

MVPS CANTEEN MENU 2017

SANDWICHES (always foods)

Bread – White/Wholemeal, Turkish bread roll	\$2.00
Filling – Chicken, Tuna, Ham, Egg, Cheese, Avocado	\$1.00 ea
Salad – The Lot	\$4.00
Filling – Vegemite, Honey, Tomato, Lettuce, Beetroot, Cucumber, Carrot (No charge for toasting)	\$0.50c ea

COLD FOOD (always foods)

Sushi Hand Roll – Tuna, Teriyaki Chicken, Vegetarian, Salmon, Avocado, Californian (Tuna and Salmon Sushi Rolls also contain Avocado. Soy sauce is free upon request.)	\$2.50 ea
Salads & Dips-Hummus Dip with wholemeal bread and vegetable sticks	\$4.00
Happy Munch Lunch Combo: Sandwich (vegemite or honey), bottled water or juice box, fruit and a small surprise	\$4.00

SPECIALS (always foods)

Term 1 and Term 4 – Summer special salad (listed at online canteen)	\$4.00
Term 2 and Term 3 – Homemade soup (listed at online canteen)	\$4.00

HOT FOOD (sometimes foods) (Tomato & BBQ sauce free).

Hot Dog	\$3.00
Pies (meat, chicken and vegetable or beef and cheese)	\$3.00
Sausage Roll (meat or vegetarian)	\$3.00
Warm garlic roll	\$1.00
Dim Sim – steamed	\$1.00
Noodles in a cup (with or without veg)	\$3.00

HOT FOOD (always foods)

Corn on the cob	\$1.00
-----------------	--------

SNACKS (always foods)

Includes: apples, a bag of fruit pieces, a bag of dried fruit, a box of sultanas, a bag of sunflower seeds, a bag of vegetable sticks	\$0.50c
--	---------

SNACKS (sometimes foods)

Frozen yoghurt on a stick – large	\$1.50
Frozen yoghurt on a stick – small	\$1.00
Muffin – sweet	\$1.00
Small cupcake	\$0.50c
Cookie – sweet	\$1.00
Popcorn, Vege Chips, Mamee Noodle snacks	\$1.00

DRINKS (always foods)

Bottle of water	\$1.00
-----------------	--------

DRINKS (sometimes foods)

Milk – Chocolate/Strawberry UHT	\$1.50
Juice box – Tropical/Apple/Orange	\$1.50
Milo with fresh milk (warm)	\$1.50
Milo UHT box – cold	\$1.50

MVPS LUNCH ORDER BAG (available colours noted at online canteen).

\$10.00

ORDERING YOUR LUNCH

All snack items and drinks are available for over the counter cash only purchase at recess and lunchtime. They can also be ordered with your lunch.

To order your lunch:

Go to www.ouronlinecanteen.com.au.

Register, remembering to choose MVPS as your school of choice.

Click on the link in your email to open your account.

Add credit to your account, following the prompts, via credit card, direct deposit or Paypal.

Enter your child's details into your account.

IMPORTANT! Lunch orders are sorted by room number only so please ensure you place the correct room number in your child's account details.

Place your order prior to the cut-off time, which is 8.30am every Wednesday.

Press confirm and exit.

Please ask your child to place their empty lunchbag in the Canteen basket in their classroom at 9am.

MVPS REUSABLE LUNCHBAGS

It is highly recommended that you purchase a reusable lunch bag for your child from the canteen. These are \$10 each, come in a variety of colours, are very sturdy and have the capacity to hold large amounts of food and drink. Reusable paper bags can be used but are not recommended due to their flimsy nature. Lunch bags can be purchased directly from the canteen window with cash or via online canteen. They are listed on the online menu under the subheading "Extras".

VOLUNTEERING IN CANTEEN

Canteen is run by Stephanie Gatehouse – a volunteer parent – and it requires other volunteers each session in order to run efficiently. Three volunteers are required for Session A (9am to 11.30) and two for Session B (11.30 to 2.00pm). To volunteer, please go to the MVPS website, click on the Parents & Community tab and under "Canteen", click on the [SignUp](#) link to sign up. Each class is allocated a Wednesday during term in which they are asked to fill the roster but if you are unable to assist on that day, please feel free to volunteer on any other Wednesday that suits you. Stephanie can be contacted on 0425 782 697 or at stephaniegathouse@yahoo.com.

HEALTHY OPTIONS RAFFLE

To maximise our focus on encouraging optimal health through nutritious food choices combined with physical activity, the Malvern Valley Canteen Menu incorporates a monthly raffle, awarding a PRIZE to the winning entries drawn from the **HEALTHY OPTIONS** box in the canteen foyer. **TO ENTER** (as many times as you like), all you need to do is choose an item from the menu or a section of the menu under the heading **(always foods)**. You will then receive a raffle ticket in your lunchbag, on which you write your name and then place in the box. The raffle is drawn during the final assembly of each term during which three prizes for the previous months are handed out. Good luck!