

HEALTHY CATERING GUIDE

Wangaratta Area

Edition 1, January 2018





About the Guide

Healthy catering is one of many ways to create a healthy workplace. The Healthy Catering Guide is designed to assist workplaces, associations and groups to make healthy choices when organising catering. This edition includes five outlets to choose from, each with their list of healthy options that you can order. These include Café the PreVue, Indulge on Victoria, Intermezzo Café, The Bakers Wife Sandwich Shop and The Lunch Box.

The Healthy Catering Guide has been developed by Gateway Health in partnership with local food businesses and supported by the Rural City of Wangaratta and the Healthy Eating Advisory Service (HEAS) at Nutrition Australia. All menu items in this guide have been assessed by HEAS using the Healthy Choices Guidelines. These are based on the Australian Dietary Guidelines. Menus are assessed using a 'traffic light' rating system:



Green– BEST CHOICE:

Full of nutrients, low in sugar, fat, salt and should be eaten regularly



Amber– CHOOSE CAREFULLY:

Have some nutrients, but are often fairly high in sugar, fat or salt and should be eaten in moderation



Red – LIMIT:

Low in essential nutrients and high in saturated fat, sugar and salt and should be avoided

This guide includes **Green** and **Amber** menu items.

How much catering is needed per person?

- 1.5 sandwich or wrap for lunch
- 1 serve of vegetables
- 1 medium or 2 small pieces of fruit
or
1 cup of diced or canned fruit



Once you have decided on the caterer you would like to use, contact them directly (details are on the top of their menu) and place your order, including as many green category foods possible from the menu list.

ICON LEGEND:



Green category: Best choice



Amber category: Choose carefully

V

Vegetarian

V-A

Vegetarian option available

GF

Gluten free

GF-A

Gluten free option available

DF

Dairy free

RSF

Refined sugar free



Café the PreVue

66- 68 Faithfull Street, Wangaratta

(03) 5721 2092

coffee@theprevue.com.au

cafetheprevue.com.au

Hours: 8am to 4pm everyday



Like them on Facebook:

www.facebook.com/CafeThePreVueAU

Finger Food

- Frittata
- Stuffed mushrooms
- Arancini Balls
- Mini Salmon & Cream Cheese Tarts
- Fig & Brie Toasts

Rice Paper Rolls

- Smoked Chicken
- Prawn

Salads

- Quinoa Chicken
- Warm Pumpkin

Mixed Mini Wraps

- Roast Vegetable
- Smoked Chicken
- Ham, Cheese & Tomato
- Smoked Salmon

Sweets

- Fruit Skewers
- Mini Apple, Oat & Cinnamon muffins
- Granola Cups

Dietary

- V, GF
- DF, GF, V-A
- V, GF-A
- V

6-25 ppl

- \$5p/p
- \$3p/p
- \$2.5p/p
- \$2p/p
- \$2p/p

Cost

25+ ppl

- \$4p/p
- \$2p/p
- \$2p/p
- \$2p/p
- \$2p/p

- DF, GF
- DF, GF

- \$5p/p
- \$5.5p/p

- \$3.5p/p
- \$4p/p

- DF, GF
- DF, GF, V

- \$6p/p
- \$4p/p

- \$5p/p
- \$3p/p

- GF-A
- V
- DF

- \$6p/p

- \$5p/p

- DF, GF, V
- V
- V, DF-A, GF-A

- \$6p/p
- \$2.5p/p
- \$6p/p

- \$5p/p
- \$2p/p
- \$5p/p

Fruits & vegetables sourced from Nufruit
 Ham & Bacon sourced from Cobram
 Bread sourced from Shelley's Bakehouse
 Eggs sourced from Greta Valley Free Range Eggs





Indulge on Victoria

1b Victoria Parade, Wangaratta

(03) 5721 5000

bsgetwitchett@bigpond.com

Hours: 7am to 4pm Mon - Fri






Functions & Bookings available

 Like them on Facebook






Starters

-  Cocktail sticks
-  Arancini Balls





Salads

-  Roast vegetable
-  4 bean
-  Garden
-  Chicken, avocado & orange
-  Brown Rice

Sandwiches/Wraps

-  Basic sandwich (chicken, gherkin, salad or egg)
-  Gourmet sandwich (prawn, salmon, turkey, salad or beef)
-  Tuna Sushi Sandwich
-  Wrap (turkey, prawn, salad or chicken)- cut in to 4
-  Roast Vegetable focaccia- cut in to 4

Frittatas

-  Roast vegetable (salmon optional)
-  Turkey & Cranberry
-  Ham, fetta & sweet potato
-  Chili Chicken & Pumpkin

Sweets

-  Fruit platter  with cheese
-  Carrot Cake
-  Antipasto platter

Dietary

- GF-A \$1.50 each
- GF-A \$1.50 each

- | | | |
|-----------|--|-----------------|
| V, GF, DF | | \$5p/p |
| V, GF, DF | | 2 Litres - \$20 |
| V, GF, DF | | 4 Litres - \$30 |
| GF, DF | | 5 Litres - \$40 |
| V, GF, DF | | |

- | | |
|-----------|-------------|
| GF-A, V-A | \$4.50 each |
| GF-A, V-A | \$5.50 each |
| | \$4.50 each |
| V-A | \$8.50 each |
| V | \$9.50 each |

- | | | Mini |
|--------|--------|--------|
| V,GF | \$7.90 | \$1.50 |
| GF | \$7.90 | \$1.50 |
| GF | \$7.90 | \$1.50 |
| GF, DF | \$7.90 | \$1.50 |

- | | |
|---------------|-------------|
| V, GF-A, DF-A | \$4p/p |
| V, GF | \$3.70 each |
| | \$4p/p |

Fruits & vegetables sourced from Nufruit & personal garden





Intermezzo Café

33-37 Ford Street Wangaratta 3677
(Wangaratta Performing Arts Centre (WPAC))
(03) 5721 6510

dameon@intermezzocafe.com.au
wangarattapac.com.au/venue/cafe-intermezzo

Hours: 7am to 4:30pm Mon- Thur,

7am to 11pm Friday

7:30am to 4pm Sat & Sun



Like them on Facebook:

www.facebook.com/intermezzocafe1

Sandwiches/Wraps

- Fruit Skewers
- Sushi
- Vegetable Skewers
- Chicken Skewers
- Tuna Salad Sandwiches
- Chicken Sandwiches
- Chicken Sandwiches with homemade relish

Vegetarian Platter

- vegetable skewers
- vegetable wraps
- mini spinach & ricotta tarts

Meatlovers Platter

- Chicken Skewers
- Chicken Sandwiches
- Beef Wraps

Dietary

- V,GF,DF
- V-A,GF
- V,GF,DF
- GF
- GF-A
- GF-A
- GF-A

Cost

- \$30 suitable for 10 people
- \$50 suitable for 10 people
- \$60 for 20
- \$60 for 20
- \$35 for 10 rounds
- \$35 for 10 rounds
- \$35 for 10 rounds

\$100 for 10 people

- V,GF,DF
- V
- V

\$100 for 10 people

- GF
- GF-A

Note: Sandwiches can be made up of other ingredients including non-processed meat, salad or vegetables.

**If you are organising catering for a function held at WPAC, speak to the office staff who will be able to assist you with Intermezzo's healthy menu:*

Ph: (03) 5722 8115

www.wangarattapac.com.au





The Bakers Wife Sandwich Shop

50 Reid Street, Wangaratta

(03) 5722 3377

Hours: 7am to 4:30pm Mon - Sat

Like them on Facebook:

www.facebook.com/bakerswifewangaratta

Salads

- Buddha Bowl
- Chicken Quinoa Salad
- Mediterranean Brown Rice Salad
- Roast Vegetable Salad Bowl
- Greek salad Bowl
- **Spicy Chicken Soup**

Sandwiches

- Egg & Lettuce Sandwich
- Chicken Wrap
- Chicken Pesto Sandwich
- Chicken & Salad Roll
- Pumpkin Sandwich
- Chicken & Avocado Sandwich
- Ham, Cheese & Tomato Sandwich

Smoothies & Juices

- Breakfast Smoothie
- Berry Smoothie
- Green Smoothie
- Golden Smoothie
- Apple, Beetroot & Passionfruit Juice
- Orange, Carrot & Turmeric Juice
- Banana Smoothie

Sweets

- Fruit Platter
- Chia Pudding
- Coconut Roughs
- Raw Snickers Slice
- Lemon & Pistachio Bliss Balls

Dietary

- GF,DF,RSF
- GF
- GF
- GF
- GF

Cost

- \$9.00
- \$8.50
- \$7.00
- \$9.00
- \$10.00
- \$9.50**

V

\$4.40

\$7.50

\$6.80

\$7.00

V

\$5.60

\$6.80

\$5.80

DF, RSF

\$7.50

DF, RSF

\$5.60

GF, DF, RSF

\$6.40

GF, DF, RSF

\$6.40

GF, DF, RSF

\$6.00

GF, DF, RSF

\$6.00

\$5.40

GF, DF, RSF

GF, DF, RSF

\$4.50

GF, DF, RSF

\$2.50

GF, DF, RSF

\$4.00

GF, DF, RSF

\$2.50

Produce sourced from local businesses- Nufruit and Wangaratta Wholefoods

Relishes sourced from Jim Jam Foods

Dressings sourced from McGrath Fine Foods





The Lunch Box

51/ 111 Murphy Street Wangaratta 3677

(03) 5721 6808

Hours: 6am to 4pm Mon - Fri



Like them on Facebook:

www.facebook.com/LunchboxWangaratta

Sandwiches & Wraps

- Chicken, Avocado & Mayo
- Salad
- Egg & Lettuce
- Salmon
- Ham
- Ham, Pineapple & Cheese
- Chicken & Cranberry
- Silverside
- Roast Beef

Homemade Mini Quiches

- Pumpkin
- Ham

Homemade Sausage Rolls

Sweets

- Fruit Platter
- Apple Slice
- Carrot Cake

Dietary

- GF-A
- V, DF, GF-A
- V, GF-A
- GF-A
- GF-A
- GF-A
- GF-A
- GF-A
- DF, GF-A

Cost

\$4.40/round or ½ a wrap

GF-A

\$1.40 each

V,GF,DF

S- \$25, M- \$40, L- \$55

V

\$2.50 each

V

\$2/ serve

Produce sourced from local businesses - NuFruit and Burgan Bros

Ham sourced from Don Smallgoods

Bread sourced from Butler's Pantry Bakehouse

Fresh chicken sourced from Chicken Time

Trip Advisor Recommended



Organising self-catering and don't know where to start? Have a look at our **SAMPLE MENU** below:

- Jugs of tap water
- Tea and coffee, including herbal teas, decaffeinated coffee and light milk.
- Seasonal fresh fruit and vegetable platters with low fat dips and cheese
- Sandwiches, wraps and whole-grain rolls with assorted lean meats, vegetables and salt-reduced spreads.

Planning a BBQ? Have a look at our **SAMPLE BBQ MENU**:

- Jugs of tap water- try flavouring with sliced fruit and mint
- Seasonal fresh fruit and vegetable platter
- Corn on the cob
- Coleslaw salad– shredded carrot, cabbage, celery and radish tossed in a reduced fat yoghurt, lemon juice and parsley dressing
- Steak sangas– lean steak, wholegrain bread, tomato and lettuce
- Burgers– lean mince or veggie patties, tomato, lettuce, pineapple rings, beetroot, egg, rye buns.
- Skewers– lean meat, tofu or haloumi, capsicum, mushroom, cherry tomatoes and zucchini

Barbecues often have a lot of salt and fat involved. To reduce this, you can use:

- ✓ *salt - reduced sauces, marinades & dressings.*
- ✓ *pepper & herbs for seasoning instead of salt.*
- ✓ *healthier oils such as canola & olive oils.*

Further Information

For more great tips and ideas for healthy eating options, and for other helpful resources visit:

- The Healthy Eating Advisory Service - heas.health.vic.gov.au
- Nutrition Australia - www.nutritionaustralia.org
- The Australian Dietary Guidelines - www.eatforhealth.gov.au
- The Achievement Program - www.achievementprogram.health.vic.gov.au
- The following guides can be downloaded from our website www.gatewayhealth.org.au/services/health-promotion/eating
 - Healthy Catering Guide Wangaratta
 - Healthy Catering Guide Wodonga
 - Healthy Barbeque Guide

If you are interested in any further information, please do not hesitate to contact the Health Promotion team at Gateway Health (03) 5723 2000 or visit our website www.gatewayhealth.org.au

 Follow us on Facebook!
www.facebook.com/gatewayhealth1



Disclaimer

All reasonable efforts were made to approach suitable caterers to be a part of the guide. If you are a caterer and would like to be involved in future editions please contact the Health Promotion Team at Gateway Health, 45-47 Mackay Street, Wangaratta or on (03) 5723 2000. This document is a guide only and may not represent the full healthy catering menu available from each of the businesses. Reasonable efforts are made to ensure the content is kept up-to-date with regular reviews and editions of the guide. Prices listed in the menus are correct at time of printing and may be subject to change.