



## 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

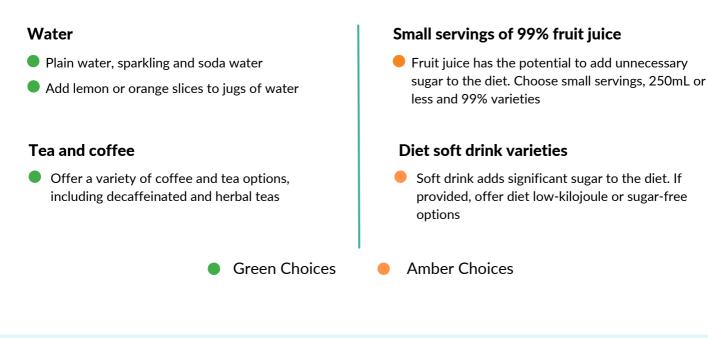
#### Zucchini

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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