

# Foodcore™

## Nutrition Services

Formerly WA School Canteen Association Inc.

# STAR CHOICE™

Buyer's Guide

July 2024

A list of registered products that meet the Star Choice™ Nutrient Criteria for use in schools, community venues and sports clubs in Western Australia





# Index



<b>About us</b>	2 - 3
<b>Calendar of events</b>	4 - 5
<b>The Star Choice™ Buyer's Guide</b>	6
<b>How to read the Guide</b>	7
<b>Service &amp; Equipment Providers</b>	8
<b>Food Distributors</b>	9
<b>Fundraising</b>	10

<b>Product categories</b>	11
<b>1. BREADS, CEREALS, RICE, PASTA &amp; NOODLES</b>	11
<b>2. VEGETABLES &amp; VEGETABLE PRODUCTS</b>	11 - 12
<b>3. FRUIT &amp; FRUIT PRODUCTS</b>	12
<b>4. DAIRY PRODUCTS &amp; DAIRY ALTERNATIVES</b>	12 - 14
<b>5. MEAT &amp; MEAT ALTERNATIVES</b>	14 - 15
<b>6. MIXED FOODS</b>	15 - 16 47 - 50
<b>7. MISCELLANEOUS FOODS (SNACK FOODS)</b>	50 - 53
<b>8. BEVERAGES</b>	53 - 57
<b>9. FATS &amp; OILS</b>	57
<b>10. MENU REVIEW GUIDE</b>	58 - 59

## New in the Guide – Menu Review Guide

See pages 58-59 at the back of the Guide for five easy steps to follow when reviewing your canteen menu.

Star Choice™ Buyers Guide Editor – Megan Sauzier, Chief Executive Officer. Please direct any change of contact details, product additions or deletions to [foodcore@education.wa.edu.au](mailto:foodcore@education.wa.edu.au) or 08 9264 4999. © No part of this publication may be reproduced without the express permission of Foodcore Nutrition Services Inc.

# About us

## **Foodcore**<sup>™</sup> Nutrition Services

**Your partner in food service and nutrition since 1994; WASCA is now Foodcore.**

For around 18 months, we've been working on a pretty big project, and we are finally ready to share it with you.

Yep, you guessed it – we rebranded!

It was time to grow and evolve. To better represent who we are, the services we provide and the groups we work with.

The Western Australian School Canteen Association Inc. (WASCA) has been in operation for 30 years. Over that time food provision and nutrition knowledge has changed, grown and evolved. Our organisation has changed too, expanding to offer more services, in more settings and improved accessibility. Today, we advocate for healthy food environments in schools, community, sport, health services, workplaces and early years settings.

It was time for our name and brand to grow with us and the people we serve.

At Foodcore, we cherish the holistic power of communal dining. Our mission is to make providing healthy, varied, and delicious meals to groups, both big and small, simple and sustainable.

Our structure and comprehensive services remain unchanged.

Our commitment to members and advocating for school canteens remains unchanged.

Foodcore members can expect the same great service they know and rely on. Including, phone and email advisory service, training, networking opportunities, online resources – and of course the Star Choice<sup>™</sup> Buyer's Guide.

A comprehensive new website will be coming soon. In the meantime, the existing WASCA and Fuel to Go & Play websites contain all the useful information, tools and resources you are familiar with.

For now, please note:

- Our ABN, address and phone number remain the same
- Please update your records with our new name – Foodcore Nutrition Services Incorporated
- Staff emails remain the same; however please update our main email address to [foodcore@education.wa.edu.au](mailto:foodcore@education.wa.edu.au)



We are committed to implementing the 2022-2027 strategic business plan focusing on advocacy, membership, sustainability, partnerships, funding, and profile, brand and communication.

We continue to support schools and the community to promote best practice in all aspects of food service operations through membership services and collaboration with key partners, such as the WA Council of State School Organisations (WACSSO) and Healthway.

**Our Vision** A sustainable equitable healthy food environment

**Our Purpose** To provide nutrition and food service support

**Our Mission** We advocate for healthy food environments by providing support and education to empower communities

**Our Values**



**Collaboration**

Working together to achieve more



**Excellence**

Being innovative, passionate and evidence based



**Integrity**

Acting with honesty, courage and accountability

### Our Objects

- To promote the provision of healthy food environments where we work, learn and play
- Being a leader in influencing policy and advocating for healthy food environments consistent with the Australian Dietary Guidelines
- To advocate for the relationship between food and wellbeing
- To provide evidence-based advice, training and support to create healthy food environments and viable food services
- To engage and collaborate with key stakeholders and organisations with objects similar to the objects of the Association

### Get to know Foodcore on Social Media

**Follow us today and be part of something special! Click 'Follow' to stay connected and never miss an update.**

- Exclusive Content: Get access to content you won't find anywhere else
- Community Engagement: Join a community of like-minded individuals
- Updates and News: Stay updated with the latest news and trends
- Tips and Advice: Receive regular tips, advice, and insights
- Contests and Giveaways: Participate in exclusive promotions
- Support: Get direct support and quick responses to your questions
- Industry Insights: Stay informed with the latest industry news and trends.



# Calendar of events

Make the most of special days and events throughout Term3 and 4 to generate interest and keep your customers coming back for more. Foodcore training and events also listed.

Month	Date	Event/ promotion	Details and themes
July	Fri 26 July - Sun 11 August	Olympics	TeamAUS Olympic Schools has a diverse range of engaging, curriculum-aligned resources designed to delve into the fundamental Olympic values, igniting excitement for the upcoming Paris 2024 Olympic Games. Take some of their ideas and adapt for the canteen <a href="https://www.olympics.com.au/olympic-schools/hub/">https://www.olympics.com.au/olympic-schools/hub/</a>
	Sat 27	AFL Derby	Make a special 'derby meal deal' in a lead up to the derby – decorate the canteen or dress up in support of your favourite WA footy team
Aug	Tue 6 - Sun 11	Dental Health Week	The 2024 theme focuses on the importance of gum health, see the suite of resources <a href="https://www.teeth.org.au/dental-health-week">https://www.teeth.org.au/dental-health-week</a>
	Thurs 8	Foodcore Canteen Check-in	Join us online with other canteen staff and parent body reps to chat about all things canteens, it's relaxed, informative and only an hour. Join us from your couch, 4.30pm - 5.30pm. Register at <a href="mailto:foodcore@education.wa.edu.au">foodcore@education.wa.edu.au</a>
	Tue 13	<b>Face to Face</b> Foodcore Food Safety Supervisor	Accredited training to meet legislation. Register via our website to complete this canteen tailored training in one day, no further assessments required
	Sat 17 - Fri 23	Children's Book Week	The 2024 theme is 'Reading is magic' – over the years we have seen some amazing costumes embraced by canteen staff and volunteers, what will you do? <a href="https://www.cbca.org.au/cbca-book-week">https://www.cbca.org.au/cbca-book-week</a>
	Tues 20	<b>Virtual</b> Foodcore Food Safety Supervisor Training	Accredited training to meet legislation. Register via our website to complete this canteen tailored training in one day, minor activity sheets to be completed after the training
	Sat 24 - Sun 25	WACSSO State Conference	A fantastic weekend event for P&C's. Foodcore will be there so make sure you come to our stand to say hello, you never know what you might win!
Sept	Whole month	Great Vegie Crunch	Get more vegies on the menu this September with the help of our friends at Crunch@Sip <a href="https://www.crunchandsip.com.au/event/the-great-vegie-crunch">https://www.crunchandsip.com.au/event/the-great-vegie-crunch</a>
	Wed 4	National Health and Physical Education Day	This day highlights the importance of HPE in the Australian Curriculum, and its influence on the learning and development of children. Use the opportunity to promote the right fuel for sports performance, for tools, recipes and resources <a href="https://www.fueltogether.com.au/">https://www.fueltogether.com.au/</a>
	Thurs 5	National Cheese Pizza Day	Choose the pizzas in the Guide or make your own using a bread base for a delicious much loved menu item

Month	Date	Event/ promotion	Details and themes
Sept	Wed 11	<b>Virtual</b> Food Safety Supervisor Training	Accredited training to meet legislation. Register via our website to complete this canteen tailored training in one day, minor activity sheets to be completed after the training
	Thurs 12	Chocolate Milkshake Day	Add Milo or hot chocolate powder to milk and shake – use a blender to create froth
	Fri 20 Sept - Mon 7 Oct	School Holidays	Take time out to relax these holidays but remember we are still open, so reach out for a chat or canteen advice
	Tues 20	<b>Face to Face</b> Foodcore Food Safety Supervisor Training	Accredited training to meet legislation. Register via our website to complete this canteen tailored training in one day, minor activity sheets to be completed after the training
Oct	Wed 11	World Egg Day	Eggs are a great option for vegetarians to increase protein intake. Add hard boiled eggs to salads or slice for use in salad sandwiches and rolls.
	Wed 16	World Bread Day	Celebrate our love of bread by adding some additional varieties to the menu, Turkish rolls, wraps, pumpkin bread, pita, or simply try different roll shapes for a change
	Thurs 31	Halloween	Embrace your inner ghoul with some spooky inspired meal deals and menu items. See the Foodcore website <a href="http://www.foodcore.org.au">www.foodcore.org.au</a>
Nov	Fri 1	Canteen Day WA	A Foodcore annual event to celebrate canteens and recognise the amazing canteen staff and volunteers supporting school food service. Resources and ideas on the Foodcore website
	Sun 3	National Sandwich Day	We know you all have sandwiches, make some fun on the day by running a special ‘sambo promo’
	Wed 6	National Nachos Day	Who doesn’t love nachos? Add some extra veg to the stock standard, e.g. BBQ corn kernels, avocado and shredded lettuce
	Mon 11 - Sun 17	National Recycling Week	Could this be the week you introduce reusable packaging to the canteen, see the War on Waste article on the Foodcore website for some inspiration. <a href="http://www.foodcore.org.au">www.foodcore.org.au</a>
Dec	Sun 1 - Thurs 12	12 Days of Christmas	Keep an eye on the Foodcore Facebook page for our annual 12 days of Christmas ideas
	Last week of school	Stocktake	Have a ‘fire sale’ to sell any stock you don’t want to hold over the Christmas break

# The Star Choice™ Buyer's Guide

Foodcore is pleased to publish the July 2024 edition of the Star Choice™ Buyers Guide (the Guide). We know this continues to be a valuable tool for school canteens, and is used by public, independent and Catholic schools as well as a range of community venues. The Guide and the services provided by Foodcore such as providing advice, resources and training for effective canteen operations, as well as Food Safety Supervisor training, continues to be endorsed by the Department of Education (DoE).

The Guide is your go-to menu planning tool. It is a register of manufactured products that makes it easier for school canteens and community venues to stock and promote healthier choices of a wide range of food and beverages.

The Star Choice™ Nutrient Criteria addresses levels and types of fat, sodium, fibre and sugar in foods. Excessive amounts of these nutrients and inadequate amounts of fibre have been associated with an increased risk of developing chronic health problems. Some categories also include maximum portion sizes and/or energy (kilojoule) requirements. It cannot be assumed that a larger size of the same product meets the criteria for registration. For example, a 25g packet may be registered, but a 50g packet of the same product may not meet the criteria for registration because it exceeds the kilojoule allowance. A traffic light system continues to be used to classify foods and drinks as GREEN, AMBER or RED based on their nutritional value.

This edition of the Guide also includes traffic light colour coding for community venues. To ensure that only the healthiest products are listed in the Guide, products are first assessed against the Star Choice™ Nutrient Criteria and are then assessed against the criteria used in community venues.



Community venues are supported as part of the Fuel to Go & Play® project in partnership with Healthway. This includes sporting clubs, recreation centres and entertainment venues that are owned and operated by State Sporting Associations and peak bodies as well as WA state and local governments.

Community venues vary with the types of food services that they offer. Larger venues offer franchised cafes or volunteer run canteens/kiosk or vending machines. Others will roll out a BBQ on game days or have food trucks attend events. Fuel to Go & Play® uses the Department of Health's Healthy Options WA Food and Nutrition Policy. © State of Western Australia, used with permission.



# How to read the Guide

Childhood and adolescence are important periods of growth and development and for these to occur optimally, adequate energy and nutrients must be eaten. Canteen and food service menus should be consistent with the Australian Dietary Guidelines and include a wide variety of nutritious foods from the five food groups according to the Australian Guide to Healthy Eating. To meet nutritional needs, when planning menus, emphasis should be given to food and drinks categorised as GREEN.

Products in the Guide are arranged in categories according to the nutrient criteria applied to assess them, e.g. all breads, cereals, rice, pasta and noodle products are grouped together. This makes it easier and quicker to find products. Within each of these categories there are sub-categories, e.g. breakfast cereals would be shown as 1.2 in the Guide.

The major categories for registration are:

1. Breads, cereals, rice, pasta and noodles (including fruit breads, flat breads and crisp breads)
2. Vegetables and vegetable products
3. Fruit and fruit products (including juice, canned fruit)
4. Dairy products and dairy alternatives (including milk, yoghurt, cheese and/or alternatives)
5. Meat and meat alternatives (including meat, fish, poultry, eggs, nuts, legumes – both fresh and processed lines)
6. Mixed foods (hot and cold prepared dishes)
7. Miscellaneous foods (snack foods)
8. Beverages
9. Fats and oils including fat spreads

The following example explains each column of the Guide:

Serve size – it is particularly important to note the size of the serve that has been registered as larger sizes of the same product may not meet criteria. Where bulk lines are registered, e.g. slushies, the serve size shown is the specific size that has been registered.

Category of product listing - - - - -

## 4.1 Dairy based plain & flavoured yoghurts

Company Name	Product Name	Size	Schools	Community venues
<b>Brownes Foods Operations Pty Ltd</b> Jay Jones Ph: 1800 675 484 Mb: 0448 791 189	Natural Low Fat Yoghurt – Plain	170g, 1Kg,		
	All Natural Low Fat Yoghurt – Strawberry	170g		
	Full Fat Yoghurt, Natural – Apple & Rhubarb	All 170g		
	Full Fat Yoghurt, Natural – Cacao			
	Full Fat Yoghurt, Natural – Raspberry			

Company/Brand/Contact details

Product name and flavour/variety – check carefully which flavours are registered as some varieties of the same product may not meet registration criteria

Recommended serve size

Colour coding – Products are colour coded as either GREEN or AMBER. Use this coding when menu planning:

GREEN – Fill the menu

AMBER – Select carefully — do not let these dominate the menu.

### Disclaimer

The criteria for registering products does not address food additives (with the exception of sweeteners), colourings, preservatives or flavourings as their addition or otherwise to food and beverages is controlled by the government body, Food Standards Australia New Zealand.

Only products submitted for registration have been assessed by Foodcore for inclusion in the Guide, therefore not all sub-categories currently have products listed. A food or drink product that is not registered may still meet the nutrient criteria for registration and be suitable for sale. Foodcore can provide advice on individual products. This is a free service provided to Foodcore members.

Foodcore has undertaken a process to ensure the information in the Star Choice™ Buyers' Guide is accurate and reliable at the date of publication, however there may be instances where products reformulate and no longer meet criteria. It is the purchaser's responsibility to decide the suitability of each product for their school or community venue. Foodcore is not liable for products purchased. The information contained is based on information provided by companies and on product labels.

# Service & Equipment Providers

Company Name	Contact Person	Contact Numbers	Products / Services
<b>CleanPak Total Solutions</b> brad@cleanpak.com.au	Bradley Perks	Ph: 08 99211655 Mb: 0419 213 368	Clean it, pack it, wrap it! Your family owned and locally operated wholesale distributor in the Geraldton and Midwest region. For over 50 years we have specialised in cleaning agents and accessories as well as packaging and wrapping solutions.
<b>Flexischools</b> sales@flexischools.com.au www.flexischools.com.au	Cameron Spencer	Ph: 1300 560 856 Mb: 0410 205 572	Australia's #1 online ordering app for schools for over 15 years! All your services including canteen, uniform shop, and events can be set up for online ordering and SmartRider/student card payments, giving parents and students the flexibility to place school orders at any time.
<b>Fun2u Slushy Service</b> info@fun2u.com.au www.fun2u.com.au	Matthew Annakin	Ph: 1300 795 383 Mb: 0422 783 343	Slushy machines, sales, service, parts, repairs and slushy syrups.
<b>Medichill</b> customercare@medichill.com www.medichill.com.au	Customer Care	Ph: 08 9242 1232	Leading supplier of First Aid Kits and products for schools and sports clubs for over 32 years. Including a range of food-grade first aid kits designed for the food-preparation industry that are compliant with current national WHS regulations.
<b>My School Connect</b> Hospitality & Healthcare info@myschoolconnect.com.au www.myschoolconnect.com.au	Julia Stagg	Ph: 1300 030 915	Online ordering and management system, covering canteen, uniform shop, events, fundraising and volunteers.
<b>Spriggy Schools</b> https://www.spriggyschools.com.au/	Peter Cullen	Mb: 0432 343 738	Spriggy Schools is a reliable online ordering app for school canteens, uniform shops, and events.
<b>Stanlee Hospitality Supplies</b> info@stanlee.com.au www.stanlee.com.au	Shammas Ebrahim	Ph: 08 9244 3055	Specialists in Commercial Kitchen-ware, catering, hospitality and healthcare supplies. A one stop shop for the Food Service industry.
<b>Ward Packaging Pty Ltd</b> orders@wardpackaging.com.au edy@wardpackaging.com.au www.wardpackaging.com.au	Jarrad Krsanac and Edy Krsanac	Mb: 0477 689 326 Mb: 0417 961 135	WA owned packaging distributor of recyclable, compostable catering solutions. Environmentally certified cleaning products. Free next day delivery to Perth metro on minimum \$50 order.





Foodcore Nutrition Services Inc accepts no liability for business transactions conducted with companies listed in the Star Choice™ Buyer's Guide. Products and services are registered in good faith based on information provided by individuals and manufacturers.

# Food Distributors

Company Name	Contact Person	Contact Numbers	Products / Services
<b>Harcher</b> <a href="http://www.harcher.com.au">www.harcher.com.au</a> <a href="mailto:enquiries@harcher.com.au">enquiries@harcher.com.au</a>	Customer Service	Ph: 08 9351 9800	WA's largest independent wholesaler, offering an extensive range of beverages, snack foods, food service items, packaging, cleaning chemicals, and kitchen and janitorial cleaning supplies. Proudly WA owned and operated, ensuring superior customer service with a dedicated representative team. Enjoy the convenience of free delivery and a swift 48-hour turnaround. As a family business, they are committed to supporting the community and providing top-quality products to meet all your wholesale needs.
<b>Just Pizza Company</b> <a href="mailto:justpizza@iinet.net.au">justpizza@iinet.net.au</a> <a href="http://www.justpizzacompany.com.au">www.justpizzacompany.com.au</a>	Simone Trehwella	Ph: 08 9249 5959 Mb: 0401155 667	Large range of canteen approved quality products – from pasta to ice cream to drinks, and more. Supplying WA school canteens since 1990.
<b>McDonalds Wholesalers</b> <a href="mailto:orders@mcdonaldswholesalers.com.au">orders@mcdonaldswholesalers.com.au</a>	Bradley Perks	Ph: 08 9921 1655 Mb: 0419 213 368	Locally owned and operated wholesale distributors who have been dedicated to servicing the Midwest and surrounding regions for over 50 years. Specialising in dry, frozen and chilled goods, as well as paper packaging, beverage, snack foods, cleaning agents and food service equipment.
<b>PFD Food Services Pty Ltd</b>	Paul Kift  Craig Nicholls (South West)	Mb: 0488 908 181 Ph: 08 9240 9604 Ph: 08 9725 4577 Fax: 08 9240 7671	Frozen foods, dry goods, ice cream, packaging, meat/ smallgoods, regional distribution.
<b>Tavolino Pty Ltd</b> <a href="mailto:orders@tavolino.com.au">orders@tavolino.com.au</a>	Liane Di Marco	Ph: 08 9350 6949	Perth family owned business supplying Nippy's drinks, Everest Ice Cream, Margaret River Spring Water, Enrico's meals and Patties Bakery.
<b>Westoz Food Distributors</b> <a href="mailto:colin@westozfoods.com.au">colin@westozfoods.com.au</a> <a href="mailto:orders@westozfoods.com.au">orders@westozfoods.com.au</a> <a href="http://www.westozfoods.com.au">www.westozfoods.com.au</a>	Colin Bakeberg	Ph: 08 9370 4322 Fax: 08 9370 4329	Distributors of frozen, refrigerated, ice-cream, drinks, snacks, dry goods, packaging & cleaning products and all your canteen requirements.

# Fundraising

Fundraising is a regular activity undertaken by schools and community groups and the money generated provides crucial resources. The companies listed below make fundraising easy for schools and community groups and won't detract from health and wellbeing. These fundraising activities fit within the Health Promoting Schools framework, ensuring the ethos of the school or community group is not compromised by resorting to the sale and promotion of unhealthy food and drinks.

Company Name & Contact	Services
 <p><b>Containers for Change</b>  <a href="https://containersforchange.com.au/wa/fundraising">containersforchange.com.au/wa/fundraising</a>            Containers for Change team  <a href="mailto:getinvolved@warrml.com.au">getinvolved@warrml.com.au</a></p>	<p>Collect and return 10¢ drink containers to Containers for Change so they can be recycled. Improve your canteens sustainability and receive a 10¢ refund for every accepted container your school returns.</p> <p>See the website for refund point locations and a range of fundraising resources for your school and canteen.</p>
 <p><b>Ezy Fundraising</b>  <a href="https://ezyfundraisingwa.com.au/">ezyfundraisingwa.com.au/</a>            Heather Brown            0409 686 627            Deb Clancy            0417 964 332  <a href="mailto:ezy-fundraising@bigpond.com">ezy-fundraising@bigpond.com</a></p>	<p>'Ezy' fundraising WA provides reachable targets and a quality product for your organisation's fundraising, all while reducing your impact on the environment! eco-friendly fundraising that makes a difference!</p>
 <p><b>Just Pizza Company</b>  <a href="http://www.justpizzacompany.com.au">www.justpizzacompany.com.au</a>            Simone Trewhella            08 9249 5959            0401 155 667  <a href="mailto:justpizza@iinet.net.au">justpizza@iinet.net.au</a>  <a href="http://justpizzacompany.com.au">justpizzacompany.com.au</a></p>	<p>Just Pizza Company stock a range of products that can be used for your next fundraising event – pizza, pasta meals, icy poles, ice creams, juice bomb cans and more. Check out the website for more options and information.</p>
 <p><b>Tommy Sugo</b>  <a href="http://tommysugo.com.au">tommysugo.com.au</a>            Nathan            0424 505 053</p>	<p>Perth company Tommy Sugo provide the best gourmet Italian meals, sauces and pasta delivered right to your doorstep. Tommy Sugo offers the world's easiest "Done-for-You" fundraiser for schools, clubs and charities. Share your customised order form link, generate sales and earn commissions. They handle everything else including order processing, home delivery to your recipients, your social media posts, art work and much more. Fundraise with healthy tasty additive free meals families love with 10 minutes prep time!</p>

## 1 BREADS, CEREALS, RICE, PASTA & NOODLES

1.1 Sandwich style breads, focaccia, bagels, pita bread, mountain bread, English muffins, tortillas, wraps, burritos, crumpets, pikelets, pancakes, hotcakes, pancake mix, sweet raisin and fruit breads, fruit buns, hot cross buns, scrolls, scones (plain, fruit or vegetables)

Company Name	Product Name	Size	Schools	Community venues
<b>Just Pizza Company</b> Simone Trewhella Ph: 08 9249 5959 Mb: 0401 155 667 <a href="mailto:justpizza@inet.net.au">justpizza@inet.net.au</a> <a href="http://www.justpizzacompany.com.au">www.justpizzacompany.com.au</a>	Amore Focaccia Creations – Plain Focaccia Slab	1kg		
<b>Patties Food Group</b> Adrian Ellis Mb: 0448 996 975 <a href="mailto:aellis@patties.com.au">aellis@patties.com.au</a>	Chefs Pride Traditional French Crepes – Plain	50g		

1.2 Breakfast cereals (not cereal bars, see 7.9)

Company Name	Product Name	Size	Schools	Community venues
<b>Nestlé Professional</b> <span style="background-color: red; color: white; padding: 2px;">NEW</span> Norman Tilbrook Mb: 0418 165 261 <a href="mailto:norman.tilbrook@au.nestle.com">norman.tilbrook@au.nestle.com</a>	Weeties	510g		
	Plus Antioxidant	675g		
	Uncle Tobys Oats – Quick Cups Honey	50g		
<b>Sanitarium Health and Wellbeing Company</b> Wesley Thomson Ph: 02 4348 7606 Mb: 0413 839 523	Weet-Bix Original	30g, 375g, 575g, 1.12kg		
	Weet-Bix Bites – Crunchy Honey	510g		
	Weet-Bix Bites – Wild Berry	500g		
	Weet-Bix Bites – Apricot Crunch	500g		
	Weetbix Cranberry & Coconut	450g		
	Weetbix Multigrain	575g		
<b>Theme Group</b> Robbie Damjanovic Ph: 08 6383 9989 Mb: 0411 478 806 <a href="mailto:orders@themegroup.com.au">orders@themegroup.com.au</a> <a href="http://www.themegroup.com.au">www.themegroup.com.au</a>	Cereal tray – Just Right served with extra light milk	All		
	Cereal tray – Special K served with extra light milk	210g		

1.3 Plain pasta, rice, noodles, couscous, polenta (none registered)

1.4 Savoury breads, scrolls, cheese, garlic and herb breads and plain/flavoured pizza bases (none registered)

## 2 VEGETABLES & VEGETABLE PRODUCTS

2.1 All plain vegetables fresh or frozen

Company Name	Product Name	Size	Schools	Community venues
<b>Theme Group</b> Robbie Damjanovic Ph: 08 6383 9989 Mb: 0411 478 806 <a href="mailto:orders@themegroup.com.au">orders@themegroup.com.au</a> <a href="http://www.themegroup.com.au">www.themegroup.com.au</a>	Varieties of seasonal fresh vegetables and herbs: whole and processed	Various		

2.2 Vegetables and legumes canned all plain and flavoured types (excludes legumes in sauce, i.e. baked beans see 5.9) (none registered)

2.3 Vegetables prepared e.g. roast vegetables, vegetable mixes, mashed vegetables as reconstituted (including flavour additions)

Company Name	Product Name	Size	Schools	Community venues
<b>Nestlé Professional</b> Norman Tilbrook Mb: 0418 165 261 <a href="mailto:norman.tilbrook@au.nestle.com">norman.tilbrook@au.nestle.com</a>	MAGGI Natural Mashed Potato	2kg		
	MAGGI Classic Gluten Free Mashed Potato	7kg		

2.4 Vegetables fermented: includes sauerkraut and kimchi

Company Name	Product Name	Size	Schools	Community venues
<b>Fresh Frontier</b> Joshua Kelly Mb: 0414 357 460 <a href="mailto:sales@freshfrontier.com.au">sales@freshfrontier.com.au</a> <a href="http://www.freshfrontier.co">www.freshfrontier.co</a>	Happy Gut Krauts – Ruby Beet	All		
	Happy Gut Krauts – Spicy Curtido	475g		

### 3 FRUIT & FRUIT PRODUCTS

3.1 Fresh and frozen fruit; plain

Company Name	Product Name	Size	Schools	Community venues
<b>Theme Group</b> Robbie Damjanovic Ph: 08 6383 9989 Mb: 0411 478 806 <a href="mailto:orders@themegroup.com.au">orders@themegroup.com.au</a> <a href="http://www.themegroup.com.au">www.themegroup.com.au</a>	Seasonal Fresh Fruits Selection including Fruit Bowls, Fruit Salads and Whole Fruit Pieces. Portioned servings and bulk available.	All 220g – 2.5kg		
	Fruit Salad	120g, 250g		
	Watermelon pots	250g		

3.2 Prepared fruit; plain (none registered)

3.3 Cans/tubs of fruit and fruit puree (none registered)

3.4 Plain dried fruit (excludes fruit chips, mixed fruit snack packs see 7.9)

### 4 DAIRY PRODUCTS & DAIRY ALTERNATIVES

4.1 Dairy based plain & flavoured yoghurts

Company Name	Product Name	Size	Schools	Community venues
<b>Brownes Foods Operations Pty Ltd</b> Jay Jones Ph: 1800 675 484 Mb: 0448 791189	Natural Low Fat Yoghurt – Plain	170g, 1kg		
	Natural Low Fat Yoghurt – Strawberry	170g		
	Full Fat Yoghurt, Natural – Apple & Rhubarb	All		
	Full Fat Yoghurt, Natural – Cacao			
	Full Fat Yoghurt, Natural – Raspberry	170g		
	Full Fat Yoghurt, Natural – Coconut	All		
	Full Fat Yoghurt, Natural – Vanilla Bean			
	Full Fat Yoghurt, Natural – Apricot			
	Full Fat Yoghurt, Natural – Mango Passion			
	Full Fat Yoghurt, Natural – Mixed Berry			
	Full Fat Yoghurt, Natural – Peach			
	Full Fat Yoghurt, Natural – Strawberry			
	Full Fat Yoghurt, Natural – Plain			
		170g, 1kg		

#### 4.1 Dairy based plain & flavoured yoghurts

Company Name	Product Name	Size	Schools	Community venues
<b>Brownes Foods Operations Pty Ltd</b> Jay Jones Ph: 1800 675 484 Mb: 0448 791189	Full Fat Yoghurt, Natural – Traditional	170g, 1kg		
	Full Fat Yoghurt, Natural – Greek	All		
	Full Fat Yoghurt, Natural – Deluxe Vanilla	170g		
	Full Fat Yoghurt, Natural – Banana Honey			
	Full Fat Natural Yoghurt Pouch – Vanilla Bean	All		
	Full Fat Natural Yoghurt Pouch – Banana Honey	120g		
	Full Fat Natural Yoghurt Pouch – Strawberry			
	Full Fat Yoghurt Pouch – Bubblegum			
	Full Fat Yoghurt Pouch – Marshmallow	All		
	Full Fat Yoghurt Pouch – Tutti Frutti	120g		
	Full Fat Yoghurt Pouch – Chocolate			
	Full Fat Wiggles Yoghurt Pouch – Strawberry			
	Full Fat Wiggles Yoghurt Pouch – Vanilla Bean	All		
	Full Fat Wiggles Yoghurt Pouch – Mango	90g		
Full Fat Wiggles Yoghurt Pouch – Blueberry				
<b>Bulla Dairy Foods</b> Kevin Fawcus Mb: 0419 743 907 Ph: 03 9931 2712 <a href="mailto:Kevin.fawcus@bulla.com.au">Kevin.fawcus@bulla.com.au</a>	Australian Style Yoghurt – Natural	All		
	Australian Style Yoghurt – Strawberry	100g		
<b>Lactalis Pty Ltd</b> Ph: 1800 000 257 <a href="mailto:waorders@au.lactalis.com">waorders@au.lactalis.com</a>	Vaalia Low Fat Yoghurt – Strawberry and Raspberry	All		
	Vaalia Low Fat Yoghurt – French Vanilla	160g		
	Vaalia Low Fat Yoghurt – Apricot, Peach and Mango			
	Vaalia Kids Yoghurt Pouch – Vanilla	All		
	Vaalia Kids Yoghurt Pouch – Strawberry	140g		

#### 4.2 Non-dairy plain & flavoured yoghurts (none registered)

#### 4.3 Hard, cheddar and soft/semi-soft cheese e.g. Tasty, Colby, edam, mozzarella, Swiss, pizza cheese, fruit cheese, ricotta, cottage

Company Name	Product Name	Size	Schools	Community venues
<b>Brownes Foods Operations Pty Ltd</b> Jay Jones Ph: 1800 675 484 Mb: 0448 791189	Cheer Light and Tasty Cheddar slices	750g (36 slices)		
	Cheer Catering Cheddar Slices	1.5kg(96slices)		
	Fred Walker Cheddar Shredded	2kg		
	Brownes Shredded Cheddar Cheese	2kg		
	Dairy Farmers Cottage Cheese	500g		
<b>Just Pizza Company</b> Simone Trehwella Ph: 08 9249 5959 Mb: 0401 155 667 <a href="mailto:justpizza@iinet.net.au">justpizza@iinet.net.au</a> <a href="http://www.justpizzacompany.com.au">www.justpizzacompany.com.au</a>	Holy Cow Cheese Hi Melt Blend	2kg		
<b>Lactalis Pty Ltd</b> Ph: 1800 000 257 <a href="mailto:waorders@au.lactalis.com">waorders@au.lactalis.com</a>	Kraft – Shredded Tasty Cheese	2kg		
	Galbani Professionale – Shredded Mozzarella	2kg		
	Kraft – Tasty Cheese	1.5kg(96 slices)		
	Kraft – Burger Cheese	1.5kg(72 slices)		
	Galbani Professionale – Pizza Blend	2kg		

#### 4.4 Sour cream

Company Name	Product Name	Size	Schools	Community venues
<b>Brownes Foods Operations Pty Ltd</b> Jay Jones Ph: 1800 675 484 Mb: 0448 791189	Light Sour Cream	200mL,400mL		

## 5 MEAT & MEAT ALTERNATIVES Including Meat, Fish, Poultry, Eggs, Nuts, Legumes – both fresh and processed lines

5.1 Fresh and frozen raw meat, poultry (including mince); lean, trimmed of visible fat (none registered)

5.2 Processed luncheon meat e.g. chicken loaf, meat loaf, cured meats (ham, bacon, corned beef, silverside), free flow pre-cooked meat (chicken, beef, turkey roll)

Company Name	Product Name	Size	Schools	Community venues
<b>Ingham Enterprises</b> Dave Ellis Ph: 1300 464 426 (Customer Service) <a href="mailto:wasales@inghams.com.au">wasales@inghams.com.au</a> <a href="http://www.inghams.com.au">www.inghams.com.au</a>	Roast Chicken Meat Diced	6 x 1kg		
	Roast Chicken Meat Sliced Breast – Skin Free	6 x 1kg		
<b>Steggles</b> Julie Malkin Ph: 08 9242 6016 Mb: 0401 704 574 Fax: 08 9443 3790 <a href="mailto:julie.malkin@baiada.com.au">julie.malkin@baiada.com.au</a> See page 12 for further distributors	Chicken Meat Oven Roasted – Sliced	1kg		
	Chicken Meat Oven Roasted Skinless – Diced	1kg		
	Breast Meat – Diced	1kg		

5.3 Processed meat, fish, poultry and soy (meat alternative) products e.g. meat, poultry, fish burgers, patties, meat balls, sausages, crumbed or battered nuggets, strips or balls, frankfurts, saveloys, vegetable patties (falafel, lentil) – max serve 100g

Company Name	Product Name	Size	Schools	Community venues
<b>Ambrosia Quality Foods</b> John Percy Ph: 08 9337 3111 Fax: 08 9337 7003 <a href="mailto:ambrosiafoods@iinet.net.au">ambrosiafoods@iinet.net.au</a>	Frankfurters Lite 8"	70g	Max Serve 1	
<b>Ingham Enterprises</b> Dave Ellis Ph: 1300 464 426 (Customer Service) <a href="mailto:wasales@inghams.com.au">wasales@inghams.com.au</a> <a href="http://www.inghams.com.au">www.inghams.com.au</a>	Flamed Grilled Chicken Breast Fillet	85g	Max Serve 1	
	Yummy Drumsticks	50g	Max Serve 2	
	Sweet Chilli Tender	55g	Max Serve 1	
	Classic Crumbed Chicken Tender	50g	Max Serve 1	
	Crumbed Breast Goujons	17g	Max Serve 5	
	Tempura Breast Nuggets	22g	Max Serve 5	
	Chicken Nuggets <i>Gluten Free</i>	22g	Max Serve 5	
	Chicken Breast Tender <i>Gluten Free</i>	50g	Max Serve 2	
	Chicken Bites Tempura	21g	Max Serve 5	
<b>Patties Food Group</b> Adrian Ellis Mb: 0448 996 975 <a href="mailto:aellis@patties.com.au">aellis@patties.com.au</a>	Fish Cakes Crumbed	100g	Max Serve 1	
	Falafel Bites	35g	Max Serve 3	



5.3 Processed meat, fish, poultry and soy (meat alternative) products e.g. meat, poultry, fish burgers, patties, meat balls, sausages, crumbed or battered nuggets, strips or balls, frankfurts, saveloys, vegetable patties (felafel, lentil) – max serve 100g

Company Name	Product Name	Size	Schools	Community venues
<b>Sanitarium Health and Wellbeing Company</b> Wesley Thomson Ph: 02 4348 7606 Mb: 0413 839 523	Vegie Delights not Burger	75g		
<b>Steggles</b> Julie Malkin Ph: 08 9242 6016 Mb: 0401 704 574 Fax: 08 9443 3790 <a href="mailto:julie.malkin@baiada.com.au">julie.malkin@baiada.com.au</a>	Chicken Nuggets – Tempura	22g	Max Serve 4	
	Chicken Nuggets – Premium	23g	Max Serve 4	
	Chicken Tenders – Sweet Chilli	58g	Max Serve 2	
	Chicken Tenders – Classic Crumbed	65g	Max Serve 1	
	Chicken Breast Pops – Tempura	8g	Max Serve 10	
	Chicken Breast Wedges	100g	Max Serve 1	
	Chicken Breast Goujons – Original	20g	Max Serve 5	
	Chicken Breast Crackles – Tempura	20g	Max Serve 5	
	Dino Snacks – Tempura	20g	Max Serve 5	
	Chicken Burger – Crumbed	85g	Max Serve 1	
Chicken Schnitzel Sandwich	1kg	Max Serve 100g		

5.4 All plain and flavoured tuna and salmon products; canned/vacuum packed (none registered)

5.5 Nuts and seeds – all types (none registered)

5.6 Nut and seed spreads e.g. peanut butter (none registered)

5.7 Whole eggs – (in shell); (processed see 6.4) (none registered)

5.8 Legumes canned in sauce e.g. baked beans (plain varieties see 2.2) (none registered)

## 6 MIXED FOODS: HOT AND COLD MEALS/DISHES

6.1 Soups (prepared in the canteen and commercially prepared)

Company Name	Product Name	Size	Schools	Community venues
<b>Fresh Frontier</b> Joshua Kelly Mb: 0414 357 460 <a href="mailto:sales@freshfrontier.com.au">sales@freshfrontier.com.au</a> <a href="http://www.freshfrontier.co">www.freshfrontier.co</a>	Soup Pot, Thai Creamy Chicken Soup	All		
	Soup Pot, Minestrone Soup	370g		
<b>Nestlé Professional</b> Norman Tilbrook Mb: 0418 165 261 <a href="mailto:norman.tilbrook@au.nestle.com">norman.tilbrook@au.nestle.com</a>	MAGGI Gluten Free Pumpkin Soup Mix	1.8kg		
	MAGGI Gluten Free Tomato Flavoured Soup Mix	2kg		
	MAGGI Chicken Noodle Flavoured Soup Mix	2kg		
	MAGGI Crème of Chicken Soup Mix	2kg		
<b>Theme Group</b> Robbie Damjanovic Ph: 08 6383 9989 Mb: 0411 478 806 <a href="mailto:orders@themegroup.com.au">orders@themegroup.com.au</a> <a href="http://www.themegroup.com.au">www.themegroup.com.au</a>	Soups – Aussie Lamb	All 300mL & 2.5L		
	Soups – Carrot & Ginger			
	Soups – Chicken Noodle			
	Soups – Classic Minestrone			
	Soups – Kale, Quinoa and White Bean			
	Soups – Lentil, Barley and Mushroom			

6.2 Hot savoury pastry & pizza style products e.g. meat pies, sausage rolls, calzones, nachos, vegetable pies, quiche and savoury pizza style pocket – max serve size of 200g

Company Name	Product Name	Size	Schools	Community venues
<b>Allied Chefs Australia</b> Just Pizza Company Ph: 08 9249 5959 <b>Westoz Foods</b> Ph: 08 9370 4322	Pizza – Meat Lovers	All 150g		
	Pizza – BBQ Chicken			
	Pizza – Ham & Pineapple			
	Pizza – Margarita Pizza			
	Nachos Dippers with Bolognese and Cheese Sauce	160g		
<b>Ingham Enterprises</b> Dave Ellis Ph: 1300 464 426 (Customer Service) <a href="mailto:wasales@ingham.com.au">wasales@ingham.com.au</a> <a href="http://www.ingham.com.au">www.ingham.com.au</a>	Pizza Roundas	130g		
<b>McCain Foods Ltd</b> Iain Deeney Mb: 0409 483 966 <a href="mailto:Iain.Deeney@mccain.com.au">Iain.Deeney@mccain.com.au</a> <b>Goldline Distributors</b> Mark Clay Ph: 08 9140 1399 <b>Westoz Foods</b> Ph: 08 9370 4322	Pizza Single – Ham & Cheese	100g		
	Pizza Single – Ham & Pineapple	100g		
<b>Mrs Macs</b> Angela Caulfield Ph: 0424 503 339 Fax: 08 9375 3249	Lite 'N Up Range – Beef Pie	175g		
	Lite 'N Up Range – Beef Sausage Roll	110g		
<b>Patties Food Group</b> Adrian Ellis Mb: 0448 996 975 <a href="mailto:aellis@patties.com.au">aellis@patties.com.au</a>  <span style="background-color: red; color: white; padding: 2px;">NEW</span> <span style="background-color: red; color: white; padding: 2px;">NEW</span> <span style="background-color: red; color: white; padding: 2px;">NEW</span>	Vegan Friendly Rolls – 12 pack Chickpea Spinach & Caramalised Onion	12 pack 38g each	Max Serve 5	
	Four'n'Twenty Lite Sausage Roll	125g		
	Four'n'Twenty Lite Meat Pie	175g		
	Four'n'Twenty Traveller – Hi-protein Beef Pie	All		
	Four'n'Twenty Traveller – Classic Meat Pie	160g		
	Four'n'Twenty Traveller – Beef and Pepper Pie			
	Patties Lite Beef Party Pie	42g	Max Serve 4	
	Four'n'Twenty Chicken and Vegetable Pie	All		
<b>Theme Group</b> Robbie Damjanovic Ph: 08 6383 9989 Mb: 0411 478 806 <a href="mailto:orders@themegroup.com.au">orders@themegroup.com.au</a> <a href="http://www.themegroup.com.au">www.themegroup.com.au</a>	Quiche – Broccoli & Mushroom	140g		
	Mini Hawaiian Pizza	110g		
	Mini Margherita Pizza	100g		
	Mini Peri Peri Chicken Pizza	120g		
	Mini Meat Lover Pizza	115g		
	Beef Sausage Roll	All 130g		
	Mince Beef Pie			
	Shepherds Pie			
	Cauliflower Cheese Pie			
	Chicken and Vegetable Pie			

Listings continued page 47>

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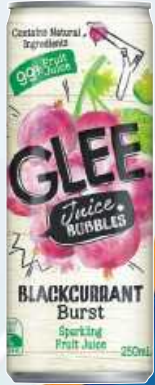
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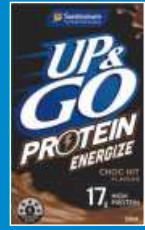
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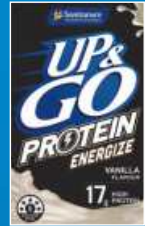
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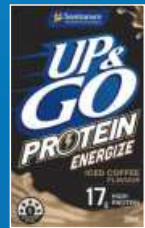
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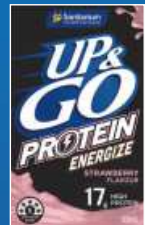
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## ▲ *Pineapple Paradise*

**Ingredients:** Cheese, ham, pineapple.

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## ▲ *Ham Hero*

**Ingredients:** Cheese, ham.

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## ▲ *Very Vegetarian*

**Ingredients:** Cheese, diced tomato, olives, capsicum, onion, herbs.

This foccacia is not just "very" vegetarian it is also "very" tasty. Vegetarians and meat eaters alike will find this "very" much to their liking.

## ▲ *Margarita Magic*

**Ingredients:** Cheese, light herbs.

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## ▲ *BBQ Chicken Champion*

**Ingredients:** Cheese, chicken, BBQ sauce, light herbs.

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## ▲ *Mad Meat Lovers*

**Ingredients:** Cheese, ham, bacon, BBQ sauce.

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Flexischools makes taking over the counter payments quicker and easier than ever before.

All you need is a tablet and an existing school ID card system, like a library card or student ID. If you don't have the cards, we can supply Flexi key tags that work in exactly the same way.



**Easier for parents. Better for business.**

Scan to learn more.

# TWO FREE BOTTLES FOR ALL NEW CUSTOMERS

\*conditions apply

- 99% Natural Fruit Juice • No Added Sugars • No Artificial Sweeteners
- All Natural Flavours & Colours • Added Vitamin C • Cholesterol Free • Low GI • Fat Free

Ask about our  
25% Less Sugar Range



**99%**  
**FRUIT JUICE**  
No added sugar

- Free Loan Machine
- School Rewards Program
- Best Flavours, Service & Price
- Milk Based Slushies Available

WA Owned and Operated

**Call Matt: 0422 783 343**

**W: [fun2u.com.au](http://fun2u.com.au) E: [info@fun2u.com.au](mailto:info@fun2u.com.au)**



# Standard

"piece n love"

**Cooked Tuna**



**Teriyaki Chicken**



**Vegetable**



**Smoked Salmon**



**California**



**California beef**



**Chicken Breast**



**Teriyaki beef**



**Cooked Prawn**



# Reverse

"piece n love"

**Cooked Tuna**



**Teriyaki Chicken**



**Smoked Salmon**



# Hand roll

"a handheld delight"

**Cooked Tuna**



**Teriyaki Chicken**



**California**



# Cocktail

"one ingredient, one perfect roll"

**Cooked Tuna**



**Teriyaki Chicken**



**Cucumber**



**Avocado**



Sushi Master

**NO.1 WA OWNED**

**Sushi Wholesale Supplier**

"Made with love, Satisfaction delivered"



Gluten Free Available



Brown Rice Available



Vegan Available

# Onigiri

"Rice, nori and more."



**Cooked Tuna**



**Teriyaki Chicken**



**Teriyaki beef**

# Rice Paper Roll

"a wrap of wonder"



**Teriyaki Chicken**



**Cooked Tuna**



**Cooked Prawn**



**Smoked Salmon**



**Avocado**



**Teriyaki Beef**

# Ready Meal

"easy to eat well"

**Teriyaki Chicken**



"Healthy Dons, Happy Souls"

**Satay Chicken**



**DancinWok**

A taste of the orient in every bite.

- Combo/Vegetable Fried Noodle** 1.5 kg tray only
- Combo/Vegetable Fried Rice** 1.5 kg tray only
- Japanese mild curry chicken** 1.5 kg Tray only, no rice
- Teriyaki Chicken** 1.5 kg Tray only, no rice
- Teriyaki Beef** 1.5 kg Tray only, no rice



sales@primecatering.com.au

12 Brolo Court, O'Connor WA 6163

08 6310 0000 / 0415 797 590

www.primcatering.com.au



# SUMMER *Delights*

18 FLAVOURS TO CHOOSE FROM INCLUDING LACTOSE FREE OPTIONS



RICH IN PROBIOTICS • LOW IN CALORIES  
RICH IN CALCIUM • RICH IN PROTEIN  
98% FAT FREE

A Healthy Coolicious Range of  
**FROZEN**  
*Yoghurt*



**FROYO GO**  
FROZEN YOGHURT



NUTRITIOUS!  COOLICIOUS



# HEALTHY, TASTY, EASY SCHOOL LUNCHES!

## Eat. Play. Live Enrico's!

School lunchtimes are now even more exciting with the delicious Enrico's meals. As one of Australia's favourite canteen brands, Enrico's has been providing tasty, nutritionally balanced meals for school kids since 1988. Not only are they easy and tasty, each meal has a 3.5 Health Star Rating and is registered with Star Choice™.

- ✓ Nutritionally balanced
- ✓ No artificial colours or flavours
- ✓ No MSG

### Meal Range

BIODEGRADABLE SPORK INCLUDED

ENRICO'S #1 SELLER

220G

BEEF LASAGNE

MACARONI CHEESE

PASTA BOLOGNESE

SPAGHETTI & MEATBALLS

WA USE ONLY



For more information, check out our website @ENRICOS.COM.AU



For more information contact Patties Food Group on 1800 650 069

Serving Canteens Since 1988





# AUSTRALIA'S #1 PIE

ENJOY THE PERFECT SNACK ANYTIME, ANYWHERE



*Leader.*<sup>™</sup>

QUICK | EASY | DELICIOUS



LEADER  
Crumbed  
Fish Cakes

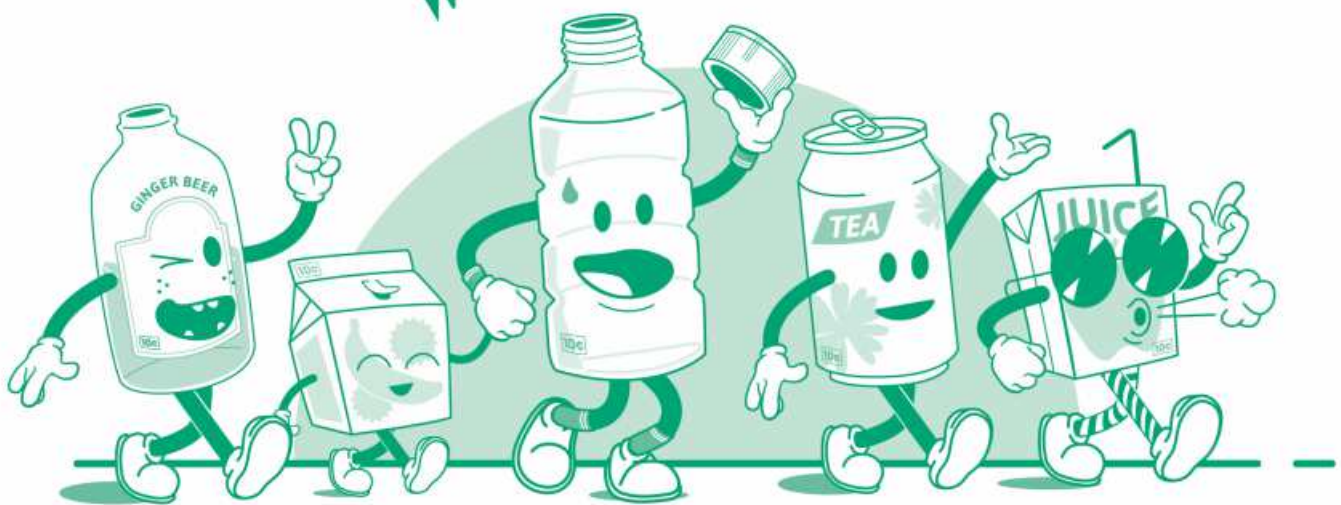


LEADER  
Falafel  
Bites

For more information contact Patties Food Group on 1800 650 069



# WE CAN RAISE MONEY FOR YOUR SCHOOL OR CLUB!



**Across Western Australia, school and club canteens sell drink containers that can be returned to Containers for Change for a 10¢ refund.**

With more than \$290 million worth of refunds paid since October 2020, your canteen can earn much needed funds by simply returning your empty 10¢ containers.

Talk to your school or club community to see if they are already using Containers for Change and see how you can get involved.



For fundraising information and educational resources scan the QR code or visit [c4change.info/collectatschool](https://c4change.info/collectatschool)

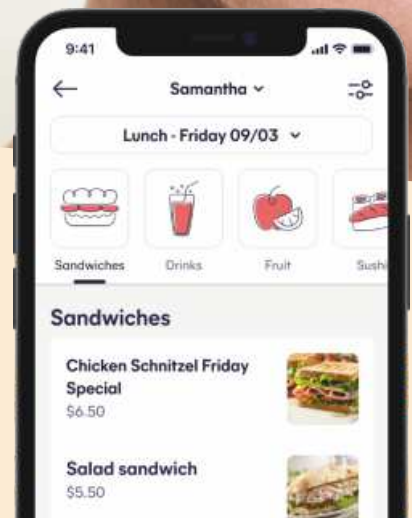


Spriggy Schools

# Rejuvenate yourself

**SPRIGGY SCHOOLS GIVES YOU  
THE CARE & SUPPORT  
YOU DESERVE.**

Manage your Canteen, Uniform Shop, and Events with a little less stress. Get peace of mind with dedicated support, from a real person, whenever you need them - from getting set up to launching and every point after. Be clear with black and white pricing - 1% of online sales for canteens and \$0.29 per order for parents, that's it. No hidden fees, no setup costs, and no fixed contracts.



Learn more at [SpriggySchools.com.au/Canteens](https://www.spriggyschools.com.au/Canteens)

# MAD SLUSH WA

# NEW offer...

To assist through these difficult times

**Buy 3 cartons and receive 1 bottle FREE –**

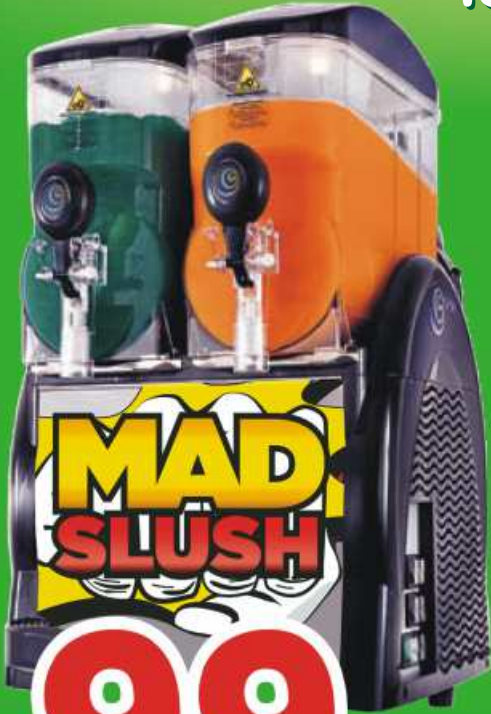
...until the end of the year

**Call Rhonda Walker**

**0431 553 119**

**info@madslush.com.au**

**www.madslush.com.au**



# 99%

**Fruit Juice.**

**No Added Sugar.**

## MAD Slush Popular Flavours

Strawberry - Blueberry - Cola - Grape - Tropical - Lime

On Road  
Customer  
Service  
Monday to  
Friday

FREE  
Loan  
Machines

WA Owned  
and  
Operated

## Our all Natural Colours & Flavours

- **Mixed Berry**
- **Watermelon**
- **Apple / Blackcurrant**
- **Orange**



All our products are locally made

**We care about your kids...**  
**Try our 25% reduced**  
**natural sugar slushy!**



**Our slushy**  
**contains:**

**80% Fruit Juice**

**NO ADDED SUGAR**

**25% Less Natural Sugars than our**  
**99% Fruit Juice Slushy, plus added Dietary Fibre**



**Available in our popular Strawberry**  
**and Tropical All Natural Colours and Flavours**

**MAD**  
**SLUSH WA**

**Call**

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# Your one stop shop for school supplies



SNACK FOODS | FOOD & BEVERAGES | PACKAGING | CLEANING  
 Visit [harcher.com.au](http://harcher.com.au) to explore our range and place your order

MAKE MINE A  
**murphy**  
 A GOOD SQUARE MEAL  
*Dare to be different*

## 8" Skinless Franks



*A Quality W.A. Beef Product*

**Murphy Brand  
 Star Choice™  
 Frankfurters are  
 manufactured in WA  
 by locally owned  
 Ambrosia Quality Foods  
 Pty Ltd**



**For supplies please contact  
 your school distributor or phone  
 Ambrosia Quality Foods Pty Ltd  
 on 9337 3111 for more details**

Steggles



# Steggles@School



## EVERYDAY



**Oven Roasted Diced Chicken**  
Piece Size : Free Flow



**Oven Roasted Sliced Chicken**  
Piece Size : Free Flow



**Cooked & Diced Chicken Breast**  
Piece Size : Free Flow



## OCCASIONAL



**Tempura Chicken Pops**  
Piece Size : 5 - 7g



**Tempura Chicken Dino Snacks**  
Piece Size : 20g



**Tempura Chicken Crackles**  
Piece Size : 20g



**Crumbed Chicken Burger**  
Piece Size : 84g



**Chicken Goujons**  
Piece Size : 20g



**Classic Crumb Chicken Tenders**  
Piece Size : 63g



**Chicken Breast Wedges**  
Piece Size : 32g



**Ready-to-Eat Sandwich Schnitzel**  
Piece Size : 100g



**Sweet Chilli Chicken Tenders**  
Piece Size : 63g



**Premium Chicken Breast Nuggets**  
Piece Size : 23g



**Tempura Chicken Breast Nuggets**  
Piece Size : 20g





# Chicken that kids are SURE TO ADORE

Want affordable, quality Chicken that tastes great and will encourage healthy eating in growing kids? The Inghams Foodservice school range makes the grade every time.

Our extensive selection of Inghams products have been developed to meet stringent nutritional criteria. Try our all time favourites – Sweet Chilli Tenders, Pizza Roundas, Diced Chicken meat, there's items in the range to suit all your canteen customers.

So stock up today – and get a big tick for serving Australia's best school Chicken range that kids adore.

Code	Product Name/Description
5568400	Sweet Chilli Tenders – now available in 2 x 2.5kg clear bag cartons for a better price
5568600	Sweet Chilli Tenders
5337000	Ingham Tempura Breast Bite (natural muscle)
5561900	Ingham Tempura Breast Nuggets
5569200	Ingham Tempura Breast Nuggets – now available in 2 x 2.5kg clear bag cartons for a better price
5563600	Ingham Classic Crumbed Chicken Tenderloin
5553800	Ingham Flame Grilled Breast Fillet
0009552	Ingham Yummy Drumsticks
0009410	Ingham Pizza Roundas

### Ingham Gluten Free Range

0009810	<b>Ingham Free Flow Diced Roast Chicken Meat</b>
0009811	<b>Inghams Roast Chicken Breast Strips Skin Free</b>
5564100	<b>Ingham Gluten Free Chicken Nuggets</b>
5564300	<b>Ingham Gluten Free Chicken Breast Tenders</b>



*Ingham Tempura Breast Bite (natural muscle)*



*Ingham Yummy Drumsticks*



*Ingham Classic Crumbed Chicken Tenders*

For more information contact your Inghams WA sales office on (08) 9441 4300 or visit our website: [www.ingham.com.au/foodservice](http://www.ingham.com.au/foodservice)

## NEW FORMULATION *Sweet Chilli Tender*

- 30% Less sodium
- Less saturated fat
- Same great taste!



[ingham.com.au/foodservice](http://ingham.com.au/foodservice)



### 6.3 Savoury bread based products e.g. filled wraps, prepared rolls, foccacias including fillings/toppings, spread and condiments

Company Name	Product Name	Size	Schools	Community venues
<b>Just Pizza Company</b> Simone Trewhella Ph: 08 9249 5959 Mb: 0401 155 667 <a href="mailto:justpizza@iinet.net.au">justpizza@iinet.net.au</a> <a href="http://www.justpizzacompany.com.au">www.justpizzacompany.com.au</a>	Amore Foccacia Creations Pizza, BBQ Chicken Champion	All 1kg	Max Serve 200g	
	Amore Foccacia Creations Pizza, Bacon Blitz		Max Serve 200g	
	Amore Foccacia Creations Pizza, Pineapple Paradise		Max Serve 200g	
	Amore Foccacia Creations Pizza, Ham Hero		Max Serve 200g	
	Amore Foccacia Creations Pizza, Very Vegetarian		Max Serve 200g	
	Amore Foccacia Creations Pizza, Margarita Magic		Max Serve 200g	
	Amore Foccacia Creations Pizza, Mad Meat Lovers		Max Serve 200g	
	Amore Foccacia Creations Pizza, Plain Base with sauce	600g		
<b>Theme Group</b> Robbie Damjanovic Ph: 08 6383 9989 Mb: 0411 478 806 <a href="mailto:orders@themegroup.com.au">orders@themegroup.com.au</a> <a href="http://www.themegroup.com.au">www.themegroup.com.au</a>	Sandwich – Roast Beef & Salad	Various		
	Sandwich – Cheese & Salad			
	Sandwich – Egg, Mayo & Cos Lettuce			
	Sandwich – Roast Chicken & Salad			
	Wrap – Roast Chicken & Salad			
	Wrap – Chicken, Avocado and Sundried Tomato			
	Wrap – Hummus & Salad			

### 6.4 Pre-prepared dishes e.g. spaghetti bolognese, macaroni cheese, curry and rice, stir fry vegetables and noodles, cottage pie (no pastry), sushi, rice paper rolls, pre-prepared salads (e.g. green leaf, potato, pasta, meat, and mixed salads including dressings); eggs – curried eggs; frittata, omelette, cup style noodles, instant noodles, instant rice max serve 300g

Company Name	Product Name	Size	Schools	Community venues
<b>Allied Chefs Australia</b> <b>Just Pizza Company</b> Ph: 08 9249 5959 <b>Westoz Foods</b> Ph: 08 9370 4322  <span style="background-color: red; color: white; padding: 2px;">NEW</span>	Lasagne – Beef	220g		
	Lasagne – Vegetable	All		
	Macaroni Cheese – Cheese	200g		
	Spaghetti Bolognese – Beef			
	Twista Bolognese – Beef	180g		
	Potato Bake – Gluten Free	All		
	Butter Chicken – Gluten Free, Nut Free	200g		
	Lasagne – Gluten Free Beef	220g		
	Lasagne – Gluten Free Vegetable			
	Macaroni Cheese – Gluten Free Cheese	All		
	Napolitana Ravioli	200g		
	Fried Rice, Traditional – Gluten Free			
	Fried Rice, Vegetarian – Gluten Free			
Satay Chicken with Rice – Gluten Free, Nut Free	180g			
<b>Fresh Frontier</b> Joshua Kelly Mb: 0414 357 460 <a href="mailto:sales@freshfrontier.com.au">sales@freshfrontier.com.au</a> <a href="http://www.freshfrontier.co">www.freshfrontier.co</a>	Traditional Handcrafted Salads – Curried chickpea & roast sweet potato	All		
	Traditional Handcrafted Salads – Gourmet potato	300g, 2.5kg		
	Superfood Salads – Spicy Lentil Couscous with Kale	300g, 2.5kg		
	Superfood Salads – Paleo Roast Sweet Potato Salad	300g, 2.5kg		
	Naked Salads – Happy Gut Salad	All	Max Serve 200g	
	Naked Salads – Moroccan Pumpkin	550g	Max Serve 200g	

6.4 Pre-prepared dishes e.g. spaghetti bolognese, macaroni cheese, curry and rice, stir fry vegetables and noodles, cottage pie (no pastry), sushi, rice paper rolls, pre-prepared salads (e.g. green leaf, potato, pasta, meat, and mixed salads including dressings); eggs – curried eggs; frittata, omelette, cup style noodles, instant noodles, instant rice max serve 300g

Company Name	Product Name	Size	Schools	Community venues	
<b>Fresh Frontier</b> Joshua Kelly Mb: 0414 357 460 <a href="mailto:sales@freshfrontier.com.au">sales@freshfrontier.com.au</a> <a href="http://www.freshfrontier.co">www.freshfrontier.co</a>	Wellness Bowls – Buddha Bowl	All			
	Wellness Bowls – Protein Bowl	300g			
	The Foodies Choice – Vietnamese Noodle Salad	300g, 2.5kg			
	The Foodies Choice – Kale Chicken Caesar Salad plus Bacon & Egg				
<b>Patties Food Group</b> Adrian Ellis Mb: 0448 996 975 <a href="mailto:aellis@patties.com.au">aellis@patties.com.au</a>	Enrico’s Ready to Eat Meals – Beef Lasagne	220g			
	Enrico’s Ready to Eat Meals – Mac & Cheese	All			
	Enrico’s Ready to Eat Meals – Twista Bolognese	200g			
	Enrico’s Ready to Eat Meals – Spaghetti Meatballs				
<b>Sushimaster</b> <a href="mailto:gloria@sushimaster.com.au">gloria@sushimaster.com.au</a>	Sushi Pack – Cooked Tuna	All 4, 5, 6, & 8 pieces			
	Sushi Pack – Teriyaki Chicken				
	Sushi Pack – Teriyaki Chicken with Vegetable				
	Sushi Pack – California				
	<b>NEW</b> Sushi Pack – Vegetable				
	<b>NEW</b> Sushi Pack – Cooked Prawn, Gluten Free				
	<b>NEW</b> Sushi Pack – California Beef				
	<b>NEW</b> Sushi Pack – Teriyaki Beef				
	Sushi Pack – Teriyaki Chicken, Gluten Free				
	Sushi Pack – Vegetable, Gluten Free				
	Sushi Pack – Vegan, Gluten Free				
	Sushi Pack – Premium Shredded Chicken Breast, Gluten Free				
	Sushi Pack – Cooked Tuna, Gluten Free				
	<b>NEW</b> Sushi Pack – Cooked Tuna with Avocado, Gluten Free				
	<b>NEW</b> Sushi Pack – Teriyaki Chicken with Avocado, Gluten Free				
	<b>NEW</b> Sushi Pack – Katsu Chicken with Avocado				
	Hand Roll – Cooked Tuna		All		
	<b>NEW</b> Hand Roll – Teriyaki Chicken		140g		
	<b>NEW</b> Hand Roll – Katsu Chicken				
	Hand Roll – California		135g		
	Reverse Sushi – Cooked Tuna, Gluten Free	All 5 pieces			
	Reverse Sushi – Teriyaki Chicken, Gluten Free				
	<b>NEW</b> Reverse Sushi – Vegetable, Gluten Free				
	<b>NEW</b> Reverse Sushi – Vegan, Gluten Free				
	Brown Rice Sushi – Cooked Tuna, Gluten Free	All 4, 5, 6, & 8 pieces			
	Brown Rice Sushi – Teriyaki Chicken				
	Brown Rice Sushi – California				
	Brown Rice Sushi – Vegetable, Gluten Free				
	<b>NEW</b> Brown Rice Sushi – Teriyaki Chicken, Gluten Free				
	Cocktail Sushi – Cooked Tuna Salad	All 10 pieces			
	Cocktail Sushi – Teriyaki Chicken & Vegetable				
	Cocktail Sushi – Teriyaki Chicken				
Cocktail Sushi – California					
Cocktail Sushi – Vegetable					
Rice Paper Roll – Chicken Teriyaki, Gluten Free	140g				
Rice Paper Roll – Fresh Prawn, Gluten Free	All 2 pieces				
Rice Paper Roll – Tofu					

6.4 Pre-prepared dishes e.g. spaghetti bolognese, macaroni cheese, curry and rice, stir fry vegetables and noodles, cottage pie (no pastry), sushi, rice paper rolls, pre-prepared salads (e.g. green leaf, potato, pasta, meat, and mixed salads including dressings); eggs – curried eggs; frittata, omelette, cup style noodles, instant noodles, instant rice max serve 300g

Company Name	Product Name	Size	Schools	Community venues	
<b>Sushimaster</b> <a href="mailto:gloria@sushimaster.com.au">gloria@sushimaster.com.au</a>  <b>NEW</b> <b>NEW</b>             <b>NEW</b> <b>NEW</b> <b>NEW</b> <b>NEW</b> <b>NEW</b> <b>NEW</b> <b>NEW</b> <b>NEW</b>	Rice Paper Roll – Combo Teriyaki Chicken & Prawn	140g All 2 pieces			
	Rice Paper Roll – Cooked Tuna, Gluten Free				
	Rice Paper Roll – Avocado, Gluten Free				
	Rice Paper Roll – Beef				
	Rice Paper Roll – Satay Chicken				
	Rice Paper Roll – Egg				
	Meals – Vegetable Fried Noodle	All 220g & 310g			
	Meals – Combination Fried Rice				
	Meals – Vegetable Fried Rice				
	Meals – Teriyaki Chicken with Steamed Rice, Gluten Free				
	Meals – Mild Japanese Curry Chicken with Rice				
	Meals – Vegetable Fried Thin Egg Noodle				
	Meals – Chinese Style Pork Mince with Noodle & Vegetable				
	Onigiri – Cooked Tuna, Gluten Free	116g			
	Onigiri – Teriyaki Chicken, Gluten Free	All			
	Onigiri – Teriyaki Chicken	120g			
	Onigiri – Plain, Gluten Free	121g			
	Inari – Cooked Tuna	All 3 pieces			
	Inari – Teriyaki Chicken				
	Inari – Vegetable				
	Inari – Combination				
	Inari – Plain				
Poke Salad – Teriyaki Chicken	All 200g				
Poke Salad – Teriyaki Beef					
Poke Salad – Satay Chicken					
<b>Theme Group</b> Robbie Damjanovic Ph: 08 6383 9989 Mb: 0411 478 806 <a href="mailto:orders@themegroup.com.au">orders@themegroup.com.au</a> <a href="http://www.themegroup.com.au">www.themegroup.com.au</a>	Salads – Asian Sesame Siracha Nourish Bowl	300g			
	Salads – Energy Boost Salad	300g			
	Salads – Garden Salad	220			
	Salads – Garden Roasted Pumpkin & Kale	2.25kg – 2.5kg			
	Salads – Nourish Bowl	All 300g			
	Salads – Mexican Chipotle Nourish Bowl				
	Salads – Naked Burrito Bowl				
	Salads – Mambo Sweet Chilli Chicken & Rice				
	Salads – Chicken Ceasar Salad		220g		
	Salads – Moroccan Chicken Buddha bowl	300g			
	Meals – Butter chicken and rice meal	All 300g			
	Meals – Chicken carbonara				
	Meals – Chicken parmigiana				
	Meals – Massaman curry				
	Meals – Rose chicken pasta				
	Meals – Shepherds pie				
	Meals – Thai green chicken curry				
	Meals – Pasta Bolognese				
	Meals – Ravioli				
	Meals – Tortellini cheese				
	Crumbed chicken rice paper rolls		180g		
	Prawn rice paper rolls		180g		
Vegetarian rice paper rolls	90g				

6.4 Pre-prepared dishes e.g. spaghetti bolognese, macaroni cheese, curry and rice, stir fry vegetables and noodles, cottage pie (no pastry), sushi, rice paper rolls, pre-prepared salads (e.g. green leaf, potato, pasta, meat, and mixed salads including dressings); eggs – curried eggs; frittata, omelette, cup style noodles, instant noodles, instant rice max serve 300g

Company Name	Product Name	Size	Schools	Community venues
<b>Yoshino Sushi</b> Shi Wen Ke Ph: 08 9227 8031 Mb: 0422 351 188 Fax: 08 9227 8036 <a href="mailto:sushi@yoshino.com.au">sushi@yoshino.com.au</a> Michael Monteleone Mb: 0413 737 553	Brown Rice Sushi – Vegetable	All		
	Brown Rice Sushi – Teriyaki Chicken	5 & 8 pieces		
	Brown Rice Sushi – Cooked Tuna			
	White Rice Sushi – Vegetable			
	White Rice Sushi – Teriyaki Chicken			
	White Rice Sushi – Prawn & Mango	All		
	White Rice Sushi – California	5 & 8 pieces		
	White Rice Sushi – Cooked Tuna			
	White Rice Sushi – Smoked Salmon			
	White Rice Combo Rolls	5 & 8 pieces		
	White Rice Combo Pieces	5 & 8 pieces		
	Rice Paper Rolls – Chicken	All		
	Rice Paper Rolls – Prawn	160g		
	Rice Paper Rolls – Tofu			

6.5 Cooking, simmer sauces, pasta sauce, stock

Company Name	Product Name	Size	Schools	Community venues
<b>Nestlé Professional</b> <span style="background-color: red; color: white; padding: 2px;">NEW</span> Norman Tilbrook Mb: 0418 165 261 <a href="mailto:norman.tilbrook@au.nestle.com">norman.tilbrook@au.nestle.com</a>	Nestle Buitoni Sugo Peperonata Sauce	110g		
	Nestle Buitoni Sugo Rich Tomato Sauce	2.6kg		
	Nestle Buitoni Sugo Tomato Coulis	3kg		
<b>Theme Group</b> Robbie Damjanovic Ph: 08 6383 9989 Mb: 0411 478 806 <a href="mailto:orders@themegroup.com.au">orders@themegroup.com.au</a> <a href="http://www.themegroup.com.au">www.themegroup.com.au</a>	Bolognese	1L		

## 7 MISCELLANEOUS FOODS (SNACK FOODS)

7.1 Sweet & savoury muffins, muffin bars, fruit pockets, sweet fruit pies, fruit cakes, plain and flavoured cakes, custard pies and slices, waffles and waffle mix (none registered)

7.2 Sweet biscuits & cookies (none registered)

7.3 Sweet & savoury snacks e.g. plain and flavoured crackers, crisps, noodles, popcorn, pretzels, fruit chips. Rice based plain and flavoured crackers, cakes and crisp breads (75% or more rice) (none registered)

7.4 Potato wedges and chips, formed vegetable products e.g. hash browns, potato gems, shaped potato balls (oven baked varieties only) max serve 100g

Company Name	Product Name	Size	Schools	Community venues
<b>McCain Foods Ltd</b> Iain Deeney Mb: 0409 483 966 <a href="mailto:Iain.Deeney@mccain.com.au">Iain.Deeney@mccain.com.au</a> <b>Goldline Distributors</b> Mark Clay Ph: 08 9140 1399 <b>Westoz Foods</b> Ph: 08 9370 4322	Seasoned Wedges		Max Serve 100g	
	Hash Brown Triangles		Max Serve 100g	
	Hash Brown Ovals		Max Serve 100g	
	Hash Brown Nuggets		Max Serve 100g	

7.5 Dairy based ice creams, frozen yoghurts and dairy desserts

Company Name	Product Name	Size	Schools	Community venues		
<b>Brownes Foods Operations Pty Ltd</b> Jay Jones Ph: 1800 675 484 Mb: 0448 791189	Yogo Chocolate Flavoured Custard	500g	Max Serve 100g			
<b>Bulla Dairy Foods</b> Kevin Fawcus Mb: 0419 743 907 Ph: 03 9931 2712 <a href="mailto:Kevin.fawcus@bulla.com.au">Kevin.fawcus@bulla.com.au</a>	Frozen Yoghurt Cup – Mango	All 200mL				
	Frozen Yoghurt Cup – Raspberry					
	Frozen Yoghurt Cup – Strawberry					
	Frozen Yoghurt Cup – Wildberry					
<b>Froyo2Go</b> Glen Joseph Ph: 08 9304 9728 Mb: 0412 868 103 <a href="mailto:admin@froyo2go.com.au">admin@froyo2go.com.au</a>	Frozen Yoghurt, Froyo2Go – Alpine Vanilla	All 100g				
	Frozen Yoghurt, Froyo2Go – Cookie N Cream					
	Frozen Yoghurt, Froyo2Go – Pat-a-Cake					
	Frozen Yoghurt, Froyo2Go – Strawberry Banana					
	Frozen Yoghurt, Froyo2Go – Chocolate Rumble					
	Frozen Yoghurt, Froyo2Go – Raspberry					
	Frozen Yoghurt, Froyo2Go – Gooey Marshmallow					
	Frozen Yoghurt, Froyo2Go – New York Cheesecake					
	Frozen Yoghurt, Froyo2Go – Salted Caramel Popcorn					
	Frozen Yoghurt, Froyo2Go – Fairy Floss					
	Frozen Yoghurt, Froyo2Go – Caramel Cheesecake					
	Frozen Yoghurt, Froyo2Go – Strawberry Shortcake					
	Frozen Yoghurt, Froyo2Go – Apple Pie					
	Frozen Yoghurt, Froyo2Go – Razzle Dazzle					
	Frozen Yoghurt, Froyo2Go – Red Velvet Cake					
	Frozen Yoghurt, Froyo2Go – Berry Chuckle					
	Frozen Yoghurt, Froyo2Go – Fudge Brownie Batter					
	Frozen Yoghurt, Froyo2Go – Bubble Gum					
	Frozen Yoghurt, Froyo2Go – Cracker Jack					
	Frozen Yoghurt, Froyo2Go – Choc Mint Cookie					
<b>Fun2U</b> Matthew Annakin Mb: 0422 783 343 Ph: 1300 795 383 <a href="mailto:info@fun2u.com.au">info@fun2u.com.au</a>	Soft serve – Chocolate, made with reduced fat milk	All 100mL				
	Soft serve – Strawberry, made with reduced fat milk					
	<b>Nestlé Professional</b> Norman Tilbrook Mb: 0418 165 261 <a href="mailto:norman.tilbrook@au.nestle.com">norman.tilbrook@au.nestle.com</a>		Docello Mousse – Chocolate	All 100mL		
			Docello Mousse – Vanilla			
			Docello Mousse – Strawberry			
			Milky Bar dessert mix			
Nestle AERO dessert mix						

### 7.5 Dairy based ice creams, frozen yoghurts and dairy desserts

Company Name	Product Name	Size	Schools	Community venues
<b>Sanitarium Health and Wellbeing Company</b> Wesley Thomson Ph: 02 4348 7606 Mb: 0413 839 523 <b>Westoz</b> Ph: 08 9370 4322	So Good Dairy Free Vanilla Bliss	1L		
	<b>Tasman Bay Food Group</b> <b>Just Pizza Company</b> Simone Trehwella Ph: 08 9249 5959 Mb: 0401 155 667 <a href="mailto:justpizza@iinet.net.au">justpizza@iinet.net.au</a> <a href="http://www.justpizzacompany.com.au">www.justpizzacompany.com.au</a>	Moosies Milk Freeze – Chocolate Moosies Milk Freeze – Strawberry Moosies Milk Freeze – Blue Moon Moosies Milk Freeze – Banana Moosies Milk Freeze – Lime	All 85g	
<b>Unilever Australasia (Streets)</b> Coldtrek Ph: 08 8182 2100 <a href="mailto:orders@coldtrek.com.au">orders@coldtrek.com.au</a>	Paddle Pop – Chocolate	All		
	Paddle Pop – Rainbow	70mL		
	Weis Bar – Mango	44mL		

### 7.6 Fruit based ices, slushes & icy poles (99% juice)

Company Name	Product Name	Size	Schools	Community venues
<b>Australian International Traders</b> <b>Westoz Distributors</b> Colin Bakeburg Ph: 08 9370 4322	Ice Mony TNT Sour – Blue Raspberry	All 65mL		
	Ice Mony TNT Sour – Red Berry Blast			
	Ice Mony TNT Sour – Watermelon			
	Ice Mony TNT Sour – Strawberry	65mL		
	Ice Mony – Lemon Ice			
	SNAP-STIX – She307 KA Bluey	All		
	SNAP-STIX Sweet – Pineapple	70mL		
	SNAP-STIX Sour – Blueberry	All 70mL		
	SNAP-STIX Sour – Grape			
	SNAP-STIX Sour – Red Raspberry			
	SNAP-STIX Sour – Watermelon			
	SNAP-STIX Sour – Blackcurrant			
	SNAP-STIX Sour – Strawberry			
<b>Fun2u</b> Mathew Annakin Mb: 0422 783 343 Ph: 1300 795 383 <a href="mailto:info@fun2u.com.au">info@fun2u.com.au</a>	Slushy Mix – Strawberry	All 200mL		
	Slushy Mix – Tropical			
	Slushy Mix – Apple			
	Slushy Mix – Lychee			
	Slushy Mix – Blue Lemonade			
	Slushy Mix – Mixed Berry			
	Slushy Mix – Orange & Mango			
	Slushy Mix – Grape			
	Slushy Mix – Peach & Passionfruit			
	Slushy Mix – Berry			
	Slushy Mix – Apple & Blackcurrant			
	Slushy Mix – Fruti Cola			
	Slushy Mix – Blueberry			
	Slushy Mix – Lemon & Lime			
	Slushy Mix – Lemonade			
Slushy Mix – Orange Blast				

### 7.6 Fruit based ices, slushes & icy poles (99% juice)

Company Name	Product Name	Size	Schools	Community venues	
<b>Mad Slush</b> Rhonda Walker Mb: 0403 667 108 Mb: 0431 553 119 <a href="mailto:info@madslush.com.au">info@madslush.com.au</a>	Mad Slush 99% Fruit Juice – Blueberry	All 200mL			
	Mad Slush 99% Fruit Juice – Strawberry				
	Mad Slush 99% Fruit Juice – Tropical				
	Mad Slush 99% Fruit Juice – Cola				
	Mad Slush 99% Fruit Juice – Grape				
	Mad Slush 99% Fruit Juice – Lime				
		Mad Slush All Natural 99% Fruit Juice – Strawberry	All 200mL		
		Mad Slush All Natural 99% Fruit Juice – Tropical			
		Mad Slush 25% Reduced Sugar Slush – Strawberry	All 200mL		
		Mad Slush 25% Reduced Sugar Slush – Tropical			
		Mad Slush 25% Reduced Sugar Slush – Mixed Berry			
		Mad Slush 25% Reduced Sugar Slush – Apple & Blackcurrant			
		Mad Slush 25% Reduced Sugar Slush – Orange			
	<b>Tasman Bay Food Group</b> <b>Just Pizza Company</b> Simone Trewhella Ph: 08 9249 5959 Mb: 0401 155 667 <a href="mailto:justpizza@inet.net.au">justpizza@inet.net.au</a> <a href="http://www.justpizzacompany.com.au">www.justpizzacompany.com.au</a>	Juicies 100% Fruit Juice Tubes – Tropical	All 105mL		
Juicies 100% Fruit Juice Tubes – Lemonade					
Juicies 100% Fruit Juice Tubes – Orange					
Juicies 100% Fruit Juice Tubes – Wildberry					
		Juicies – Wildberry	All 100mL		
		Juicies – Tropical			
		Juicies – Apple			
		Juicies – Apple & Blackcurrant			
	Juicies – Lemonade				
	<b>Tavolino Pty Ltd</b> Liane Di Marco Ph: 08 9350 6949 <a href="mailto:orders@tavolino.com.au">orders@tavolino.com.au</a>	Nippy's Frozen Juice Cups – Apple & Blackcurrant	All 110mL		
		Nippy's Frozen Juice Cups – Orange			
Nippy's Frozen Juice Cups – Apple					

### 7.7 Cereal/muesli/breakfast bars, fruit & nut bars, fruit bars (excludes fruit leathers) (none registered)

### 7.8 Snack packs e.g. dip, biscuit and cheese packs (none registered)

## 8 BEVERAGES

### 8.1 Water – plain, still and carbonated (not fortified or flavoured)

Company Name	Product Name	Size	Schools	Community venues
<b>Tavolino Pty Ltd</b> Liane Di Marco Ph: 08 9350 6949 <a href="mailto:orders@tavolino.com.au">orders@tavolino.com.au</a>	Margaret River Natural Spring Water	600mL, 1.5L		
<b>Ward Packaging</b> Edy Krsanac Mb: 0417 961 135	It's not plastic – Water	500mL		

8.2 Mixed juices (99% juice) e.g. mixed fruit and vegetable juices (none registered)

8.3 Vegetable Juice (99% juice) prepared as described in the Food Standards Code2 (none registered)

8.4 Fruit juices (99% juice) and blends prepared as described in the Food Standards Code2

Company Name	Product Name	Size	Schools	Community venues
<b>Brownes Foods</b> Operations Pty Ltd Jay Jones Ph: 1800 675 484 Mb: 0448 791189	Golden Circle Popper 100% Juice, Tetra – Tropical	All 250mL		
	Golden Circle Popper 100% Juice, Tetra – Apple			
	Golden Circle Popper 100% Juice, Tetra – Apple Blackcurrant			
<b>D'Licious Drinks</b> John Peters Ph: 02 9971 1066 <a href="http://www.dliciousdrinks.com.au">www.dliciousdrinks.com.au</a>	Chill Aloe Vera Juice – Blueberry	All 250mL		
	Chill Aloe Vera Juice – Raspberry			
	Chill Aloe Vera Juice – Watermelon			
<b>Kraft Heinz</b> Victor Andrew Mb: 0415 529 814 <a href="mailto:victor.andrew@kraftheinz.com">victor.andrew@kraftheinz.com</a>	Golden Circle Popper Juice – Apple	All 250mL		
	Golden Circle Popper Juice – Orange			
	Golden Circle Popper Juice – Tropical			
	Golden Circle Popper Juice – Apple & Blackcurrant			
	Golden Circle Popper Juice – Apple & Mango			
<b>Lactalis Pty Ltd</b> Ph: 1800 000 257 <a href="mailto:waorders@au.lactalis.com">waorders@au.lactalis.com</a>	Harvey Fresh Full Strength Juice UHT – Orange	All 250mL		
	Harvey Fresh Full Strength Juice UHT – Apple			
	Harvey Fresh Full Strength Juice UHT – Apple & Blackcurrant			
<b>Refresco Australia Pty Ltd</b> <b>Westoz</b> Mb: 0893 704 322	Juicee Crush – Orange	All 250mL		
	Juicee Crush – Apple			
	Juicee Crush – Tropical			
	Juicee Crush – Apple & Blackcurrant			
<b>Tavolino Pty Ltd</b> Liane Di Marco Ph: 08 9350 6949 <a href="mailto:orders@tavolino.com.au">orders@tavolino.com.au</a>	Nippy's Fruit Juice, Long Life – Tropical	All 250mL		
	Nippy's Fruit Juice, Long Life – Orange			
	Nippy's Fruit Juice, Long Life – Apple			
	Nippy's Fresh Cold Pressed Juice – Apple & Blackcurrant			

8.5 Carbonated fruit juice (99% juice)

Company Name	Product Name	Size	Schools	Community venues
<b>Australian International Traders</b> <b>Westoz Distributors</b> Colin Bakeburg Ph: 08 9370 4322	Ice Mony Fruit Juice Bubbles – Blueberry	All 250mL		
	Ice Mony Fruit Juice Bubbles – Grape			
	Ice Mony Fruit Juice Bubbles – Strawberry			
<b>D'Licious Drinks</b> John Peters Ph: 02 9971 1066 <a href="http://www.dliciousdrinks.com.au">www.dliciousdrinks.com.au</a>	Juice Bomb – Watermelon	All 250mL		
	Juice Bomb – Orange Passio			
	Juice Bomb – Grape			
	Juice Bomb – Apple Cola			
	Juice Bomb – Vanilla Lime			
	Juice Bomb – Apple Raspberry			
	Juice Bomb – Apple Blackcurrant			
	Chill J – Watermelon	All 250mL		
	Chill J – Orange Passio			
	Chill J – Blastin Blackcurrant			



### 8.5 Carbonated fruit juice (99% juice)

Company Name	Product Name	Size	Schools	Community venues
<b>D'Licious Drinks</b> John Peters Ph: 02 9971 1066 <a href="http://www@dliciousdrinks.com.au">www@dliciousdrinks.com.au</a>	Chill J – Rippin Raspberry	All 250mL		
	Chill J – Groovy Grape			
	Chill J – Chillin Cola			
	Chill J – Lemonade			
<b>Refresco Australia Pty Ltd</b> <b>Westoz Distributors</b> Mb: 0893 704 322	Glee – Sour Blueberry	All 250mL		
	Glee – Sour Raspberry			
	Glee – Blackcurrant			
	Glee – Raspberry			
	Glee – Tropical			
	Glee – Bubblegum			

### 8.6 Fruit juice mixed (minimum 50% juice; maximum 50% water; no added sugar) (none registered)

### 8.7 Plain milk and alternatives (including dairy, soy and nut milk)

Company Name	Product Name	Size	Schools	Community venues
<b>Brownes Foods Operations Pty Ltd</b> Jay Jones Ph: 1800 675 484 Mb: 0448 791189	Brownes HiLo Milk	225mL, 600mL, 1L, 2L, 3L		
	Brownes Skim Milk	600mL, 1L, 2L		
	Brownes Calcium Plus Milk	1L		
	Brownes Full Cream Milk	225mL, 600mL, 1L, 2L, 3L		
<b>Lactalis Pty Ltd</b> Ph: 1800 000 257 <a href="mailto:waorders@au.lactalis.com">waorders@au.lactalis.com</a>	Harvey Fresh Skim Milk	1L, 2L		
	Harvey Fresh Hilo Milk	1L, 2L, 3L		
	Harvey Fresh Full Cream Milk	1L, 2L, 3L		
	Pauls Professional Trim Milk	150mL		
	Pauls Professional Full Cream Milk	150mL, 2L		

### 8.8 Flavoured milk and alternatives (including dairy, soy and nut milk)

Company Name	Product Name	Size	Schools	Community venues
<b>Brownes Foods Operations Pty Ltd</b> Jay Jones Ph: 1800 675 484 Mb: 0448 791189	Natural Chocolate Milk (full cream milk)	All		
	Natural Vanilla Milk (full cream milk)	250mL, 1L		
	Flavoured Milk – Chill Coffee ( <i>high school only</i> )	300mL		
	Flavoured Milk – Chill Mocha ( <i>high school only</i> )	300mL		
	Flavoured Milk – Chill Banana	All		
	Flavoured Milk – Chill Strawberry	300mL		
	Flavoured Milk – Chill Yogo			
	Flavoured Milk – Chill Banana			
	Flavoured Milk – Chill Chocolate	All		
	Flavoured Milk – Chill Strawberry	600mL		
	Flavoured Milk – Chill Yogo			
<b>Lactalis Pty Ltd</b> Ph: 1800 000 257 <a href="mailto:waorders@au.lactalis.com">waorders@au.lactalis.com</a>	Oak Mini – Chocolate	All		
	Oak Mini – Strawberry	300mL		
	Oak Plus – Chocolate	500mL		
	Oak Plus – Vanilla	500mL		
	Breaka UHT Banana	All		
	Breaka UHT Strawberry	250mL		
	Pauls Bluey Flavoured Milk – Chocolate	All		
	Pauls Bluey Flavoured Milk – Banana	250mL		
Pauls Bluey Flavoured Milk – Strawberry				

## 8.8 Flavoured milk and alternatives (including dairy, soy and nut milk)

Company Name	Product Name	Size	Schools	Community venues
<b>Nestlé Professional</b> Norman Tilbrook Mb: 0418 165 261 <a href="mailto:norman.tilbrook@au.nestle.com">norman.tilbrook@au.nestle.com</a>	Nestlé Hot Chocolate Rich and Creamy	1kg		Max 300mL
	Nestlé MILO Can and 20g Sachet	20g, 200g, 460g, 700g, 1.25kg, 1.9kg	Max 375mL reduced fat milk	All Max 300mL
	Alpen Blend Drinking Chocolate	1.4kg	Max 375mL reduced fat milk	Max 300mL
<b>Sanitarium Health and Wellbeing Company</b> Wesley Thomson Ph: 02 4348 7606 Mb: 0413 839 523 <b>Westoz</b> Ph: 08 9370 4322	Toatl Oat Milk – Strawberry	All 500mL		
	Toatl Oat Milk – Caramel			
	Toatl Oat Milk – Chocolate			
<b>Tavolino Pty Ltd</b> Liane Di Marco Ph: 08 9350 6949 <a href="mailto:orders@tavolino.com.au">orders@tavolino.com.au</a>	Nippy's Flavoured Milk, long life gluten free, kosher – Iced Chocolate	All 250mL Tetra		
	Nippy's Flavoured Milk, long life gluten free, kosher – Iced Strawberry			
	Nippy's Flavoured Milk, long life gluten free, kosher – Iced Honeycomb			
	Nippy's Flavoured Milk, long life gluten free, kosher – Iced Coffee		High Schools only	
	Nippy's Flavoured Milk, long life gluten free, kosher – Iced Chocolate	All 375mL Tetra		
	Nippy's Flavoured Milk, long life gluten free, kosher – Iced Strawberry			
	Nippy's Flavoured Milk, long life gluten free, kosher – Iced Honeycomb			
	Nippy's Flavoured Milk, long life gluten free, kosher – Iced Banana			
	Nippy's Flavoured Milk, long life gluten free, kosher – Iced Vanilla			
	Nippy's Flavoured Milk, no Added Sugar, lactose free – Iced Chocolate	All 250mL Tetra		
	Nippy's Flavoured Milk, no Added Sugar, lactose free – Iced Strawberry			
	Nippy's Flavoured Milk, no Added Sugar, lactose free – Iced Chocolate	500mL PET		
	Nippy's Flavoured Milk, long life gluten free, kosher – Iced Strawberry	All 500mL PET		
	Nippy's Flavoured Milk, long life gluten free, kosher – Iced Chocolate			
	Nippy's Flavoured Milk, long life gluten free, kosher – Iced Honeycomb			
	Nippy's Flavoured Milk, long life gluten free, kosher – Iced Coffee	All 375mL	High Schools only	
	Nippy's Flavoured Milk, long life gluten free, kosher – Iced Mocha	Tetra	High Schools only	

## 8.9 Smoothies, shakes, liquid breakfast, yoghurt drinks and other milk containing drinks or dairy alternatives

Company Name	Product Name	Size	Schools	Community venues
<b>Brownes Foods Operations Pty Ltd</b> Jay Jones Ph: 1800 675 484 Mb: 0448 791189	Chill Spearmint – Shake 'n' Shake	250mL		

## 8.9 Smoothies, shakes, liquid breakfast, yoghurt drinks and other milk containing drinks or dairy alternatives

Company Name	Product Name	Size	Schools	Community venues
<b>Fun2u</b> Matthew Annakin Ph: 1300 795 383 Mb: 0422 783 343 <a href="mailto:info@fun2u.com.au">info@fun2u.com.au</a>	Milky Slushy Mix – Chocolate Milk Slushy	Serve size less than 375mL		
	Milky Slushy Mix – Strawberry Milk Slushy			
	Milky Slushy Mix – Mango Milk Slushy			
	Ice Coffee Slushy	Serve size less than 375mL		
<b>Mad Slush</b> Rhonda Walker Mb: 0403 667 108 <a href="mailto:info@madslush.com.au">info@madslush.com.au</a>	Mad Choc Hot Chocolate	250mL		
<b>Sanitarium Health and Wellbeing Company</b> Wesley Thomson Ph: 02 4348 7606 Mb: 0413 839 523 <b>Westoz</b> Ph: 08 9370 4322	Up & Go Dairy Free – Choc Ice	All		
	Up & Go Dairy Free – Vanilla Ice	250mL		
	Up & Go Liquid Breakfast – Caramel	All 250mL		
	Up & Go Liquid Breakfast – Choc Ice			
	Up & Go Liquid Breakfast – Banana			
	Up & Go Liquid Breakfast – Vanilla Ice			
	Up & Go Liquid Breakfast – Strawberry			
	Up & Go No Added Sugar – Vanilla		All	
	Up & Go No Added Sugar – Choc Ice	250mL		
	Up & Go Energize – Vanilla	All 250mL		
	Up & Go Energize – Choc			
	Up & Go Energize – Iced Coffee (high school only)			

## 9 FATS & OILS Including Fat Spreads

### 9.1 Spreads and oils (e.g. olive, canola, sunflower, grapeseed) (none registered)

### 9.2 Salad dressings, aioli and mayonnaise (none registered)

### 9.3 Dips and salsa – including legumes, dairy and vegetable based types, e.g. Hummus

Company Name	Product Name	Size	Schools	Community venues
<b>Theme Group</b> Robbie Damjanovic Ph: 08 6383 9989 Mb: 0411 478 806 <a href="mailto:orders@themegroup.com.au">orders@themegroup.com.au</a> <a href="http://www.themegroup.com.au">www.themegroup.com.au</a>	Snack Pots – Carrot and Cucumber with Hummus Dip	All 100g		
	Snack Pots – Celery & Hummus Cup			
	Snack Pots – Carrot Sticks & Ranch			

### 9.4 Sauces, condiments and gravies (tomato, BBQ, satay, soy)\*

Company Name	Product Name	Size	Schools	Community venues
<b>Masterfoods</b> Finley Himawan Mb: 0466 027 664 <a href="mailto:finley.himawan@effem.com">finley.himawan@effem.com</a>	Masterfoods BBQ Sauce	500mL, 920mL, 4.7L		
	Masterfoods Tomato Sauce	500mL, 920mL, 4L		
	Masterfoods Sweet Thai Chilli Mild Sauce	3L		
	Masterfoods Sweet Mustard Pickle Relish	2.6kg		
	Masterfoods Tomato Relish	2.75kg		

\* Sauce and condiments can be used small amounts without changing the food item traffic light classification. For example, when added to a sandwich or wrap categorised as green, or served with a pie categorised as amber, the traffic light classification is determined by the total food item (not the sauce/condiment).

# Menu Review Guide

Canteens have an important role in creating a healthy food environment in schools. Canteens should offer and promote a variety of healthy food and drinks. Using seasonal produce will add variety and ensure canteen made items are fresh, tasty, nutritious and within budget.

Follow this step by step guide to review your school canteen menu to ensure it meets policy requirements and offers a wide range of healthy choices. To assist menu planning, use the products listed in the Guide and access tasty colour coded recipes on the Foodcore website.

## 1

### STEP 1 – Identify any red items, they should be removed

Red food and drinks are 'off the menu' in WA school canteens. Examples include, but are not limited to:

- Full fat pastry items; deep fried foods
- Jam, chocolate spread, honey and confectionary sprinkles
- High fat sandwich meats such as polony and salami
- Confectionery including chocolate, liquorice, cough lollies, fruit juice jellies/jubes
- Fruit canned in syrup
- Savoury snack items e.g. crisps and chips
- Desserts: chocolate coated and premium style ice-creams; jelly; jelly with fruit
- Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices
- Fruit juice larger than 250mL and/or with added sugar or sweetener
- Water flavoured with fruit juice and/or sweetener
- Soft drinks, cordials, sports drinks, high caffeine (energy) drinks.

## 2

### STEP 2 – Identify items categorised as green

Green food and drinks should make up at least 60% of the menu

- Display green food and drinks in a prominent position
- Water is the best drink for health and hydration. Make sure that tap water is clean, safe, free, always available, and easy to access
- Cereal foods: wholegrain cereals, pasta, noodles, rice, cous cous, quinoa
- A variety of bread types including wholegrain/ wholemeal and a variety of fillings: egg; reduced fat cheese; tuna, canned in spring water or brine; lean meats i.e. roast beef ; yeast spreads; hummus, cheesies made with reduced fat cheese; add baked beans, tomato, chicken
- Vegetables and legumes: stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, salads – garden salad, potato salad, coleslaw (using reduced fat dressings), vegetable sticks
- Fruit: fresh and frozen, fruit salad, sliced fruit, fruit canned in natural juice
- Lean meats, fish, poultry
- Meals: especially those with vegetables; pasta bake, curry and rice, frittata, soup; sushi, rice paper rolls; burger with salad
- Savoury snacks e.g. rice cakes, plain air-popped popcorn
- Reduced fat dairy products e.g. yoghurt
- Water, plain or carbonated
- Plain reduced fat milk
- Flavoured reduced fat milk, up to 375mL.

# Menu Review Guide

## 3

### STEP 3 – Identify items categorised as amber

Amber items should make up 40% or less of the menu; there are **two** types of amber items:

#### 1. Amber savoury commercial products

*Such as pastries, crumbed chicken products, frankfurts and sausages, burger patties, potato products, pizzas that meet the Star Choice™ nutrient criteria*

- Available no more than 2 days per week
- Burgers and wraps containing processed meat and chicken products are amber. When served with at least three vegetables/salad items (e.g. lettuce, tomato and carrot), they are green
- Items such as crumbed chicken nuggets or fish are amber. When served in a meal with at least three vegetables/salad items they are green
- Drinks categorised as amber (e.g. 99% fruit juice 250mL) included in a meal deal/combo make that meal amber.

#### 2. ‘Other’ amber items

*Such as drinks and snacks e.g. 99% fruit juice, muffins, small biscuits, ice cream, custard, full fat dairy, processed meat (ham and chicken), large reduced fat flavoured milk, small coffee flavoured milk drinks (high school only), savoury snacks, dried fruit*

- Must be either registered (listed in the Buyer’s Guide) or meet the nutrient criteria
- Limited in availability to recess OR lunch, not both
- Processed meat such as ham; diced chicken (e.g. 1kg packs).

## 4

### STEP 4 – Assessing the menu

Policy compliance requires the menu to offer 60% or more green; 40% or less amber

1. Count the total number of items available
  - *Note: do not include flavours of drinks e.g. water, choc milk, strawberry milk, banana milk, apple juice, orange juice = 2 green items and 1 amber item (NOT 4 green and 2 amber).*
  - *Count the type of sandwich fillings once, add one extra for bread varieties, e.g. 10 fillings plus 1 for rolls and 1 for wraps = 12 total*
2. Count the total number of green items
3. Calculate the percentage: **Green items / Total items x 100 = % green items**

## 5

### STEP 5 – Greening up the menu

Try these ideas to increase the percentage of green items on the canteen menu

- Add at least three salad items to wraps and burgers
- Reduce the selection of drinks and ice creams
- Add a variety of reduced fat dairy items
- Add vegetable options; vegie sticks with dip, stuffed spuds
- Add soups; salad; fruit salad; and whole fruit
- Make pizzas on bread bases rather than pizza bases; preferably wholegrain
- Change the menu seasonally to increase variety
- If selling chicken strips/nuggets (or similar) team with a small salad.







## **BUYER'S GUIDE**

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