

# 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

#### Fresh produce

- Lettuce
- Tomatoes
- Brown onions
- Corn cobs
- In-season fruit pieces

#### Dairy/Fridge

- Eggs
- Low-fat flavoured yoghurt tubs/pouches

#### Pantry

- Diced fruits in juice cups
- Tomato sauce

#### Bread/Bakery

- Bread

#### Deli

- Minute-steaks
- Short-cut bacon
- 4–5-star beef patties
- Skinless chicken fillets

### 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.