Theme day ideas for the school canteen

Here are some ideas for fun and healthy theme days.

**Top tips for success**
- Plan a calendar of promotions at the start of each year or term
- Plan well in advance and promote extensively to ensure their success
- Link in with the curriculum to reinforce nutrition messages taught in the classroom
- Don’t underestimate the amount of food and extra hands you’ll need
- Get an estimate of food required by taking pre-orders
- Decorate the canteen to get everyone excited

**Health days**

Your calendar of promotions could include weekly activities or one-off events, such as:

**Fruitilicious Fridays**
Offer additional fruit snacks and drinks

**Fruity Friday**
Trial a different fruit each Friday

**Veggie or Veg Out Wednesdays**
Trial a different vegetable recipe each week, such as stuffed eggplants or pumpkin pie

**Wrap It Up! Day**
Trial a new wrap or roll filling, such as chicken satay and salad wrap

**Super Smoothie Day**
Trial making smoothies one day a week, using fresh or frozen fruits – a popular combination is fresh strawberries with half a banana, a dollop of reduced fat natural yoghurt, a drizzle of honey and reduced fat dairy or soy milk

Send a healthy message with healthy eating theme days.
Cultural events

Explore the Orient (e.g. for Chinese New Year in February)
- Stir-fried noodles with vegetables, served in a noodle box with chopsticks
- Chicken and corn soup
- Steamed vegetable spring rolls, sushi/nori rolls or Vietnamese rice paper rolls

A ‘Taste of Italy’ day
- Healthy pizzas made from pita bread, tomato pasta sauce and healthy toppings, such as plenty of vegetables, lean meat and reduced fat cheese
- Vegetarian wholemeal pasta served with a bean bolognaise sauce and sprinkled with a reduced fat cheese (ricotta or cheddar)
- Garlic bread fingers: bread lightly brushed with olive oil, with crushed garlic and then toasted

Mexican Fiesta ‘Amigo Amigo’
- Make burritos with Mexican style lean beef mince, salsa, avocado and a squeeze of lime
- Mexicana toasted sandwiches with salsa, black beans and grated reduced fat cheese
- Taco boats that use an iceberg lettuce leaf for the taco shell, served with guacamole and toasted tortilla triangles
- Ask everyone to bring Mexican hats

Greek day
- Offer a Greek salad of cucumber, tomato, reduced fat feta, pitted olives and dressing
- Dip and foccacia pack: featuring a small piece of focaccia with hummus and tzatziki dips on a paper plate
- Souvlaki wraps: made from lean chicken, mince patties, sliced steak or lamb with salad and tzatziki served in pita bread

‘Bon Appetite’ day, a celebration of French cuisine
- Baguettes filled with cheese and salad, or meat and salad
- Vegetable quiche (pastry free)
- Ratatouille served with couscous
- Crepes with fresh fruit and yoghurt, or a drizzle of honey

Multicultural day, cruising around the world
- Offer a variety of different multicultural foods and link with the curriculum, i.e. include food studied in history class
Sporting events

AFL

Finals Fever
Name menu items such as a lean beef salad burger after the winning AFL team or player (e.g. Buckley Burger after ex-Collingwood player Nathan Buckley or Hawka Hamburger, named after the Hawthorn mascot)

Olympic Games or Commonwealth Games

A ‘Green and Gold’ food day:
- Olympic Pizza or G’day Mate Pizza, with green and gold toppings, such as spinach, capsicum, pineapple and reduced fat cheese
- Canned fruits in natural juice set in yellow jelly, or green grapes in green jelly
- Pineapple pieces in natural juice with low fat custard
- Banana smoothies made with low fat milk

Aussie Supporters’ Pack
Lean beef salad burger with a 100% juice

Gimmicky names
Such as High Jump Ham Sandwich or Shot Put Salad

The Sullivan Roll
After swimmer Eamon Sullivan: chicken, lettuce and avocado