

OVER THE COUNTER

A COLLECTION OF RECIPES IDEAL FOR CANTEENS



Over the Counter, a collection of recipes ideal for canteens is a great resource for any canteen looking for new ideas. The recipes are a collection of favourites used in tuckshops every day and have proven to be successful. Each recipe is beautifully illustrated and comes with ideas for packaging and presentation. Recipes were chosen for their ease of preparation knowing that school canteens are limited for space, time, facilities and, most importantly, helping hands! All of these recipes are considered to be appropriate for sale giving consideration to guidelines on the supply of healthier foods in these types of facilities.

- Simple and quick recipes ideal for canteens
- Compliant with healthy canteen food strategies
- Common ingredients that are readily available
- Packaging and serving ideas
- Using equipment found in basic kitchen facilities
- Easy to follow for volunteers doing occasional shifts
- Successful recipes with canteen customers



QAST members \$25 Non members \$30
plus P&H \$6 in Qld or \$8 across Australia All prices inc. gst.

Non member price also includes a 2 year subscription to download any additional recipes from our website. Members can access this any time. Please contact QAST for bulk orders.



Return the order form together with payment to: **QAST PO Box 1756 COORPAROO DC 4151**

School Name

.....

Address

.....

Phone Number

.....

Contact Person

.....

Method of Payment

Cheque Money Order E.F.T.

Please make cheques/money orders payable to QAST

If paying by E.F.T. please post or fax remittance

Direct Credit Details: BSB: 034 037

Account Number: 216070

Account Name: Queensland Association of School Tuckshops

Please note – goods will not be sent until payment has been received

QAST Contact Details: PO Box 1756, Coorparoo DC 4151

Phone (07) 3324 1511 / Fax (07) 3847 8655 / Email: enquiry@qast.org.au Web Site: www.qast.org.au