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 persons 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

BCHS would like to express our gratitude to the following organisations for their invaluable knowledge and support which helped make this resource possible.

- 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.

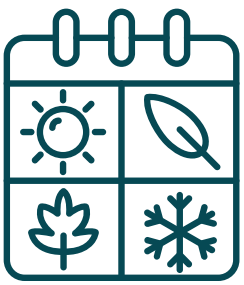
Caters for:

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

Hot Foods (Serves 12)
Skewer Platter: (choose one) • Chicken skewers w/ satay sauce • Chicken skewers w/ teriyaki sauce • Lamb kofta w/ mint yoghurt
Bao Bun Platter: (choose one) • Pork belly • Tofu
Slider Platter: (choose one) • Pulled pork w/ slaw • Grilled tofu w/ lettuce & mayo
Frittata platter: (choose one) • Pumpkin, spinach & feta • Chicken & asparagus • Ham, spinach & mushroom

Starters (Serves 10)
Crudites Platter: Seasonal vegetables w/ assorted dips
Dip Platter: Turkish bread, assorted dips, olives, & cornichons
Veg Platter: Spinach & feta triangles w/ aioli dipping sauce
Mini Quiche Platter: Vegetarian quiche w/ tomato relish

Please note this menu may change depending on seasonal availability.



03 5444 2111

adamocatering.com.au

info@adamocatering.com.au

Cold Foods
Rice Paper Rolls: (choose one) • Lemongrass chicken • Prawn • Tofu
Assorted sandwiches & wraps
Assorted baguettes: Ham or Prosciutto w/ rocket, fresh mozzarella, tomato, balsamic & pesto or chimichurri

Snacks
Seasonal fruit platter
Mini fruit salad cups
Mini yoghurt cups w/berry topping

Salads
Arugula salad w/toasted pine nuts, shaved parmesan & lemon dressing
Beetroot salad w/ apple, goats cheese & balsamic vinaigrette
Cherry tomato couscous salad w/ roasted chickpeas & feta

Drinks
Cool ridge lightly sparkling or plain water (600ml)
Freshly brewed coffee/tea assortment

Minimum notice period of:

- Less than 100 people (at least one week).
- More than 100 people (at least two weeks).

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

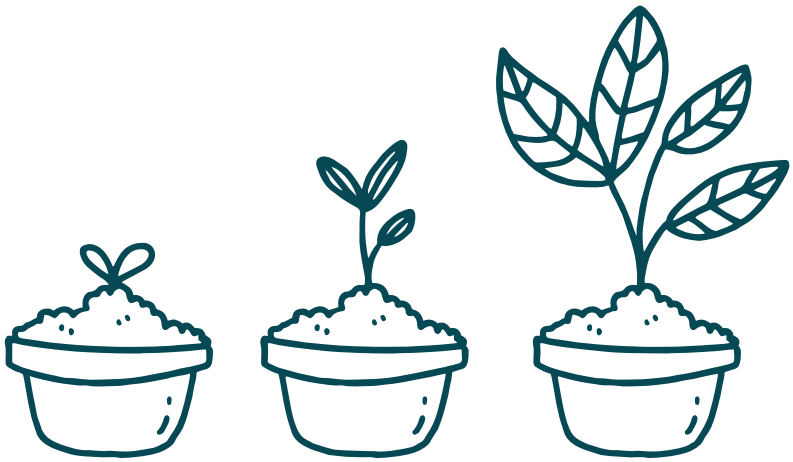
Petite Wrap Box:

- 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
- Vegetarian
- Based on request

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

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

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

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
- Vegan
- Based on request

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

foddercafe@outlook.com

Caters for:

- Gluten Free
- Vegan
- Vegetarian

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

Karenladyhouse@gmail.com

Caters for:

- Gluten Free
- Halal
- Vegan
- 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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