



Bendigo Community
Health Services

Greater Bendigo Healthy Catering Guide



Updated May 2026



Image: 'Healing a Community' by Paige Charles-Morgan

Bendigo Community Health Services acknowledges we live, work and enjoy Dja Dja Wurrung and Taungurung Country. We extend our appreciation to the Djaara and Taungurung people, the Traditional Owners of the land.

We pay respect to Elders past and present for their continued holding of memories, traditions, culture and community aspirations. We recognise sovereignty has never been ceded and express our sorrow for the personal, spiritual and cultural costs of colonisation and their lasting impact. May we walk forward together in harmony and the spirit of healing.

It was and always will be Aboriginal land.

About this guide

The Greater Bendigo Healthy Catering Guide was developed in 2021 as a collaboration between City of Greater Bendigo (CoGB) and Bendigo Community Health Services (BCHS).

BCHS is now leading this work and has brought this updated version to our community. This resource will be updated yearly to ensure the information is up to date. The most current version can be found on our website at bchs.com.au under our resources tab.

Through applying a size-inclusive health promotion lens, this guide seeks to:

- support settings such as workplaces to align with their healthy eating policies;
- assist workplaces to order healthy catering options for their staff;
- contribute to the Catering for Good Directory to specifically represent and profile local catering companies statewide from Bendigo, Heathcote, Elmore and other small towns throughout the region; and
- create local alignment with the Victorian Government's Healthy Choices initiative.

Why apply a size-inclusive health lens?

Recent data shows that approximately 60 per cent of adults in Greater Bendigo live in larger bodies. While this is a factor in the conversation about preventable chronic disease, we acknowledge that dietary factors alone are not responsible for a person's body size. In line with this, this guide aims to ensure the people of Greater Bendigo have equitable access to nutritious food, free from shame, stigma and judgement. A size-inclusive approach doesn't moralise food choices, promote diet culture, or food shame.

This guide aligns with a variety of existing guidelines and frameworks, including:

- Victorian Government's Healthy Choices Guidelines
- Community Health - Health Promotion Program Guidelines (2025-2029)
- Greater Bendigo Food System Strategy 2020-2030
- Towards Size Inclusive Health Promotion (2023).





How to use this guide

If you order catering from this guide, please let the caterer know!

Use this guide to inform your catering choices and ensure you are providing healthy, nutritious options at meetings, events and functions.

You can find a list of local caterers on pages **9-19**, along with their menus and contact information.

If you would like your menu added to this guide, please complete the form here:

<https://forms.cloud.microsoft/r/pmg41nbtZu> or contact healthpromotion@bchs.com.au

Acknowledgements

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- City of Greater Bendigo Council (Version 1)
- Heathcote Health
- Baker Heart and Diabetes Institute
- Better Health Network
- National Nutrition Foundation
- Department of Health (for their funding of this initiative)



About the Healthy Choices guidelines

To support healthy eating in all public health service workplaces, the Victorian Government announced a refreshed policy directive. All catering (food and drinks) provided to staff and visitors (including catering ordered through in-house or commercial providers) must align with the [Healthy choices: Workplace healthy eating policy and catering guide](#). No food or drinks classified ‘red’ can be provided, and the majority of food and drinks provided must be classified ‘green’. Caterers must now comply with these guidelines when providing catering to a public health service.

The menus in this guide have been assessed through the Healthy Eating Advisory Services online ‘Foodchecker’ tool. In line with guidelines, only food and drinks meeting the green and amber classifications have been included. We recognise that nutritional needs are diverse for individuals, including culturally-diverse groups, and that these classifications of food groups are a very western interpretation of nutritional needs.

The Healthy Choices guidelines classify food and drinks into three categories according to their nutritional value:

GREEN category food and drinks include items that are nutritious and offer a variety of necessary vitamins and minerals for everyday function. They are good sources of important nutrients and lower in added fats, sugars and salt. Examples include: water, wholegrain/wheat breads and cereals, fruit and vegetables, reduced-fat dairy products, lean meat and poultry, fish, eggs, nuts and seeds.

AMBER category foods and drinks should be selected carefully and consumed in moderation. Although these items provide some valuable nutrients, they can contribute to moderate amounts of fats, added sugar or salt. Examples include: regular fat milk, yoghurt and cheese, dried fruit and some fruit juices.

RED category foods and drinks are often low in nutrients and are high in sugar, added fats or salt and should be enjoyed on rare occasions. Examples include: deep fried foods, lollies, chocolates, cakes, processed meats e.g. salami, pastries and soft drinks.

You can read more about these guidelines on **page 7** by following the links.



Healthy catering tips

- Order multigrain, wholemeal, rye or other high fibre breads/wraps.
- Provide a variety of fresh options for people to choose from.
- Choose water over juices.
- Offer reduced-fat milk and soy or almond milk as an alternative milk option.
- Offer herbal tea and decaf coffee as alternative drink options.
- Include as many **green** foods and drinks in your catering order as possible (at least 50 per cent)
- Remember to order for special diets and think about cultural appropriateness, that is gluten free, lactose intolerant, vegetarian, vegan, halal and Indigenous foods.
- Avoid over-catering (minimise food waste).
- Ask about minimal packaging and using recyclable food packaging.
- Seek to develop or update the healthy eating policy for your workplace.

How much catering should I order?

We tend to over-cater in fear of running out of food. Leftover catering that ends up in landfill is a major contributor to greenhouse gas emissions, in turn affecting our changing climate.

With a little planning, you can reduce the amount of catering that is wasted. To help you plan your next catering order, try:

- Tracking event RSVPs (where possible) so you know how much to order.
- When ordering sandwiches, the standard amount is one sandwich per person and less if there is salad or finger food also available.
- Think about the purpose of the meeting and the type/amount of food that is necessary.



Disclaimer

This guide has been developed with a size-inclusive and strength-based Health Promotion lens. We want to ensure users of this guide understand that it is intended to create an environment where people of all sizes and abilities can move, eat, rest and connect in ways that feel good and is sustainable for them (and is not aimed at achieving weight loss).

We acknowledge that the relationship between food and our bodies is a complex topic and can often lead to negative feelings. The aim of this guide is to support workplaces, organisations and the general community who want to create spaces where more nourishing food and drink is available to allow people to make the best choice for themselves and their circumstances.

Additionally, it is important to note that caterer's menus may change and we will update this guide annually to reflect this. Please refer to the website of each caterer for more information on their menus.

Helpful links and resources

- **Healthy Eating Advisory Service – Healthy Choices Guidelines:** [Healthy Choices: food & drink classification guide](#)
- **Healthy Choices Guidelines and Policy Directives:** [Policy directive for Victorian public health services](#)
- **Catering for Good Directory:** [The Catering for Good Directory | Healthy Eating Advisory Service](#)
- **Community Health - Health Promotion Program Guidelines (2025-2029):** [Community Health Program Guidelines 2025-29](#)
- **Greater Bendigo Food System Strategy 2020-2030:** [Greater Bendigo's Food System Strategy 2020-2030](#)
- **Towards Size Inclusive Health Promotion (2023):** [Final Online Version Size Inclusive Resource](#)

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Mother Bean Mobile Coffee

Below you can find some of their menu options available to order. To place an order or for more information, you can contact them via the information here or visit their website.



0422 435 630



motherbeanbendigo.com.au



motherbean@hotmail.com

Caters for:

- Gluten Free
- Lactose Free
- Vegan
- Accepts reusable cups!

Drinks & Available Milk Options

Espresso

Black tea

Herbal tea

Australian light milk

Australian full cream milk

Paul's Zymil full cream lactose milk

Australia's Own barista almond milk

Australia's Own unsweetened organic almond milk

Bonsoy soy milk

Pure Harvest organic unsweetened soy milk

Vitasoy oat milky milk

Adamo Catering (Ulumbarra Cafe)

Below you can find some of their menu options available to order. To place an order or for more information, you can contact them via the information here or visit their website.

Caters for:

- Gluten Free
- Lactose Free
- Vegan
- Vegetarian
- Based on request

Hot Foods

Pumpkin soup

Cauliflower soup

Chicken & veg soup

Beef & barley soup

Potato & leek soup

Crustless quiche

Roast beef & vegetables

Roast chicken & veg

Roast vegetables

Traditional Sri Lankan veg curry w/
steamed rice

Hot Foods (continued)

Traditional Sri Lankan chicken
curry with steamed rice

Roast pork & vegetables

Pasta bolognese

Chicken, pumpkin & mushroom
risotto

Cold Foods

Assorted rolls

Assorted sandwiches

Quinoa, avocado & tomato salad



03 5444 2111



adamocatering.com.au



info@adamocatering.com.au

Cold Foods (continued)

Vegetable frittata (hot or cold)

Greek salad

Roast vegetables with goat cheese
and spinach salad

Snacks (continued)

Low fat mini muffins

Pumpkin scones

Snacks

Yoghurt with nuts, seeds and
berries

Fresh fruit platter

Fresh fruit skewers

Fresh whole fruit

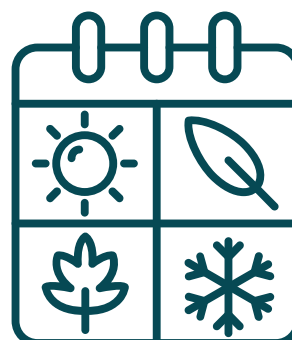
Vegetable crudites w/ house made
dips

Drinks

Plain water

Cool Ridge lightly sparkling water
lime (500ml)

**Please note this menu may change
depending on seasonal availability.**



Fox & Giraffe

Below you can find some of their menu options available to order. To place an order or for more information, you can contact them via the information here or visit their website.

Caters for:

- Gluten Free
- Lactose Free
- Vegan
- Vegetarian
- Based on request

Cocktail Menu

Meatballs w/ red capsicum sauce

Petite sausage rolls w/ relish

Tomato bruschetta served on mini toast

Balsamic glazed beetroot tarts garnished with whipped feta

Mini cuban sandwiches w/roast pork, pickles, swiss cheese & mustard

Peanut satay chicken skewers

Mini roasted veg stacks

Bite-size veg tarts

Panko crumbed jumbo prawn w/aioli

Herb & parmesan crumbed lamb cutlet w/relish

Salmon blinis w/cream cheese & dill

Grazing Table

Antipasto Board:

- Selection of continental meats
- Selection of cheeses
- Marinated olives, mixed nuts/fruit
- Fresh fruit/gourmet dips
- Fresh baguettes, grissini & lavosh

Dips & Crudites:

- Carrot, celery, cucumber & cherry tomatoes
- Selection of four dips (hummus, beetroot, avocado, & french onion)

Fresh Fruit Platter:

- Watermelon
- Grapes
- Rockmelon
- Honeydew
- x2 Seasonal Fruits



0459 040 594



facebook.com/Foxandgiraffebendigo



foxandgiraffebendigo@gmail.com

Share Boxes

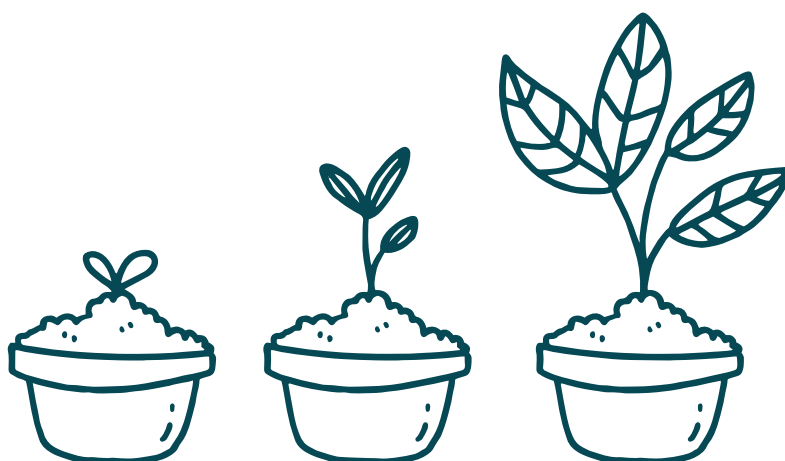
Petite Wrap Box:

- Ham, cheese & relish
- Garden salad, avocado & mayo
- Beef, baby spinach, red onion, cheese & sun-dried tomato
- Waldorf chicken (chicken, celery, mayo & walnuts)

Party Box:

- Chunky beef pie
- House made sausage roll
- Vegetarian quiche

Please note this menu may change depending on seasonal availability.



Little Sangria

Below you can find some of their menu options available to order. To place an order or for more information, you can contact them via the information here or visit their website.

Caters for:

- Gluten Free
- Lactose Free
- Vegan
- Vegetarian
- Soy Free
- Nut Free
- Halal
- Low FODMAP

Paella (Specialty)

Signature paella: chicken, chorizo, prawns, calamari & mussels

Seafood paella: prawns, fish, calamari & mussels

Chicken, chorizo & prawn paella

Chicken & chorizo paella

Lamb paella

Fideua (Specialty)

Signature fideua: chicken, chorizo, prawns, calamari & mussels

Seafood fideua: prawns, fish, calamari & mussels

Chicken, chorizo & prawn fideua

Chicken & chorizo fideua

Lamb fideua

Paella (Classic)

Chicken paella (Halal)

Vegetarian paella

Low FODMAP veg paella

Low FODMAP Chicken Paella

Fideua (Classic)

Chicken fideua (Halal)

Vegetarian fideua



Enquiry form:
forms.gle/92CkY5kGnsYCvUQk9



facebook.com/LittleSangria



littlesangria@gmail.com

Minimum Spend:

- \$1,500 (Standard)
- \$2,500 (Public holidays & New Year's Eve)

Tapas

Meat Options:

- Spanish meatballs (albondigas)
- Lamb pinchitos (skewers)
- Chicken pinchitos (skewers)

Vegetarian Options:

- Spanish potato tortillas
- Piquillo peppers & goat cheese
- Zucchini & corn fritters

Please note this menu may change depending on seasonal availability.

Compact Cafe

Below you can find some of their menu options available to order. To place an order or for more information, you can contact them via the information here or visit their website.



0466 402 838



compact-cafe.square.site



compactcafe318@gmail.com

Caters for:

- Gluten Free
- Based on request
- Vegetarian

Breakfast Menu

Muesli cups

Fruit cups (seasonal)

Homemade cinnamon muffins

Homemade raspberry & white choc muffins

Homemade banana bread

Quiche w/bacon, leek & cheese

Egg & bacon rolls

Lunch Menu

Thai beef salad

Fresh salad rolls & sandwiches

Chicken & avocado toastie

Homemade sausage rolls

Roast beef rolls

Pulled pork rolls

Chicken schnitzel rolls

Potato wedges

Drinks

- Cold pressed orange juice
- Cold pressed apple juice
- Pressed juice - energise
- Mount Franklin sparkling water
- Mount Franklin still water

Please note this menu may change depending on seasonal availability.

Conference room available - To book, please contact caterer

The Board Chef

Below you can find some of their menu options available to order. To place an order or for more information, you can contact them via the information here or visit their website.



0497 844 837



theboardchef.com.au



contact@theboardchef.com.au

Caters for:

- Vegetarian
- Based on request
- Vegan

How many people can their boxes cater for?

For a nibble:

- Small box - 4 people
- Medium box - 10 people
- Large box - 15 people

For a feast:

- Small box - 2 people
- Medium box - 6 people
- Large box - 10 people

Seasonal Fruit Box

- Watermelon
- Rock melon
- Honeydew
- Pineapple
- Grapes
- Mixed berries
- Kiwi

Charcuterie Box

- Mixed cheeses
- Serrano ham
- Mild salami
- Baby cucumbers
- Carrots
- Baby capsicums
- Cherry tomatoes
- Sicilian olives
- Wafer crackers
- Homemade hommus
- Homemade beetroot hommus

Breakfast Box

- Homemade pancakes
- Homemade waffles
- Homemade banana bread
- Mixed fruit
- Maple Syrup/Honey

Veg box

- Baby cucumbers
- Cherry tomatoes
- Baby capsicums
- Wafer crackers
- Homemade hommus
- Carrots
- Celery
- Radish

Please note this menu may change depending on seasonal availability.

Fodder - Heathcote

Below you can find some of their menu options available to order. To place an order or for more information, you can contact them via the information here or visit their website.

 **0401 825 530**

 **[Facebook.com/FodderHeathcote](https://www.facebook.com/FodderHeathcote)**

 **foddercafe@outlook.com**

Caters for:

- Gluten Free
- Vegetarian
- Vegan

Breakfast Menu

Toast with eggs your way

Folded chili scramble on sourdough bread w/ feta

Smashed avocado w/ whipped feta and dukkha

Pumpkin & haloumi fritters w/poached eggs

Steak & eggs w/potato rosti

Salmon Benedict w/ potato rosti

Lunch Menu

Pan-fried chicken dumplings served w/ soy & chili sauce

Vegan bowl w/ pumpkin hummus, roast veggies, black beans, pomegranate, spinach, avocado and maple walnuts

Chicken nasi goreng

BBQ lamb shoulder served w/ potato hash

Drinks

- Coffee
- Tea varieties
- Mineral water
- Cold-pressed juice

**Catering orders
available for up to 50
people!**

Please note this menu may change depending on seasonal availability.

Karen Lady House

Below you can find some of their menu options available to order. For more information, you can contact them via the information here.

To place an order, email them and they will provide a quote.



0478 106 751



[facebook.com/klcbendigo](https://www.facebook.com/klcbendigo)



Karenladyhouse@gmail.com

Caters for:

- Gluten Free
- Vegan
- Halal
- Vegetarian
- Based on request

Light Meals

Sticky rice & grilled chicken

Rice paper roll (chicken/tofu)

Steamed wontons

Vegetable spring rolls

Steamed rice

Main Meals

Tea leaves salad

Pad Gra Pow

Vegetable stir fry

Glass noodle stir fry
Karen noodle stir fry
Pad see eew noodles
Fried rice
Yellow curry

Choice of protein:
tofu/chicken/beef/prawn

For smaller orders, please provide at least 1 week of notice.

For larger orders, please provide 2 weeks of notice.

Cancellations must provide 1 week of notice. Costs may apply.

Please note this menu may change depending on seasonal availability.



This guide was created by Bendigo Community Health Services.
BCHS would like to acknowledge City of Greater Bendigo for its support in
the development of version 1.

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