

# EXAMPLE BBQ MENU

Tasty doesn't need to mean unhealthy. Try these quick, tasty and healthier options at your next club BBQ.

## BBQ MENU

### FROM THE GRILL

Minute-steak sandwich with tomato, lettuce, onion	\$ 5.00
Chicken sandwich	\$ 5.00
Beef burger with tomato, lettuce, onion	\$ 5.00
Egg & bacon roll with salad	\$ 5.00
Grilled corn on-the-cob	\$ 1.00

### SNACKS

Bananas (or fresh seasonal fruit)	\$0.50
Fruit Cup – Diced fruits in juice (120g)	\$2.00
Tub/pouch low-fat flavoured yoghurt (150g)	\$2.00

### DRINKS

Water	\$1.00
Sparkling water	\$1.50
100% fruit juice (200ml)	\$2.00
Low-fat flavoured milk (250ml)	\$2.00



### FOOD SHOPPING LIST

<p><b>Fresh produce</b></p> <ul style="list-style-type: none"> <li>▪ Lettuce</li> <li>▪ Tomatoes</li> <li>▪ Brown onions</li> <li>▪ Corn cobs</li> <li>▪ In-season fruit pieces</li> </ul> <p><b>Bread/Bakery</b></p> <ul style="list-style-type: none"> <li>▪ Bread</li> </ul> <p><b>Deli</b></p> <ul style="list-style-type: none"> <li>▪ Minute-steaks</li> <li>▪ Short-cut bacon</li> <li>▪ 4-5-star beef patties</li> <li>▪ Skinless chicken fillets</li> </ul>	<p><b>Dairy/Fridge</b></p> <ul style="list-style-type: none"> <li>▪ Eggs</li> <li>▪ Low-fat flavoured yoghurt tubs/pouches</li> </ul> <p><b>Pantry</b></p> <ul style="list-style-type: none"> <li>▪ Diced fruits in juice cups</li> <li>▪ Tomato sauce</li> </ul>
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### EQUIPMENT REQUIRED

- Esky
- Knives and chopping boards
- Barbeque and utensils

## TIPS

- Cut your salad items ahead of time and offer these with all your BBQ options. Using the same ingredients in different items will maximise choice and minimise waste.
- Make use of tinned, long shelf-life options such as beetroot or pineapple.
- Use herbs and spices for flavour – try pepper, lemon and garlic, or paprika, chilli and lime.
- Cook up some veggie patties as an alternative to meat.