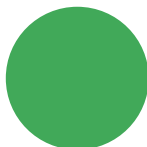


HEALTHY
CHOICES

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WHAT'S THE TRAFFIC LIGHT SYSTEM?

Foods and drinks are categorised according to their nutritional content using a traffic light system that is consistent with the Australian Dietary Guidelines. The traffic light system enables identification of healthy choices that should form the majority of foods and drinks provided and promoted, and unhealthy choices that should be limited. The categories are:



GREEN foods and drinks are the best choices. They should always be available, displayed in prominent areas and actively promoted and encouraged. **GREEN** foods and drinks form the basis for a healthy diet.

They are the foods from the five healthy food groups depicted in the Australian Guide to Healthy Eating - (1) cereals and breads; (2) vegetables and legumes; (3) fruit; (4) milks, yoghurt, cheese and alternatives; (5) meat, fish, poultry, eggs, tofu, nuts, seeds and legumes/beans.

These foods offer a wide range of nutrients and are generally low in saturated fat, sugar and salt. Choosing water and/or reduced fat milk are **GREEN** drink choices.



AMBER foods and drinks should be selected carefully. They contribute some valuable nutrients, but contain more saturated fat, sugar and/or salt than **GREEN** foods. They may contribute to excess intake of energy (kilojoules) if consumed in large quantities. They should not dominate the menu choices displayed or promoted. Large serving sizes should be avoided.

Specific quantitative nutrient criteria are used to define **AMBER** foods and drinks and to distinguish them from **RED** foods and drinks. The criteria take into consideration the saturated fat, sodium (salt), fibre and kilojoule (energy) profile of the food, and apply either per serve or per 100 grams depending on the category of food.



RED foods and drinks do not contribute positively to the diet and should be limited. They are not recommended by Australian Dietary Guidelines. The Australian Guide to Healthy Eating suggests eating these foods only sometimes and in small amounts.

Foods and drinks are low in nutritional value and may be high in saturated fat, added sugar and/or salt. They may also provide excess energy (kilojoules/calories).

WHY DO WE USE IT?

Under the Healthy Food and Drink Choices Policy, catering provided for ACT Government funded meetings, functions and events will need to meet the following requirements of the traffic light system:

- a) The majority of food and drinks on the menu must be **GREEN**.
- b) A small quantity of **AMBER** food and drinks on the menu may be provided.
- c) **RED** food and drink items must not be supplied.

PACKAGES

PP

MORNING/AFTERNOON

Assorted mini fruit muffin (1pp), fruit skewers (2pp), mini sandwiches with a selection of fillings (1 round pp) & bottled water (1pp)

10.5

VEGETARIAN ON REQUEST

WORKING LUNCH

Freshly made sandwiches with a selection of fillings (1.5pp), vegetable crudités with spicy hummus dip (6pp), mini yoghurt, fruit cup (1pp) & bottled water (1pp)

14

VEGETARIAN ON REQUEST

INDIVIDUAL LUNCH BOX

Gourmet wrap (0.5pp), toasted muesli biscuit (1pp), piece of fruit (1pp), bottled water (1pp)

10

VEGETARIAN ON REQUEST

CONFERENCE

ARRIVAL Continuous tea & coffee with fruit (2pp)

27

MORNING Assorted bite size health bars (1pp), mini yogurt, fruit cup (1pp) & bottled water (1pp)

LUNCH Gourmet wrap & Turkish roll (0.5pp), fruit platter (4pp) & orange juice (1pp)

AFTERNOON Toasted muesli biscuit (1pp)

SNACKS

PP

- Piece of fruit 1.5
- Mini yoghurt, fresh fruit and muesli cup (1pp) - V, GF ON REQUEST, NF 2.8
- Seasonal fresh fruit skewers (2pp) - V, GF, DF, NF 4.5
- Seasonal fresh fruit platter - V, GF, DF, NF 5.5
- Assorted cheese, fruit and nut platter - V, GF ON REQUEST, NF ON REQUEST 8.5
- Vegetable crudités with spicy hummus dip (6pp) - V, GF, DF, NF 5.5
- Tortilla chips and fresh Turkish bread with hummus dip - V, DF, NF 5
- Mini vegetable frittata slices (2pp) - V, GF, DF, NF 3.5
- Fruit scones (1pp) - V, NF 2.5
- Assorted mini fruit muffins (2pp) - V, NF 3
- Assorted muesli bites (2pp) - V, DF, NF 3
- Toasted muesli biscuit (1pp) 3.5
- Assorted health bars (1pp) 3
- Mini sausage rolls with tomato dipping sauce (2pp) 3.5
- Mini cheese and spinach rolls (2pp) - V 3.5
- Mini quiches with assorted fillings - vegetarian, chicken, ham (2pp) - V ON REQUEST, NF 4

V – VEGETARIAN VG – VEGAN GF – GLUTEN FREE DF – DAIRY FREE NF – NUT FREE

LUNCH

PP

- Individual garden salad with vegetables, meats (chicken breast or ham) & low fat Italian dressing - V ON REQUEST, DF GF NF **7**
- Mini sandwiches with assorted fillings (2pp) - V, DF ON REQUEST, NF **5.5**
- Classic sandwiches with assorted fillings (1pp) - V, DF ON REQUEST, NF **5**
- Tortilla wraps with assorted fillings (1pp) - V, DF ON REQUEST, NF **8.5**
- House baked baguettes with assorted fillings (1pp) - V, DF ON REQUEST, NF **8.5**

CLASSIC & MINI SANDWICH FILLINGS

1. Egg, cucumber, tomato & lettuce - V
2. Beetroot, carrot, cucumber, tomato & lettuce - V
3. Cheese, carrot, cucumber, tomato & lettuce - V
4. Roast beef, cucumber, tomato & lettuce
5. Roast chicken, cucumber, tomato & lettuce
6. Roast chicken, cheese & avocado
7. Roast chicken, cheese & tomato
8. Ham, egg & lettuce
9. Ham, cheese & tomato
10. Turkey, cucumber, tomato & lettuce
11. Turkey, lettuce & cranberry
12. Bacon, tomato & lettuce
13. Bacon, tomato & avocado

TORTILLA WRAP, TURKISH ROLLS, HOUSE BACKED BAGUETTE FILLINGS

1. Falafels, onion, tomato, cucumber, hummus and mesculin - V
2. Rare roast beef, horseradish, cream cheese, tomato, cheese and mesculin
3. Roast chicken breast, cheese, tomato, avocado and mesculin
4. Ham, tomato, cheese, mesculin and seeded mustard
5. Smoked salmon, creamed cheese, onion, capers and mesculin
6. Bacon, mesculin, tomato and aioli

Prices for all packages includes the provision of disposable tableware & napery

BEVERAGES

PP

• Tea & coffee station (disposable cups & stirrers included)	per session	3.5
	all day	5.5
• Ceramic cups & saucers with teaspoons	pp additional	1.5
• 600ml bottled water		2
• 500ml sparkling water - plain or flavoured		3.2
• 200ml juice - apple or orange (99.9% juice)		2

CONTACT & ORDERS

For any enquiries or orders, please contact our Catering Manager

P: 6207 3288

E: fresh2go@cit.edu.au

Our menus and order form can be downloaded from our website

W: citsa.com.au/fresh2go/

This menu has been developed to meet the ACT Government Healthy Food and Drink Choices Policy, Nutrition Standard 2 applicable to catering: "On each occasion, the majority of food and drinks must be GREEN. AMBER foods and drink maybe provided in small quantities only. RED category foods and drinks must not be supplied". The menu has been assessed independently by the ACT Nutrition Support Service.



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