ingredients:

- 8 frozen white fish fillets weighing approximately 80g each
- 4 large potatoes
- 2t canola/olive oil spread
- Reduced fat milk
- ½ Tb olive oil
- Lemon juice
- Black pepper
- 4C frozen green peas

Instructions:

1. Peel and slice potatoes, and boil until soft, adding peas at the end to heat through
2. Roughly mash potatoes and peas with 2t canola/olive oil spread
3. Brush fish fillet lightly with oil and place under the grill to cook for 5 minutes each side. Sprinkle with lemon juice and a small amount of cracked black pepper
4. Serve the grilled fish and smashed potato and peas

FISH

Fish & Roastie Veggies

Preparation time: 10minutes

Cooking time: 40 minutes - 1 hour

Serves: 4

Ingredients

- 4 crumbed frozen fish fillets with the Heart Foundation tick (Birds Eye Oven Bake, Sealord Crumbed fillets)
- 1Tb canola/olive oil
- 500g potatoes, cut into wedges
- 300g pumpkin, peeled, cut into 2cm pieces
- 250g cherry tomatoes
- 200g green beans

Instructions

1. Preheat oven to 200°C
2. Toss potatoes and pumpkin in oil and place on baking tray lined with baking paper. Bake for 1 hour, adding tomatoes for the last 15 minutes
3. Meanwhile, bake fish in oven until golden brown
4. Blanch green beans
5. Place one fish fillet on a plate with potatoes, pumpkin and cherry tomatoes and beans.

BEEF

Bonza Beef Burgers

Wholemeal or wholegrain bread rolls should be used. Burgers may be made in advance in large batches and frozen.

Preparation time: 12-15 minutes

Cooking time: 10-12 minutes

Makes 16 burgers

Ingredients

- 1 carrot
- parsley
- 1 onion
- 1200g lean mince
- 4 eggs
- 8t reduced salt tomato paste
- ground black pepper
- 2C wholemeal bread crumbs
- 4Tb canola, sunflower or olive oil
- 4 tomatoes
- 8 lettuce leaves
- 16 round wholemeal or multigrain rolls
- 4Tb mayonnaise with the Heart Foundation Tick
- Reduced salt tomato sauce

Instructions

1. Grate carrot and finely chop the parsley and onion and place into a mixing bowl
2. Add beef mince, egg, tomato paste and pepper and mix well
3. Mix in enough oats to make the mixture dough-like
4. Divide into 16 equal portions, shape into rounds and flatten into patties
5. Heat hot plate to medium high and add oil
6. Cook patties until golden brown on both sides
7. Slice tomato and lettuce
8. Cut bread rolls in half and spread with mayonnaise
9. Place one patty onto each roll and top with tomato sauce
10. Place salad on top, add the top of the bun and serve

BEEF

Mac and Meat Balls

This is a vegetarian option if made without meatballs. Meatballs and sauce may be made separately in advance in large batches and frozen.

Preparation time: 5-10 minutes

Cooking time: 25-30 minutes

Serves: 10

Ingredients – Meatballs

- 300g lean beef mince
- 1 beaten egg
- 1½ onions, chopped finely
- 1 zucchini, grated
- 1 C wholemeal breadcrumbs

Ingredients - Sauce

- 1 tbsp olive oil
- 2 onions, chopped finely
- 2 medium carrots, grated
- 1tsp minced garlic
- 810g no added salt canned tomatoes
- 140g cup no added salt tomato paste
- ¾ C frozen peas
- 750mL boiling water
- basil, parsley, chopped
- 375g dried pasta (macaroni – some type of novelty pasta)

Instructions – Meatballs

1. Combine beef, egg, onion and zucchini and combine the mixture, adding enough breadcrumbs to bring to desired consistency
2. Form balls into ~3cm diameter
3. Place on baking tray and cook until lightly browned (~15-20 minutes)
4. place 3 meatballs in a bowl and top with pasta

Instructions - Sauce

1. Heat olive oil in a large pan
2. Stir-fry the onion and carrots for 1-2 minutes
3. Stir in garlic, tomatoes, tomato paste and peas
4. Reduce heat and simmer until vegetables are tender (10-15 minutes)
5. Add pasta and simmer until pasta is cooked (~10 minutes)
6. Add pepper and herbs to taste

Adapted from Heart Foundation – Eat Smart, Play Smart

CHICKEN

Sticky Chicken

Capsicums may be substituted with zucchini and cherry tomatoes. The side salad may be replaced with steamed vegetables, or any vegetables being served with adult's meals (as long as they do not include dressings/sauces).

Preparation time: 15 minutes

Cooking time: 10 minutes

Makes 18 kebabs

Ingredients

- 3 large chicken breast or thigh fillets with the skin removed
- 1 red capsicum or 18 cherry tomatoes
- ½ green capsicum or 1 zucchini
- 3 onions
- 1 can pineapple pieces in natural juice
- 3t sunflower, canola or olive oil
- 3Tb reduced salt barbecue sauce
- Cucumber, carrot, tomato and lettuce to serve

Instructions

1. Cut the chicken into small, bite-sized cubes
2. Wash & de-seed the capsicums and cut into 1-inch squares
3. Peel and chop onion into quarters, then separate segments
4. Thread the chicken, onion, pineapple, capsicum onto the skewers and lightly brush with barbecue sauce
5. Heat a hot plate to medium-high and lightly brush with oil
6. Cook until golden brown. Serve with 1C of garden salad
7. Serve with a wholegrain bread roll

CHICKEN

Chicken in a Blanket

One serve is half a wrap for smaller children, one full wrap for older children.
Mountain bread may be substituted with wholemeal pita bread or wholemeal wraps.
Avocado may be included

Preparation time: 5 – 10 minutes

Cooking time: 10 minutes

Serves: 10

Ingredients

- 5 sheets of mountain bread
- 500g chicken tenderloins, trimmed
- 1Tb wholegrain mustard
- 1Tb honey
- 1 clove garlic, crushed
- ½ medium iceberg lettuce, shredded
- 1 cucumber, sliced thinly
- 4 tomatoes, chopped
- 1C reduced fat cheese, grated

Instructions

1. Combine honey, mustard and garlic in a bowl. Add chicken tenderloins and coat.
2. Grill over medium-high heat until browned on both sides
3. Cut tenderloins in half length ways and place on bread
4. Spread the lettuce, cucumber, tomatoes and cheese over the chicken
5. Roll the bread up firmly, then cut into serving portions

Adapted from Heart Foundation – Eat Smart, Play Smart

PORK

Tropicana Pizza

Carrot may be substituted with mushrooms. Zucchini may be replaced with eggplant. This is a vegetarian option if made without the ham.

Preparation time: 10-12 minutes

Cooking time: 15 minutes

Serves: 5

Ingredients

- 5 mini wholemeal pita breads
- 2Tb reduced salt tomato paste
- 1 carrot, grated
- 1 zucchini, sliced
- 1 capsicum, deseeded and sliced
- 415g can pineapple pieces in natural juice
- 200g grated reduced fat cheese
- 200g low fat, shredded ham
- 1 onion, chopped

Instructions

1. Preheat oven to 220°C
2. Spread pita bread with tomato paste. Sprinkle with remaining ingredients
3. Bake in oven until ingredients are cooked and cheese is golden brown

Adapted from Heart Foundation – Eat Smart, Play Smart

PORK

Fried Rice

This is a vegetarian option if made without ham. The use of brown rice is encouraged. Sesame oil may be excluded.

Preparation time: 12-15 minutes

Cooking time: 12-15 minutes

Serves: 10

Ingredients

- 3 Tb canola oil
- 2 red capsicum
- 1 onion, sliced
- ½ small cabbage
- 1C frozen peas
- 250g bean shoots
- 3 eggs
- 300g lean ham, sliced
- 6 cups cooked rice
- 2Tb salt reduced soy sauce
- Sesame oil and pepper to taste
- 2 C uncooked rice, cooked and refrigerated

Instructions

1. Chop capsicum into small squares, slice spring onion and cabbage
2. Heat 1Tb of oil and add to lightly beaten egg. Cook until set, cut into strips and set aside
3. Add remaining oil to pan and stir-fry capsicum, spring onions, peas, cabbage and bean shoots until almost tender
4. Stir through rice gradually and cook until heated through
5. Stir in egg, soy sauce, pepper and sesame oil

Adapted from Heart Foundation – Eat Smart, Play Smart

LAMB

Little Lamb Bites

Burghul may be replaced with any wholemeal substitute. May be prepared in advance in large batches and frozen.

Preparation time: 30 minutes

Cooking time: 5 minutes

Serves: 8

Ingredients

- 2C low fat natural yoghurt
- 250g drained whole canned beetroot
- 1 1/3C burghul or breadcrumbs
- 800g lean lamb mince
- 2 small brown onions, grated
- 1t ground cinnamon
- 2t ground cumin
- 4Tb chopped mint
- Spray canola oil
- 2 large cucumbers, chopped
- 250g cherry tomatoes
- 1/2C flat-leaf parsley
- 1/2C mint leaves
- 2Tb lemon juice
- 4t extra virgin olive oil

Instructions

1. Process beetroot in food processor until finely chopped. Mix with yoghurt and refrigerate until ready to serve
2. (Skip this step if using breadcrumbs) Place burghul into a bowl, cover with cold water and set aside for 10 minutes. Drain through a sieve to remove excess moisture.
3. Combine mince, onion, spices, mint and burghul in a bowl and season with pepper.
4. Preheat oven to 200°C. Roll the lamb mixture into bite-sized balls. Place onto baking tray and lightly spray/brush with canola oil. Bake until cooked through
5. Combine cucumber, tomatoes and herbs in a bowl. Whisk lemon and oil together, season with pepper. Pour dressing over salad and toss to combine
6. Place toothpicks into each meat ball (not for younger children) and serve with salad and beetroot yoghurt.

VEGETARIAN

Slurpy Noodles

Hokkien noodles could be replaced with rice noodles if chef desires.

Preparation time: 12-15 minutes

Cooking time: 20 minutes

Serves: 10

Ingredients

- 1 tbsp canola oil
- 1 onion, chopped
- 2 medium carrots, diced
- 2 med zucchini, diced
- 1C canned 'no added salt' sweet corn
- 100g bean shoots
- 2Tb sweet chilli sauce
- 1L salt reduced vegetable stock
- 800g fresh Hokkien noodles
- 1½Tb salt reduced soy sauce
- Pepper
- 1t Sesame oil

Instructions

1. Heat olive oil in a large pan
2. Stir-fry the onion, carrots and zucchini for 2 minutes
3. Add sweet corn bean shoots, sweet chill sauce and stock
4. Bring to the boil, stirring once or twice
5. Reduce the heat, cover and cook until vegetables are just tender
6. Add the noodles, soy sauce, pepper and sesame oil and stir through sauce
7. Heat for 2 minutes, then allow to stand 5 mins before serving.

Adapted from Heart Foundation – Eat Smart, Play Smart

For more information

You can find out more about healthy catering by visiting www.heartfoundation.org.au/catering and follow the links.

For other delicious and healthy meal ideas order one of our cookbooks by calling our Health Information Service 1300 36 27 87, email health@heartfoundation.org.au or visit the Health Eating page at www.heartfoundation.org.au/healthyeating.

You can also visit www.gofor2and5.com.au for even more recipes and information.

About the Heart Foundation

The Heart Foundation is the leading organisation in the fight against cardiovascular disease (heart, stroke and blood vessel disease) in Australia. Cardiovascular disease claims the lives of more than one in three Australians. We aim to reduce cardiovascular-related death and disability by funding world-class medical and scientific research, through informing and educating the public, by promoting lifestyles that improve cardiovascular health, by developing guidelines for health professionals, and by assisting people who have suffered from cardiovascular disease by promoting treatment and rehabilitation.

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