


## Guide to GREEN and AMBER menu options

The information presented in this document is purely intended as an example of the type of menu options and their classification under the A Better Choice strategy. It has been developed based on recipes, products and preparation techniques used by Food and Retail Services at Royal Brisbane and Women's Hospital and is not an exhaustive list.

Users of this list are responsible for making their own assessment regarding the classification of the products within their service. Please refer to the A Better Choice Strategy and Tool Kit for guidance when classifying products and menu items. For more information on A Better Choice visit [http://www.health.qld.gov.au/health\\_professionals/food/abetterchoice.asp](http://www.health.qld.gov.au/health_professionals/food/abetterchoice.asp).

Items in the list are classified using the following key:  GREEN category  AMBER category

Menu item	Description/Variety	Serve size	Comments
<b>Bread and bread alternatives</b>			
Batard	Plain, white or wholemeal bread roll	85g	Individual roll cut in half
Cibatta	Plain, white	90g	Two slices
Cheese & bacon focaccia	White bread roll topped with reduced-fat hard cheese & bacon pieces	115g	Individual roll cut in half
French stick	Plain, white	85g	Two slices
Fruit bread	Raisin and mixed peel	90g	Two slices
Knot roll	Plain, white	65g	Individual roll cut in half
Lavosh	Plain, white	67g	One sheet
Mountain bread	Plain, wholemeal	25g	One sheet
Olive foccacia	White bread roll topped with black olives	92g	Individual roll cut in half
Pannini	Plain, white, dusted with flour	85g	Individual roll cut in half
Pita bread	Plain, white or wholemeal	85g	Individual pocket
Plain focaccia	White bread roll topped with herbs	82g	Individual roll
Sandwich loaf	Multigrain, wholemeal, white or pumpkin	78g	Two slices
Turkish bread	Plain, white	140g	
<b>Sandwich, roll and wrap fillings (sandwiches make four points)</b>			
<b>Meat and meat alternatives</b>			
Chicken	Skinless diced chicken meat	60g	
Ham	Sliced ham	50g	Maximum 1 slice per sandwich & assessed against criteria
Roast beef	Shaved roast beef	54g	1 slice per sandwich
Salmon	Canned salmon in brine	50g	
Tuna	Canned tuna in spring water	60g	
Turkey	Sliced turkey breast	45g	1 slice per sandwich
<b>Vegetarian</b>			
Cheese	Regular fat white rind cheese	30g	
	Regular fat sliced hard cheese	30g	
	Reduced-fat cream cheese	10g	
	Reduced-fat hard cheese	20g	
Egg	Plain, hard boiled egg	45g	
	Plain egg mixed with reduced-fat mayonnaise	60g	

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Menu item	Description/Variety	Serve size	Comments
Salad	Avocado with no additives	25g	
	Canned pineapple in natural juice	25g	
	Cucumber	30g	
	Grated carrot	30g	
	Tabouli	30g	Cracked wheat with tomato, onion & parsley
	Tomato	45g	
	Shredded lettuce	20g	
<b>Condiments</b>			
Fruit chutney	Apple & sultana	20g	Used in small quantities in combination with lean meat & vegetables menu item considered GREEN
Horseradish cream	Horseradish-based mustard	10g	
Mayonnaise	Reduced-fat mayonnaise	20g	
Mustard pickles	Sweet pickle relish	10g	
<b>Sandwich, roll and wrap combinations</b>			
<b>Meat and meat alternatives</b>			
Chicken	Skinless chicken with shredded lettuce & reduced-fat mayonnaise	100g	
	Skinless chicken with tabouli, shredded lettuce & reduced-fat cream cheese	130g	
	Skinless chicken with tomato, grated carrot, cucumber, shredded lettuce & reduced-fat hard cheese	200g	
Ham	Sliced ham, reduced-fat hard cheese & pineapple	95g	Uses 50g slice ham (max.)
	Sliced ham with tomato & shredded lettuce	130g	Uses 50g slice ham (max.)
Roast beef	Shaved roast beef with tomato & onion	102g	Uses no sauces or condiments
	Shaved roast beef with mustard pickles	65g	AMBER as lacks vegetables
	Shaved roast beef with onion, tomato, shredded lettuce & horseradish cream	150g	
Fish	Tuna with tomato & shredded lettuce	125g	
	Tuna with shredded lettuce & reduced-fat mayonnaise	100g	
	Salmon with tomato, grated carrot, cucumber & shredded lettuce	175g	

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<b>Sandwich, roll and wrap combinations</b>			
<b>Vegetarian</b>			
Salad	Reduced-fat hard cheese with tomato & avocado	90g	
	Egg with shredded lettuce & reduced-fat mayonnaise	80g	
	Tomato, grated carrot, cucumber & shredded lettuce	125g	Uses no sauces or condiments
	Tomato, grated carrot, cucumber, shredded lettuce & reduced-fat mayonnaise	145g	
<b>Salads</b>			
Caesar	Cos lettuce with egg, cherry tomatoes, shaved parmesan, grilled bacon, anchovies & toasted croutons	134g 263g	Small Large
Garden	Mixed mesculin lettuce with grated carrot, sliced cucumber, cherry tomatoes, radish, pineapple, red capsicum, oranges & onion	165g 315g	Small Large
Mediterranean	Mixed mesculin lettuce with feta cheese, cucumber, gherkins, red capsicum, cherry tomatoes, black olives, shaved parmesan & onion	135g 260g	Small Large  Uses regular fat feta & parmesan cheese
Thai Chicken	Skinless chicken with rice stick noodles, shredded wombok cabbage, cherry tomatoes, snow peas, red capsicum, sprouts, fresh coriander & shallots in a lime, ginger & coriander dressing	226g 434g	Small Large  Uses skinless diced chicken meat
<b>Rice paper rolls</b>			
Peking chicken rice paper rolls	Skinless chicken with rice vermicelli noodles, fresh mint, coriander & sweet chilli sauce	202g	2 rolls
Seafood rice paper rolls	Seafood stick, avocado, snow peas, & red capsicum with rice vermicelli noodles, coriander & hoi sin sauce	292g	2 rolls
Vegetarian rice paper rolls	Egg, shiitake mushrooms, cucumber & red capsicum with rice vermicelli noodles & reduced-fat mayonnaise	230g	2 rolls

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Menu item	Description/Variety	Serve size	Comments
<b>Sushi</b>			
Chicken satay	Skinless chicken with satay sauce	215g	6 pieces
Chicken with sweet chilli sauce	Skinless chicken with sweet chilli sauce	215g	6 pieces
Chicken teriyaki	Skinless chicken with lettuce & teriyaki sauce	220g	6 pieces
Egg & mushrooms	Shiitake mushrooms with egg & red capsicum	194g	6 pieces
Fresh prawn	Prawns with horseradish cream & reduced-fat mayonnaise	153g	6 pieces
Seafood & avocado	Seafood stick with avocado & seafood sauce	195g	6 pieces
Smoked salmon	Smoked salmon with horseradish cream & reduced-fat mayonnaise	153g	6 pieces
Smoked salmon with cream cheese	Smoked salmon with reduced-fat cream cheese, capers & chives	193g	6 pieces
Tuna & cucumber	Tuna with cucumber	200g	6 pieces
Vegetarian	Avocado with cucumber, red capsicum & grated carrot	203g	6 pieces
<b>Snacks</b>			
Yoghurt with fruit	Reduced-fat yoghurt with diced apples & cinnamon	220g 240g	Small Medium
	Reduced-fat yoghurt with fresh fruit salad	220g 240g	Small Medium
	Reduced-fat yoghurt with mixed berries	220g 240g	Small Medium
	Reduced-fat yoghurt with sliced mango	220g 240g	Small Medium
	Reduced-fat yoghurt with passionfruit	220g 240g	Small Medium
Yoghurt with toasted muesli	Reduced-fat yoghurt with toasted muesli	220g 240g	Small Medium
<b>Hot meals</b>			
<b>Burgers</b>			
Chicken burger	Grilled chicken breast with shredded lettuce, tomato & reduced-fat mayonnaise on a sesame seed bun	240g	Uses skinless, lean chicken.
Egg & bacon muffin	Grilled rind-less bacon & egg in a toasted English muffin	113g	
Steak burger	Grilled rib fillet steak with shredded lettuce, sliced beetroot, tomato, onion & BBQ sauce on a sesame seed bun	245g	
Vegetarian burger	Pattie with shredded lettuce, sliced beetroot, tomato, onion & reduced-fat mayonnaise on a sesame seed bun	245g	Lentil pattie grilled & assessed against criteria
<b>Kebabs</b>			
Chicken	Greek-style grilled chicken with shredded lettuce, tzatziki, sliced tomato & onion	332g	Uses reduced-fat tzatziki

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Menu item	Description/Variety	Serve size	Comments
Donar	Greek-style grilled beef & lamb with shredded lettuce, tzatziki, sliced tomato & onion	332g	Uses reduced-fat tzatziki
<b>Mixed dishes</b>			
Beef roganjosh	Trimmed lean beef stewed with tomatoes, onions, curry paste, yoghurt, garlic & mint	360g	Uses reduced-fat yoghurt Served with steamed rice & seasonal steamed vegetables
Chicken chasseur	Skinless chicken cuts with mushroom, onion, garlic & tomato	360g	Served with roasted potatoes & baby carrots
Red Thai curry	Poached skinless chicken strips with mixed vegetables, onion & garlic sautéed in a red Thai curry & reduced-fat coconut milk sauce	350g	Served on steamed rice
Coq au vin	Skinless chicken cuts stewed in a red wine & brandy sauce with onions, mushrooms & bacon	360g	Served with roast potatoes & baby carrots
Hungarian beef goulash	Lean, trimmed beef stewed in a paprika & tomato sauce with onions & potatoes	383g	Served with potato gnocchi & steamed vegetable
Moroccan lamb	Trimmed lamb strips sautéed in Moroccan spices & lemon peel with mixed vegetables, peaches, chickpeas & onions	350g	Served on cous cous
<b>Roast meals</b>			
Roast beef, lamb or pork	Two slices lean roast meat served with steamed or oven-baked vegetables (with sauces or gravies this meal becomes an AMBER choice)	250g	All visible fat trimmed off meats Oven-baked vegetables sprayed lightly with canola oil & cooked on baking paper
<b>Drinks</b>			
Bottled water	Plain, unflavoured, un-carbonated water	600mL 750mL 1.5L	
Bottled flavoured waters	Flavours available include lemon & mandarin	750mL	Checked against drinks criteria
Milk	Plain, unflavoured reduced-fat milk	600mL	
Artificially sweetened flavoured milks	Reduced-fat artificially sweetened flavoured milk	500mL	
Assorted flavoured milks	A variety of flavoured milks & milk alternatives (ie. soy varieties)	300mL	Includes regular -fat & reduced-fat flavoured milks
Flavoured breakfast drinks & shakes	Reduced-fat milk- or soy-based flavoured drinks	250mL	Flavours include chocolate, strawberry & vanilla
Assorted fruit juices	Flavours include apple & blackcurrant, orange & five fruits	300mL	All flavours are 96-100% fruit juice
Diet & sugarless soft drinks	Flavours include cola, lemonade, ginger beer, grape & passionfruit	300mL 600mL	Checked against drinks criteria
Flavoured mineral waters	Flavours include apple & lemon lime bitters	600mL	Checked against drinks criteria

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