

# Go for Green® Guidelines: Far East Specialty Bar



## Overview

Specialty bars are an excellent way to increase variety beyond what’s offered on the Main/Hotline. When creating a Far East Specialty Bar, take into consideration the following performance-minded guidelines. These guidelines will help you achieve the Go for Green® Menu Coding Goals.

Your dining-facility staff influences what service members choose to eat through what your facility serves as well as where your staff places menu items. Featuring Green-coded menu items in prominent places and educating diners on how to select healthy meals encourages them to choose Green- and Yellow-coded options over Red-coded options. Your staff also can encourage diners to be creative and design their own entrées using different Green-coded items throughout the dining facility.

## G4G Menu Coding Goals for Dining Facilities

(See <http://hprc-online.org/nutrition/files/g4g-coding-goals-table-070516-pdf> for basic guidelines.)

- ▶ At least one entree and two sides per meal on all specialty bars must be Green-coded items.
- ▶ At least 50% of choices should be Green- and/or Yellow-coded prior to diner-added toppings.

## 1 FOOD PLACEMENT / SETUP

- ▶ The diagram below shows one possible way to present the Far East Specialty Bar to be within Go for Green® guidelines. Use the equipment you have on hand to mimic these ideas. Consider low-cost changes and movement of equipment within the dining facility/galley when feasible. By placing this before the serving line, diners in a rush will opt for the faster Far East Specialty Bar option instead of the lines at the short order station.

Vegetable Lo Mein (G)	Vegetable Curry with Brown Rice (G)	Japanese Vegetable Stir Fry (G)	Bean sprouts (G)	Sautéed Mushrooms and Onions (Y)	Pineapple (G)	Chinese Egg Rolls (Baked) (R)
			Vegetable Fried Rice (G)	Rice noodles (Y)	Teriyaki sauce (Y)	Sweet & Sour sauce (Y)
			Brown rice (G)	Whole-grain pasta (G)	Soy sauce (G)	Sriracha (G)

→ Diner flow of traffic →

- ▶ Place Green-coded options in each category first on the line before Yellow- and Red-coded options to encourage the diner to choose the healthier options.
- ▶ Also place Green-coded items closest to the diner, requiring them to reach further for the Yellow- and Red-coded options.
- ▶ Place high-volume Green-coded options in the largest pans your bar accommodates.

- ▶ Place Red-coded options in the smallest pans your bar accommodates, and pair them with the smallest serving utensils.

## 2 FOOD ITEMS

- ▶ For variety, alternate between Egg Rolls and Spring Rolls.
- ▶ For variety, alternate between Teriyaki Sauce, Szechwan Sauce, Kung Pao sauce and Oriental Pineapple Sauce.
- ▶ Prepare sauces from scratch when possible.
  - Sauces made from scratch tend to be less processed and lower in sugar, sodium, and additives/preservatives.
- ▶ Visit the G4G website for other ideas as they are developed: <http://hprc-online.org/nutrition/go-for-green/G4G-operations> and click on “Menu Revisions.”

### Suggested Far East Specialty Bar items to help meet Go for Green® Menu Coding Goals

Use the following menu items and recipes to modify your Far East Specialty Bar to increase the number of Green-coded options. Many items are available ready-to-serve or can be prepared from scratch and/or speed scratch using Armed Forces Recipe Service (AFRS) recipes. In-house preparation is preferred when possible because you have more control over ingredients and preparation techniques. A certain item might code differently based on whether it is an AFRS homemade recipe vs. commercial, which might vary among brands.

Sodium codes are assigned based on standard portion sizes; if a larger-than-standard portion is served, the code might be incorrect.

Bar Item	G4G Color Code	G4G Sodium Code	AFRS Recipe Number*
<b>Entree</b>			
Vegetable Lo Mein	Green	Low	In development
Vegetable Curry with Brown Rice	Green	Low	T-203-00
Tofu Stir Fry	Green	Moderate	T-004-00/02
Japanese Vegetable Stir Fry	Green	High	Q-073-00
Vegetable Stir Fry	Green	High	Q-025-00/01
<b>Vegetables/Fruits</b>			
Bean sprouts	Green	Low	—
Bean Salad with Asian Dressing	Green	Low	M-076-00
Pineapple	Green	NA	—
Sautéed Mushrooms	Yellow	Low	Q-030-00
Sautéed Mushrooms and Onions	Yellow	Moderate	Q-030-01

<b>Starches/Grains</b>			
Rice, brown	Green	Low	E-005-00/01/10/11/15
Vegetable Fried Rice (brown rice)	Green	Moderate	E-007-00
Pasta, whole-grain (Spaghetti noodle)	Green	Low	E-004-00
Pasta, whole-grain (angle hair noodle)	Green	Low	E-004-21
Pasta, white	Yellow	Low	E-004-02
Pasta, (angle hair noodle)	Yellow	Low	E-004-23
Rice noodles	Yellow	Low	—
Rice, white	Yellow	Low	E-005-03/04/08/09/13/14 and 17
Chinese Egg Rolls (Baked)	Red	Moderate	B-002-00
<b>Proteins</b>			
Tofu, extra firm, cubed	Green	Low	—
Beans: canned, drained, and rinsed (black, pinto, chickpeas/garbanzo)	Green	Low	—
<b>Sauces</b>			
Oriental (Sweet and Sour) Sauce	Yellow	Low	O-026-00
Oriental Pineapple Sauce	Yellow	Low	O-009-02
Szechwan Sauce	Yellow	High	O-010-00
Teriyaki Sauce	Yellow	High	O-014-01
Sriracha	Green	Low	—
Soy sauce, reduced-sodium	Green	High	—
Kung Pao sauce	Yellow	High	—
<b>Seasonings</b>			
Salt	Green	Low	—
Pepper	Green	Low	—
Pepper, crushed red	Green	Low	—

\* AFRS recipes can be found on the G4G website: <http://hprc-online.org/nutrition/go-for-green/G4G-operations>, click on “Menu Revisions.”