

Food ideas to be served during school functions

Savoury items

- Healthy dips served with toasted bread, unsalted crackers, vegetables such as cucumber, coloured peppers and carrots
- Different breads preferably wholemeal, such as pitta, buns, rolls, sandwich etc. with healthy filling such as *irkotta* and hard-boiled egg, *bigilla*, tuna dip and hummus
- Tuna small *panini*, party size
- Wraps with healthy fillings
- Pies and quiches with healthy fillings
- Party-size baked pasta
- Party-size home-made burgers (not breaded) – beans, 100% lean beef, chicken, turkey, fish served with a small portion of vegetables
- Pizza with mozzarella and healthy toppings such as chicken, tuna, olives, mushrooms, peas, bell peppers and other vegetables
- Pizza swirls with healthy filling such as mozzarella, eggs, peas, tuna, olives, bell peppers and other vegetables
- Lean meat balls
- Kebabs – Lean meat/chicken and vegetables (Older students)
- Cheese cut into different shapes (low/medium fat)
- Cheese straws
- Mozzarella and cherry tomato kebabs
- Stuffed tomatoes and mushrooms with healthy filling
- Stuffed eggs (egg yolk filling should not contain any added fats)
- Air-popped popcorn without added salt and fat

Sweets

- Fruit rounds topped with a mixture of *irkotta* and fresh fruit
- Fruit salad in a cup
- Healthy cupcakes (without added sugar) e.g. carrot, apple
- Traditional bread pudding
- Bite size *qaghaq tal-ħmira*
- Fruit buns
- Yoghurt trifle/parfait, a layer of plain yoghurt, a layer of cereal and fresh fruit
- Baked fruit crisps e.g. pear, apple and banana
- Date pinwheels
- Apple and date balls

Drinks

- Still Water
- Homemade milkshakes using chopped fresh fruit (fresh white milk with no more than 2.5% fat and fresh fruit)
- White milk with cinnamon
- Warm milk with a small amount of 100% pure cocoa powder (without additional sugar)
- Hot tea (older students)

Additional Notes

- All food prepared should conform to the Food and Beverage Standards.
- Chosen food items should be balanced and varied.
- Local, seasonal vegetables and fruit are recommended.
- Use of wholemeal products wherever possible.
- Kebab sticks are to be collected after use due to safety reasons.
- Refer to www.hesc.org.mt for additional resources.