

Quick Catering Guide

ALWAYS PROVIDE

Vegetarian options



Fruit (in season is best)



Reduced fat milk for tea/coffee



Water as a drink



AND REQUEST

Multigrain or wholemeal

(eg bread, rolls, wraps, plain crackers, cakes, biscuits)



Reduced fat cheese

(eg fillings, platters, salads – watch the portion size)



Lean meats

(eg ham, turkey, skinless chicken breast, roast beef or tuna in springwater)



Different colours and types of vegetables

(eg fillings, salads, platters)



Healthier spreads

(eg margarine, avocado, hummus, tzatziki)

