



Madge Sexton Kindergarten 2015/2016 Canteen Summer Menu

Madge Sexton Kindergarten children are able to order their lunch on their full days at Kindergarten. Orders can be placed using the bags provided at the Kindergarten or at the Canteen (located in the school's gym). It is the responsibility of the parent/caregiver to take the lunch order over to the Canteen.

Please do not order from the School Canteen List.

The Canteen Menu aims to provide healthy and nutritious food and drinks consistent with the *DECD Right Bite Healthy Food & Drink Supply Strategy for Schools and Preschools*.

Right Bite uses a colour code GREEN, AMBER and RED to classify food and drink according to their nutritional value.

GREEN end of the Right Bite Food Spectrum: Food and drinks that fall into, or close to this area of the spectrum are considered to be the most nutritious and healthiest choices.

AMBER section of the Right Bite Food Spectrum: Food and drinks in this area of the spectrum are nutritious and so are still good choices, but tend to have some added sugar, salt and/or fat.

RED end of the Right Bite Food Spectrum: Food and drinks that falls into this section of the spectrum are energy dense and nutrient poor and so school canteens no longer sell these items.

All items on the McLaren Vale Primary School Menu fit into the **GREEN** and **AMBER** section of the Right Bite Food Spectrum.

♥= Healthiest Choice

♥SALAD PACK		HOT DOG	
Garden salad	\$5.00	Full serve	\$3.00
Chicken or ham	\$6.00	½ serve	\$2.00
Pasta salad (no meat)	\$4.00	With cheese, extra	50c
♥SANDWICHES		SNACKS	
Buttered	\$1.00	♥Bag of vegie sticks	\$1.00
Vegemite	\$1.50	♥Popcorn bag	\$1.00
Cheese	\$2.50	Muffin	\$1.00
Ham & Cheese or Fritz	\$3.00	Small Chocolate Chip Cookies	50c
Salad	\$3.00	♥Fruit (in season)	\$1.00
♥WRAPS:	\$4.50	DESSERTS, ICEBLOCKS, 99% OR 100%	
Rainbow wrap (ham, cheese, beetroot, lettuce)		♥Vanilla custard tub	\$1.00
Chicken, cheese, lettuce & mayo wrap		♥Frozen Bulla yoghurt	\$1.50
Vegie wrap (carrot, lettuce, cheese & tomato)		♥Quelch iceblocks	\$1.00
♥HOME MADE HOT FOOD:		♥Tub of peaches	\$1.00
Home made pasta bolognaise	\$4.00	Honey Oat slice	\$1.00
Home made macaroni cheese	\$4.00	DRINKS	
Cheeseburger (bun, patty, cheese & sauce)	\$3.50	♥Plain milk	\$2.00
-Add lettuce & tomato	\$4.50	♥Chocolate or Strawberry Moo Milk	\$2.00
Corn on the cob	\$2.00	♥Nudie Juice	\$2.50
HOT HAM & CHEESE ROLL		♥Spring Water	\$1.50
Full serve	\$3.00	SPECIALS	
Half serve	\$2.00	Tuesday: Hotdog and muffin	\$3.50
♥BAKED POTATOES WITH:	\$4.50	Wednesday: Crumbed chicken burger with chicken, lettuce, cheese & mayo	\$4.50
Bolognaise & cheese		Thursday: Meat Pie or Sausage Roll	\$3.00
Ham, cheese & pineapple		Friday: Picnic plate meal deal	\$7.00
SMALL PIZZA:	\$3.00	(jatz crackers, cheese, frits & ham, carrot & cucumber sticks, cherry tomato, orange wedges, vegie dip AND choice of fruit box OR water)	
Ham, cheese & pineapple			
Margherita (fresh tomato, cheese & basil)			