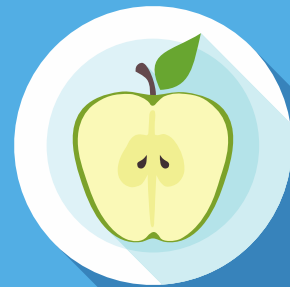


Bourke Street Public School

Canteen News – Term 4



Menu Changes Under the New Healthy School Canteen Strategy

There are a number of menu changes this term as part of Bourke Street Canteen's initial response to the revised Healthy School Canteen Strategy. This strategy has been developed by the NSW Department of Education and the NSW Ministry of Health, the Catholic Education Commission NSW and the Association of Independent Schools of NSW.

The aim of this strategy is to increase the availability of healthy food and drink options in school canteens to make the healthy choice, the easy choice. This is very much in line with our own objectives at Bourke Street which is why we are taking a proactive response to the new requirements.

The revised strategy includes a new star rating system to determine if menu items fall into the "Everyday" category (rated **green** on our BSPS menu) or the "Occasional" category (rated **orange** on our BSPS menu).

So what has changed?

We have had to remove a number of our "Occasional" snack food items such as Mamee noodles and rice sticks and we are trialling a number of alternative snack foods this term which have a compliant star rating. We will assess the popularity of these items before making them a permanent menu option.

We are also very sad that we can no longer offer Bourke Street Bakery items on Fridays. Whilst these items met the nutritional rating criteria for Occasional items, the portion size is unfortunately too large under the revised strategy to allow us to offer them on the menu.

Back by popular demand however are our fish fingers and chicken goujons served with vegetables. These offerings are rated "Occasional" under the revised strategy and are only available as a Friday special.

We encourage you to take a look at the new Canteen menu to view all the changes, keep an eye out for the trial items when you are ordering, and let Elham know what you like so we can design the best menu for Bourke Street under the revised strategy.

If you would like to read more about the revised strategy please go to: <https://healthyschoolcanteens.nsw.gov.au/>

We thank you for your patience and understanding as we transition under this strategy.

Same Day Ordering is Back!

We are pleased to let you know that relief is now at hand when you discover you've run out of bread in the morning!

Now that lunch time at Bourke Street has been moved back to 1pm we are able to accept same-day orders for all items on the new menu - except Komachi Sushi (which still needs to be ordered one day in advance).

What do I need to order in advance?

Komachi Sushi

What can I order on the same day?

Everything else!!

What has Popcorn got to do with Volunteering?

You will notice this term that we have two separate types of popcorn available on the menu: fresh popcorn which is rated "Everyday/Green", and packaged popcorn which is rated "Occasional/Orange". Whilst we would love to only offer the fresh variety, unfortunately it is more time consuming to produce and requires a helper in the Canteen at lunch. So if you'd like to help us keep the menu as "Green" as possible and can spare a lunch time now and then to serve in the Canteen do let us know!

Opening Times for Order Taking

The Canteen is open from 8:30am to 9:00am every morning where lunch orders can be placed directly with Elham.

You are welcome (but not obliged) to order lunches and recess up to a week in advance rather than having to come to the Canteen every day to place an order.