Try these healthy tasty hot food ideas. Many are suggestions from schools, which have been popular with students and are easy to prepare.

### Vegetable-based options

- **Corn on the cob**: offer some toppings (e.g. sweet chilli sauce or a herb pesto).
- **Warm roast vegetable salad**: with a dollop of hummus.
- **Pasta with tomato-based sauces**: spiral or penne shaped pastas are easier to serve, and eat.
- **Vegetable pasties**: made with filo pastry (either homemade or commercial).
- **Falafel wraps**: falafel mix can be purchased commercially and is quick and inexpensive to prepare. The healthiest way to make them is to bake them. Serve in a wrap with salad and sauce (e.g. tzatziki, yoghurt, garlic sauce or hummus).
- **Oven-baked vegetable chunks or wedges**: served with yoghurt or hummus dip – a great alternative to a tub of hot chips.
- **Spinach and ricotta filo**: make a bulk batch and freeze.
- **Spinach and ricotta cannelloni**: make a bulk batch and freeze.
- **Toasties**: half and whole sizes – see Hot Fillings section below for ideas.

### Mixed meat/vegetable options

- **Toasted sandwiches**: half and whole sizes. See Hot Fillings section below for ideas.
- **Souvlaki**: lean chicken, lean mince patties, sliced steak or lamb, served in pita bread with salad and sauce (e.g. tzatziki, yoghurt or garlic sauce).
- **Skinless chicken drumsticks**: drizzle with honey soy marinade or stir-fry sauce and bake.
- **Lean meat and vegetable kebabs**: chicken, lamb or beef and vegetables such as capsicum, onion and mushrooms.
- **Warm chicken salad**: mixed salad with grilled chicken or warm skinless BBQ chicken on top.
- **Hot rolls or wraps**: fill with any selection of lean meats (e.g. roast beef) and vegetables.
- **Fried rice**: add plenty of diced vegetables – canned or frozen are okay to use for convenience.
- **Burritos**: Mexican-style lean mince, beans or chicken, cheese and salad wrapped in a soft burrito.
- **Pizza**: topped with plenty of vegetables (use English muffins or pita for easy individual size serves, or use regular bases).
- **Pinwheels**: scone dough rolled with filling (e.g. pizza topping, tomato chutney, cheese) – bake and serve hot or cold.
- **Zucchini slice**: a pastry-free quiche. Serve hot or cold. Make a bulk batch and freeze into serving sizes.
Hot filling options

Savoury

- Salads (e.g. coleslaw, Mexican bean salad, pesto pasta salad, roast vegetable salad and spinach, beetroot, feta salad).
- Baked beans and reduced fat cheese.
- Creamed corn, reduced fat grated cheese and diced lean ham.
- Chilli con carne (mince and kidney beans mixture).
- Lean mince bolognaise sauce (try bolognaise made with mince, tomato, garlic, onion and carrot).
- Crushed pineapple, diced lean ham, low fat grated cheese mixed together with a little tomato paste.
- Tuna (canned in spring water), reduced fat grated cheese, corn and diced capsicum.
- Finely diced or grated vegetables (capsicum, carrot, corn, celery, mushrooms) combined with a sauce such as low fat mayonnaise or salsa and reduced fat grated cheese.
- Left over salads, casserole or stir-fry.

Sweet

- Low fat ricotta cheese, honey and dried fruit (diced).
- Banana and cinnamon.
- Banana, sultanas and coconut.
- Canned apple with cinnamon.

Great ways to use these fillings

- Toasted sandwiches (use grainy or wholemeal bread).
- Hot rolls and wraps.
- Baked potato toppings.
- In filo parcels.
- As a pasta sauce.
- As a pizza topping.
- In bread cases.

Important information for menu planning

- Where possible, choose reduced fat, reduced salt, and/or no added sugar varieties of products.
- Add extra fruits and vegetables to foods and drinks where possible.
- When selecting commercially made food and drink products, remember to check their nutrition information panel against the nutrient criteria for AMBER items in the School Canteens and Other School Food Services Policy. Go to http://www.education.vic.gov.au/school/principals/management/Pages/canteendown.aspx