



Madge Sexton Kindergarten 2020 Canteen 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

<p>SALAD PACK (with balsamic dressing sachet)</p> <p>♥ Garden salad - lettuce, carrot, tomato, beetroot, cucumber \$5.00 Chicken or ham \$6.00 ♥ Add cheese 50c</p> <p>SANDWICHES OR ROLL</p> <p>♥ Buttered \$1.50 ♥ Vegemite \$2.00 ♥ Cheese \$2.50 Ham & Cheese or Fritz \$3.00 ♥ Add lettuce, tomato, cucumber, carrot, beetroot, cheese 50c each</p> <p>HOME MADE HOT FOOD:</p> <p>Home made pasta bolognaise \$4.50 Home made macaroni cheese \$4.50 ♥ Vegetarian fried rice (GF) \$4.50</p> <p>HOT HAM & CHEESE ROLL</p> <p>Full serve \$3.50 Half serve \$2.50</p> <p>HOT CHICKEN ROLL \$3.50</p> <p>SMALL PIZZA: \$3.50 Ham, cheese & pineapple Ham & cheese Tomato, cheese, basil & roast capsicum</p>	<p>SNACKS</p> <p>♥ Bag of vegie sticks \$1.00 Cheese & Crackers \$1.50 Muffin \$1.00 Banana & chia bread \$1.50 ♥ Fruit (in season) \$1.00</p> <p>DESSERTS</p> <p>♥ Vanilla custard tub \$1.00 ♥ Greek yoghurt with mixed berries \$1.50 ♥ Tub of peaches \$1.50 ♥ Greek yoghurt with muesli \$1.50 Apricot & coconut bliss balls \$1.50</p> <p>DRINKS</p> <p>♥ Plain milk 200ml. \$2.00 ♥ Spring Water 600ml. \$1.50</p> <p>SPECIALS</p> <p>EVERYDAY: LUNCH PACK \$7.00 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</p>
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