



BETTER BBQ'S







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Better BBQ's

Hosting an event is a great opportunity to offer a fundraising sausage sizzle. This is also an opportunity to think beyond a 'sausage in a bun' and put some other healthy items on the **BBQ.** This will attract more customers!



Mains

Tasty beef burger - with lettuce, tomato, carrot, onion, beetroot

Grilled chicken burger - with lettuce, tomato, carrot, onion, beetroot

Mixed vegetable kebab with onion, mushroom, capsicum, zucchini

Sides Corn on the cob

Drinks 600mL water



Serve with salads

- · Coleslaw with a tangy greek yoghurt dressing
- Salsa tomato, capsicum, red onion & basil

Swap the sauce

- Add herbs and spices for flavour
- Select no added salt /salt reduced varieties of sauce.

Salad Sensations

Salads add colour and variety to catering while boosting the Green percentage on catering menus. Try the following salad suggestions:

Beetroot

🛑 Lentil, spinach, feta and walnut

Coleslaw

- Cabbage, carrots, shallots, capsicum and vingerette dressing
- Spanish inspired purple cabbage, carrot and smoked paprika

Corn

 Tomato, coriander, red onion, avocado and lime

Couscous

- Chickpeas, currants, orange and spring onions with lemon juice and vinegar
- Roasted vegetable and ricotta

Green Choices

Amber Choices

Fattoush

Cucumber, lettuce, tomato, fresh mint and sumac served with oven baked pita bread and yoghurt

Potato

- With an oil and mustard vinaigrette
- Yoghurt dressing

Pasta or noodle

- Rissoni with pesto and roast vegetables
- Smoked salmon

Mushroom

- Field mushroom baked with pesto and ricotta cheese
- Hokkein noodles with chicken, vegetables and a reduced salt hoisin sauce dressing

Rice (brown)

 Currants tomatoes, snow peas, spring onions with a reduced salt soy and sesame oil dressing

Tabbouleh

- Burghul, parsley and tomato
- Quinoa, mint, tomato and cucmber

Watermelon

Feta, red onion and fresh mint

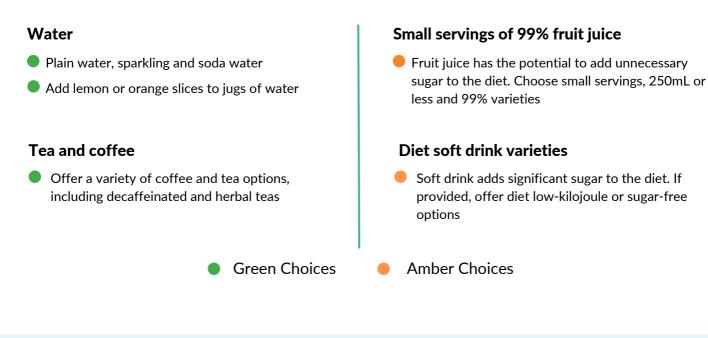
Zucchini

Roasted with ricotta lemon



Water

Don't let drinks lead to unnecessary sugar and energy (kilojoules) intake. Instead, offer the following:



Alcohol

If alcohol is available, always ensure the responsible serving of alcohol. For more information visit: AlcoholThinkAgain.



All food and drinks have been assessed based on their nutrient values and colour coded according to the Western Australian Department of Health's Healthy Options WA Food and Nutrition Policy \bigcirc State of Western Australia 2018 used with permission.





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