

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.

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

| Menu item | Description/Variety | Serve size | Comments |
|---|---|------------|--|
| Bread and bread alternatives | | | |
| 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 | |
| Sandwich, roll and wrap fillings (sandwiches make four points) | | | |
| Meat and meat alternatives | | | |
| 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 |
| Vegetarian | | | |
| 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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|---|---|------------|--|
| 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 | |
| Condiments | | | |
| 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 | |
| Sandwich, roll and wrap combinations | | | |
| Meat and meat alternatives | | | |
| 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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| Sandwich, roll and wrap combinations | | | |
| Vegetarian | | | |
| 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 | |
| Salads | | | |
| 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 |
| Rice paper rolls | | | |
| 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 |
|---------------------------------|---|--------------|---|
| Sushi | | | |
| 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 |
| Snacks | | | |
| 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 |
| Hot meals | | | |
| Burgers | | | |
| 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 |
| Kebabs | | | |
| 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 |
| Mixed dishes | | | |
| 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 |
| Roast meals | | | |
| 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 |
| Drinks | | | |
| 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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