



# Madge Sexton Kindergarten 2018 Canteen Menu (updated May)

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

<b>SALAD PACK (with balsamic dressing sachet)</b>		<b>DESSERTS</b>	
♥ Garden salad - lettuce, carrot, tomato, beetroot, cucumber	\$5.00	♥ Vanilla custard tub	\$1.00
Chicken or ham	\$6.00	♥ Greek yoghurt with mixed berries	\$1.50
♥ Add cheese	50c	♥ Tub of peaches	\$1.50
		♥ Greek yoghurt with muesli	\$1.50
		Apricot & coconut bliss balls	\$1.50
<b>SANDWICHES</b>		<b>DRINKS</b>	
♥ Buttered	\$1.00	♥ Plain milk 200ml.	\$2.00
♥ Vegemite	\$1.50	♥ Spring Water 600ml.	\$1.50
♥ Cheese	\$2.50		
Ham & Cheese or Fritz	\$3.00		
♥ Add lettuce, tomato, cucumber, carrot, beetroot, cheese	50c each		
<b>HOME MADE HOT FOOD:</b>		<b>Chocolate/Strawberry Moo Milk and Juice boxes are no longer available to Kindy Kids</b>	
Home made pasta bolognaise	\$4.00	<b>SPECIALS</b>	
Home made macaroni cheese	\$4.00	<b>EVERYDAY: LUNCH PACK</b> \$7.00	
♥ Vegetarian fried rice (GF)	\$4.00	1 x Sandwich OR roll with 1 meat and up to 3 salad fillings	
		1 x muffin	
		1 x bag of fresh popped popcorn	
		1 x piece of fruit	
		1 x box of sultanas OR bag of vegie sticks	
		1 x 250ml water	
<b>HOT HAM &amp; CHEESE ROLL</b>		<b>TUESDAY:</b> Butter chicken & rice	\$4.50
Full serve	\$3.00		
Half serve	\$2.00	<b>WEDNESDAY:</b> Chiili con carne (mild) & rice	\$4.50
<b>HOT CHICKEN ROLL</b>	\$3.50		
<b>SMALL PIZZA:</b>	\$3.50		
Ham, cheese & pineapple			
Ham & cheese			
<b>HOT DOGS - no longer available to Kindy Kids</b>			
<b>SNACKS</b>			
♥ Bag of vegie sticks	\$1.00		
♥ Popcorn bag	\$1.00		
Muffin	\$1.00		
Small Chocolate Chip Cookies	50c		
♥ Fruit (in season)	\$1.00		