**Café Term One 2018**

Dear valued parents and caregivers,

Recently the café has had some feedback from the school community which, positive or negative, all assists in moving towards a better environment.

In an effort to demystify the (sometimes) limited information you may receive from your children about meal content, we have provided an overview below.

Many students have the main meal everyday while others who may be fussier, tend to eat this less often. We generally place the protein portion of the meal on the plate and encourage the students to collect other foods that they like from the cold buffet as the

salad bar is where 60% of the meal should be coming from. This is not provided as a back-up option. We believe in educating the students through posters and images of what the meals could look like, giving them the options to create the type of meal they would like that day.

Not all children are the same and all have individual tastes. A great example of this is when we do beef burgers. We currently place the meat patty only on the plate. Salad and bread is on the buffet. For quite some time we were placing bread on the plate with the patty only to find that a huge amount of bread would end up in the bin at the end of lunch. Similarly, we have found that if we make up the burger with tomato, beetroot, lettuce, cheese, grated carrot, char grilled capsicum and aioli sauce, an enormous amount of waste is generated.

Photos of our meals are posted at times on social media and these are of our own meals, available to all students should they choose to avail themselves of what is offered. We admit that our food presentation skills (plating up) may be slightly better than some of the photos the students take, but you get the picture.

Meal variety is important in any balanced diet and we include seafood and other new meals for the kids as well as running classic favourites like Nachos and Pasta. If we based our meal offerings on what the students would like to eat, it would be Nachos daily!

Some of the choices offered may not be palatable for some, however we believe in variety and are trying to introduce them to foods they may not get at home. If something isn’t popular with the majority, it doesn’t make it back on the menu.

We also encourage students to eat well and to pack nutritious snacks. With lunch being served a little earlier in the day, it comes as no surprise that kids can be hungry by the end of the school day.

Cafe meal times are as follows:

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| --- | --- |
| Breakfast service: 8.00am till 9.10am | Lunch Service: |
|  | 11.10am - 11.30am Kindy, Stage One11.30am - 11.55am Stage Two & Three |
|  | 12pm - 12.20pm Stage Six12.20pm - 12.40 Stage Four12.40pm - 1.00pm Stage Five |

To give an indication of the variety of meals in the balanced diet we provide I have listed below the meals we have served this year.

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| * Bacon aurora pasta with sourdough
* Moroccan chicken drumsticks with cous cous
* Vegetarian risotto
* Lamb rissole with crushed chat potato
* Crumbed fish wrap
* Penne Bolognaise
* Chicken wings with caesar salad
* Butter chicken with steamed rice
* Sausages with mashed potato and Gravy
* Crumbed vegetable burger
* Spinach and ricotta ravioli
* Prawn and leek vol au vent
* Char sui pork with rice
* Grilled chicken schnitzel with mashed potato and gravy
* Hot Dog -sausage on a roll, not a frankfurter
* Chicken skewers with steamed rice
* Rissole with steamed chats and gravy
* Salmon patties with coleslaw
* Bacon Lettuce and Tomato Sandwich (Probably the school favourite)
* Penne meatball pasta
* Chicken korma curry with rice
* Beef Nachos
* Roast pork with mashed potato
* Hamburgers
* Beef Lasagne
* Beef and vegetable Pie
 | * Chicken and gravy rolls
* Spaghetti Carbonara
* Chicken drumsticks in Plum sauce with rice
* San Choi Bau
* Roast beef with mashed potato
* Crumbed hoki and tartare sauce
* Salmon pasta with creamy lemon sauce
* Chilli Con Carne with rice
* Singapore Noodles with chicken
* Ham steaks with pineapple and cheese
* Chicken Satay skewers with rice
* Beef Stroganoff with mashed potato
* Grilled chicken breast with garlic butter and brasied Peas and Leeks
* Macaroni pasta w/ two cheeses and chicken Breast
* Beef rissoles w/ chat potatoes and steamed broccoli w/ toasted sesame seeds
* Sous vide chicken breast parmigiana w/ mashed Potato
* Beef sausage or Hot Dog w/ wholemeal or white long rolls (Hot dog on white roll a clear winner
* Rissole with steamed chats and gravy
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We would like to invite all parents and caregivers to come to the café and volunteer for a day even if it’s just for a couple of hours over the lunch service period to see what happens on a daily basis.

If anyone has any queries regarding the Café large or small, please contact me at

café@internationalfootballschool.com

Kind Regards

Ashley van Kints