About Us

Miss Peppercorn was established in February 2010 from a passion to provide natural, healthy, affordable, delicious and nutritious lunch choices for children. We promote and provide food that delights our customers.

At Miss Peppercorn we are mums and dads, we are all parents with children at local schools. We understand the importance of creating healthy, balanced eating habits at an early age. We look for food choices that provide high quality, variety and value for money.

We believe that we offer a school lunch service that offers much greater variety and more wholesome food choices than our competitors.

Even teachers and principals place lunch orders at a number of our schools - something we regard as a compliment to our service and food. As an experienced catering firm we can also cater for a variety of school functions and can tailor a menu to suit your needs and budget.

As a local business we are involved in the school community and are able to respond to your needs quickly and effectively. We are always keen to not only receive but act upon feedback from parents, children and staff about our food and how we can improve our service.

We are based in Box Hill and service a 15km radius. We have a proven track record with a number of local schools and we encourage you to seek feedback on our school lunch service and catering service from these schools. We can supply names of schools and appropriate contacts if you require.

Our team would love the opportunity to provide our reliable, healthy and exceptional school lunch service to the families at Roberts McCubbin Primary School, Box Hill South.
Our Menu

We have worked tirelessly to perfect our recipes so that our ‘sweet treats’ are loaded with vegetables, including our chocolate dipping sauce. You can’t taste the vegetables but they are in everything we bake ……. shhh don’t tell the children!

We offer a variety of healthy eating options and keep our menu fresh, vibrant and interesting by providing new choices each term. We also include monthly specials and seasonal meal deals as a value adding treat. Our menu is a ‘Go For Your Life’ approved selection of healthy snacks and hot and cold foods including savoury and sweet.

Our food is cooked and prepared in our kitchen immediately prior to delivery to our schools. We pride ourselves in making delicious food that we know our kids will love.

We don’t mass produce our food, we bake daily and add care and love just like your meals at home. Our food is real food to nourish the mind and body. We use fresh fruits and vegetables, high fibre wholegrain bread products, lean meats, free range chicken and eggs, and reduced fat dairy produce.

Each season, and according to customer feedback, we change our Menu (but we keep the favourites). We are constantly researching and sampling foods to continually improve our menu. We actively seek feedback from parents, schools and the children.

We are aware that there are some children with nut, dairy, gluten and other allergies. We have provided a menu that accommodates these children.

Parents can order something home baked to add to their child's lunch for the day, a drink or a complete meal, there is no minimum order.

Our kitchen staff are supervised by an accredited Food Safety Supervisor and we adhere to all rules and regulations governing safe food preparation under the guidelines of the City of Whitehorse Environmental Health Services, the Victorian Food Act 1984 (State) and FSANZ Food Standards Code (Federal).

Our kitchen has a 5 star health and hygiene rating from the City of Whitehorse.
Ordering

Our current Menu is attached and is also available to view through our online provider 'Flexischools'. We update our menu each season so that we can provide the best of what is in season.

Our online ordering is simple and flexible to use and well supported on those occasions when parents might have questions.

We have found that ordering online provides an easy, hassle free and fail safe option to parents. Our menu is provided on-line allowing parents to order lunches at their own convenience. Parents may order at any time up until 9.15am that day, or pre-order up to 28 days in advance.

We ask that our menu is published and a link to our to our ordering system on your school website.

Packaging

We are committed to ensuring our service is environmentally friendly. We use as little packaging as possible, using recycled paper based products and bags - avoiding plastic wherever we can.

All orders are packaged in individually labelled bags containing a napkin and the appropriate corn starch eating implements. All our packaging products are bio-degradable.

Hot food is packaged in foil containers or foil lined bags. We are very conscious of keeping our food hot so it arrives at the correct temperature for the children to enjoy.
Delivery

There is nothing like the excitement in a child’s face when they pick up their lunch order, we get excited too!!

Meals are provided in a brown paper bag labeled clearly for each child. Each bag contains the appropriate implements with each meal.

We deliver to your school at an agreed time so that food is fresh and hasn't become soggy or dry in storage or transportation. Food is transported in secure approved 'hot' and 'cold' boxes. Miss Peppercorn staff distribute the hot and cold items into children's bags then place the child’s lunch into each class tub.

It is really important to us that our hot food arrives 'hot' and ready for our children to enjoy. Cold foods are fresh and chilled and in summer frozen foods are just that - frozen.

We comply with all food preparation, storage and transportation standards and regulations and are proud of our five star food and hygiene rating from the City of Whitehorse.
### School Lunches Price List - Summer 2013

**Simple, healthy, fresh and yummy food delivered to children for lunch**


<table>
<thead>
<tr>
<th><strong>Salads</strong></th>
<th><strong>$</strong></th>
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</thead>
<tbody>
<tr>
<td>Crazy Salad - tomato, grated cheese &amp; carrot, diced celery, cucumber &amp; apple w/ a few chickpeas!</td>
<td>5.00</td>
</tr>
<tr>
<td>Caesar Salad - bacon, tomato, egg, croutons, lettuce - add mayonnaise, balsamic or chicken to your salad</td>
<td>5.00</td>
</tr>
<tr>
<td>Roast Vegie quiche w/ salad</td>
<td>1.00</td>
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<table>
<thead>
<tr>
<th><strong>From the oven</strong></th>
<th><strong>$</strong></th>
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</thead>
<tbody>
<tr>
<td>Corn Cobs w/ a little butter (or not!)</td>
<td>3.50</td>
</tr>
<tr>
<td>Oven baked chicken pops (10)</td>
<td>4.00</td>
</tr>
<tr>
<td>Sausage roll (lite) or cheese &amp; spinach roll</td>
<td>4.00</td>
</tr>
<tr>
<td>Penne pasta w/ Napoli sauce &amp; cheese</td>
<td>5.00</td>
</tr>
<tr>
<td>GF pasta w/ Napoli sauce &amp; cheese</td>
<td>5.00</td>
</tr>
<tr>
<td>Margarita pizza</td>
<td>5.00</td>
</tr>
<tr>
<td>Hawaiian pizza</td>
<td>5.00</td>
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<table>
<thead>
<tr>
<th>'Just a little more' (our bit bigger serve)</th>
<th><strong>$</strong></th>
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</thead>
<tbody>
<tr>
<td>Penne pasta with Napoli sauce w/ cheese</td>
<td>6.00</td>
</tr>
<tr>
<td>Oven baked chicken pops (15)</td>
<td>6.00</td>
</tr>
</tbody>
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**Check our monthly meals & specials online!**

**Sandwiches, Wraps & Rolls - make your own!**

- **GF & yeast free rolls & bread available +$1.00**

**Fillings available: + .50c each**

- lettuce, tomato, cheese, cucumber, avocado, egg grated carrot, honey, vegemite, coleslaw, creamed corn, beetroot, capsicum, poached chicken, lean ham, roast beef, bacon, tuna, falafels

**Free Condiments:**

- mayonnaise, mustard, tzatziki, homemade chutney, sweet chilli

**Sandwiches - 1 filling from 3.60**

<table>
<thead>
<tr>
<th><strong>Rolls - 1 filling from 4.10</strong></th>
<th><strong>Wraps - 2 fillings from 4.80</strong></th>
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</thead>
<tbody>
<tr>
<td>3.60</td>
<td>4.10</td>
</tr>
<tr>
<td>4.80</td>
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**New!**

- Savoury scroll
  - vegemite & cheese OR tomato & cheese | 3.70 |
  - Crunchy chicken salad wrap - lettuce, chicken, thinly sliced red capsicum & mashed avocado (it’s yummy) | 5.00 |

**Sushi - avail Mondays, Thursday & Fridays only**

- Cooked Tuna | 2.90 |
- Avocado | 2.90 |
- Chicken Teriyaki | 2.90 |

<table>
<thead>
<tr>
<th><strong>Snacks</strong></th>
<th><strong>$</strong></th>
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</thead>
<tbody>
<tr>
<td>Jelly cup (includes small slice of fruit)</td>
<td>2.60</td>
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<tr>
<td>Air popped popcorn w/ a little cinnamon sugar</td>
<td>1.80</td>
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**Fruit snacks**

- Apple crumble w/ yoghurt or custard | 3.60 |
- Fruit Cups - make your own combo w/ fruit in season (items will change as fruit is available): strawberries, grapes, watermelon, mango, oranges pineapple, apple, banana
  - add yoghurt | 1.00 |
  - add chocolate dipping sauce | 1.50 |
- Fruit Kebab w/ a treat ! | 3.00 |
  - add yoghurt | 1.00 |
  - add chocolate dipping sauce | 1.50 |

<table>
<thead>
<tr>
<th><strong>Sweet (but still a little healthy) snacks</strong></th>
<th><strong>$</strong></th>
</tr>
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<tbody>
<tr>
<td>Chocolate Chip Cookie</td>
<td>2.50</td>
</tr>
<tr>
<td>Jam Drop Cookie</td>
<td>2.50</td>
</tr>
<tr>
<td>'Yum' balls (2)</td>
<td>3.00</td>
</tr>
<tr>
<td>Kate’s Slice</td>
<td>2.50</td>
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**Drinks**

- Paradise Punch 100% Fruit Juice | 2.00 |
- Apple 100% Fruit Juice | 2.00 |
- OAK Flavoured Milk (250ml):
  - Chocolate | 2.60 |
  - Strawberry | 2.60 |
  - **NEW!** Banana | 2.60 |
- Plain bottled water | 2.60 |

**Frozen Products**

- Moosies
  - Chocolate | 2.10 |
  - Banana | 2.10 |
- Juices
  - Apple | 1.70 |
  - Wildberry | 1.70 |

**Extra’s**

- Extra sweet chilli sauce | .50 |
- Extra soy sauce (w/ sushi) | .50 |
- Extra tomato sauce | .50 |
March 2013

Dear Parents,

Welcome to Miss Peppercorn School Lunches. We are very excited to be providing our reliable, healthy and delicious lunch order service to the families at ?? Primary School every ?? commencing ??

Our Food & Menu
Our food is simple, fresh, healthy, tasty and delicious. Yum! Our food is 'homestyle' made with passion by us! We understand the importance of nutritious food that encourages children to eat healthy. We closely follow the Victorian Government nutrition guidelines for schools - our menu is 'Go For Your Life' approved. Each season we change our Menu.

What you need to do
You will need to set up your account using our online service. This must be done before you can order your child's lunch. We use FlexiSchools. Follow these steps to set up your account:

2. Click on "Click here to register" to create your account
3. Top-up your balance
4. Start ordering immediately - we are open!
5. Each time you order you can select our 'allergy alert' option which will print on your child's label and advise our kitchen of the relevant allergy.

What Does it Cost?
The cost is the cost as shown on the menu plus a 25c fee for each order placed.

How Does It Work?
Go to www.misspeppercorn.com.au/schools and click “click here to register”. Then enter your student’s name, school and class, and add funds (say $50) into a pre-paid account.

You can log into the website at any time to place orders, up until 9:15am on the day of the order. As purchases are made, the funds are taken from your pre-paid account. The account can be topped up again in the same way, or set to automatically top-up via credit card when the balance falls below a pre-set minimum.

Each order is sent automatically to our kitchen, where an easy-to-read label is produced with the student’s name, class and order details.

At lunch time, we take the orders to your school and collate them ready for collection.

If you have any problems or would like assistance please call: Flexi Schools
8am-5pm on ☎ 1300 361 769

m: 0425 810 508   t: (03) 9899 2454
e: lunchorders@misspeppercorn.com.au
www.misspeppercorn.com.au
PO Box 5109 Laburnum 3130   ABN 362 068 235 13
What payment methods can I use?

FlexiSchools accepts payment via Visa, Mastercard, Payclick and Bank Transfer. To perform a bank transfer to your FlexiSchools account, click ‘Topup Account’ when logged into the FlexiSchools website and select ‘Bank Transfer’; you will be given your unique EFT code. You can then make a transfer via your bank’s internet facility or at your branch. Your Account must have a minimum of $20 in it.

Monthly Specials and Meal Deals

Our regular specials and meal deals will be emailed to you each month. We look forward to providing your children their lunch from Term Four.

From the Team at Miss Peppercorn

- Kate, Bec, Carolyn, Jodie, Michelle, Helen, Kath, Susie, Caroline & Rachel