

MVPS CANTEEN MENU 2021

SANDWICHES

Bread (White or Wholemeal)	\$2.00
Filling - Chicken, Ham, Cheese	\$1.00
Filling - Vegemite, Honey, Strawberry Jam, Tomato, Lettuce, Cucumber, Carrot (No charge for toasting)	\$0.50

SUSHI

Tuna & Avocado, Terriyaki Chicken, Salmon & Avocado, Cucumber & Avocado	\$3.00
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HOT FOOD

Hot Meals (Pasta Bolognese, Butter Chicken, Mac n Cheese, Thai Coconut Chicken Curry, Thai Fried Rice w chicken) - subject to availability.	\$4.75
Hot Dog	\$3.20
Pies (Meat or chicken & veg)	\$3.20
Sausage Roll	\$3.00
Cheese & Spinach Roll	\$3.50
Warm Garlic Roll	\$1.00
Dim Sim	\$1.00
Corn Cob	\$1.00
Noodles in a cup (with or without veg) - Chicken Flavour	\$3.00

SNACKS

Apple, Fresh Fruit Bag, Dried Apples, Dried Apricots, Sultanas, Sunflower Seeds, Vegetable Sticks	\$0.80
Lick Stick (Frozen Berri Fruit Juice Tube or Zooper Dooper)	\$1.00
Cookies - Choc Chip, Anzac, Wagon Wheel	\$1.00
Cakes - (depending on availability - Cupcake, brownies, lamington finger, muffins, donuts etc)	See online
Popcorn, Vege Chips, Noodle Snacks, Jumpy's Potato Snacks	\$1.00

DRINKS

Bottled Water	\$1.00
Milk - Chocolate or Strawberry	\$1.70
Juice Box - Orange, Apple or Tropical	\$1.50
Milo with fresh milk (warm or cold)	\$1.50

SPECIALS

See online each week for current specials (May include: Homemade Soups, Pizza's, Nachos etc)	See Online
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ORDERING YOUR LUNCH

All orders are to done via the online ordering at www.quickcliq.com.au All online orders will be packed in the canteen and delivered to the classroom for recess (drink & snack menu only) & lunchtime (full menu).

To order your lunch:

Go to www.quickcliq.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.

You can also pay for you order each time as you order if you do not wish to load credit to your account in advance.

Add student to your account ensuring you select current class teacher and room.

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

Place your order before the cut-off time, which is 8pm the day priorr to canteen.

Please allow some time to setup your account prior to your first order so you don't miss the cut off time!

VOLUNTEERING IN CANTEEN

Canteen is run by Tina Johnston & Shino Shibata who are volunteer parents - and it requires other volunteers each session in order to run efficiently. Three volunteers are required for Session A (9am to 11.30) and one for session B (11.30 to 2pm). 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 day during the 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 day that suits you. Tina can be contacted on 0419 896 579 or at tinajohnston@optusnet.com.au.

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 drawn electronically at the end of term assembly.

ENTRY is automatic via the online ordering system simply by choosing a green (always food) menu item.