



6th February, 2017  
Term 1 @ the Lunch Box

Dear school community, family and friends,

Welcome back to the new school year, we trust you had a fun filled summer break and are looking forward to the term ahead. The MDCS Lunch Box certainly is looking forward to serving our lovely school community our new menu.

Please note: the biggest change is that the Lunch Box will be running on a **THURSDAY** so please have your orders into the office by Wednesday, thank you.

If you are new to MDCS please write your name (or child's name) and year level on a brown paper bag, include your lunch order and the money - we can give change and will pop it in an envelope inside the bag. Alternatively, you can use the sticky beak brand insulated lunch bags, with your child's name and year level clearly displayed.

The new menu still has some old favourites including toasted sandwiches and sourdough, but we also have some new items courtesy of the Artisan Crust. Scott Megee is now baking his delicious breads and pastries during the week, so we are lucky enough to be able to serve his fresh authentic baguettes, traditional croissants and chocolate croissants at school. We hope you like the range of fillings for the fresh baguettes - yum!

There are several more varieties of sushi to choose from, as it continues to be a very popular lunch choice. It is delivered fresh from Belgrave Sushi. Also new to the menu are traditional and vegetable pasties, plus egg and bacon or spinach quiche.

We also like to change things up each term in terms of fresh smoothies and juices, so we are trying a new cherry ripe smoothie, made with frozen cherries, coconut cream, milk and organic cacao - try it and let us know what you think!

The range of snacks, and healthy and frozen snacks remains the same, as we strive to offer great choice which is good value and healthy.

Several times each term we offer a lunch time "special" and when we do so, we will send home an additional flyer with the details - if you have any great ideas or inspiration of what you would like to see included, please let us know. Or if you have any questions, ideas or feedback please contact us via the school office or email.

**If you would like to volunteer** a couple of hours on a Thursday to help at the Lunch Box we would love to hear from you - it's a great opportunity to serve the students and staff at our school (AND it counts towards your community levy) PLUS it's great fun and builds friendships and fellowship!

Thank you.

Anne Clowes and Cathie Megee

[anne.clowes@bigpond.com](mailto:anne.clowes@bigpond.com)