

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 bolognese sauce (try bolognese 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>

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