

## Munch Monitor – PH: 1300 796 190

Lunch Orders can be made up to 4 weeks in advance however on the rare occasion the MM system is unavailable please organise your child's lunch for the day while the problem is resolved.

### Canceling your child's online order

Orders for the day can be cancelled right up until 8.30am cut-off time online each morning if your student will be absent from school.

To cancel the order:

Log into your account and open the order page again you will see a deletion button at the bottom of the order page, select delete order and the order will be cancelled & the funds will be returned to your account immediately.

### Dietary Requirements

Please note Gluten Free & Halal items are marked clearly on Munch Monitor, however if your child has other dietary requirements, please contact the canteen directly so we can assist you.

### About Our Canteen

Our canteen is an approved Great Choice, Healthy School Canteen by the NSW Government, our menu meets the criteria for the NSW Healthy Schools Canteen Strategy Choices with over 75% everyday food choices and less than 25% occasional food choices.

Thank you for supporting the school by using the Canteen managed by the P&C Association.

### Volunteers

The canteen welcomes our Sans Souci community volunteers – parents, grandparents and carers. All offers of help are greatly appreciated. We offer a valuable service to our school five days a week.

Our canteen is run by the P&C to provide a wide range of healthy food items. It is dependent upon the voluntary support of parents for its survival. Many parents enjoy visiting the school and working at the canteen with other parents. *Profits from the canteen help educate our children and equip the school.*

If you would like to help, please talk to our friendly canteen supervisors or fill out the google form located on the school's website under the tab, What We Offer.

### Uniform Prices

**SSPS Sports Shorts Unisex** \$35.00

Size 4-16

**SSPS Sports Skorts** \$35.00

Size 4-20

**SSPS Sports Polo - Years Kindy – Year 2** \$35.00

Size 4-12

**SSPS Sports PSSA Top - Years 3 - 6** \$35.00

Size 8-22

**School Caps** \$20.00

**Wide Brim Hats** \$20.00

**Library Bags** \$15.00

**Large School Bags** \$50.00

**Large School Pack** \$80.00

Includes: Bucket Hat, Library Bag, and School Bag

**PSSA Socks** \$15.00

Years 3-6 PSSA Sport Only

\*SSPS Sports Uniforms are available daily for purchase through Munch Monitor online or from the canteen Monday, Tuesday or Wednesday.

\*\*Please note secondhand uniforms are only available over the counter Monday, Tuesday and Wednesday.

### Secondhand Uniforms Available

**Prices range from \$2.00 to \$5.00**

\*We happily accept all good condition and freshly laundered secondhand uniforms. All proceeds raised are donated back to the school by the P&C.

### Online Uniform Shop

We encourage parents to purchase through the online uniform shop, to place an order for sports uniform, bags, library bags, hat & caps through MM please click on the tab Uniform Shop and order what you require, please note these will be delivered directly to your child.

\*Exchanges can be made if incorrect size has been ordered but must be with tags attached and original packaging otherwise, we will not be able to exchange your purchase.

**Cash only if purchasing directly from the canteen.**



# Sans Souci Public School



## P&C Canteen Menu 2024

Prices current from  
30 January 2024  
(Prices are subject to change)

### Hours

### Lunch

11.15 am – 12.00 noon

### Fruit Break

1.50pm - 2.10 pm

Ph: 9529 6123  
Rocky Point Road  
Sans Souci NSW 2219

## MUNCH MONITOR ONLINE ORDERING

To setup an account go to: [www.munchmonitor.com](http://www.munchmonitor.com)  
 Click LOGIN then REGISTER  
 Enter School ID: sanssoucips  
 Enter PASSWORD: munch2219  
 Click SUBMIT then follow the prompts to CREATE your ACCOUNT.  
 CALL MUNCH MONITOR on 1300 796 190 for further assistance.  
 ONLINE ORDERS cut off 8.30am.  
 Cost per family per term \$5.00

**LUNCH ORDERS ARE ONLY ACCEPTED THROUGH MUNCH MONITOR ONLINE ORDERING**  
**NO CASH OR PHONE ORDERS WILL BE ACCEPTED**  
**THANK YOU FOR UNDERSTANDING**

## Snacks

### Available Daily Lunch & Fruit Break

<b>Vegie Sticks and Dip - Hommus or Tzatziki</b>	<b>\$3.30</b>
<b>Snack Salad</b> cherry tomato & vegie sticks	<b>\$2.50</b>
<b>Apple Slinky</b> or fresh seasonal fruit	<b>\$1.40</b>
<b>Fruit Cup</b> seasonal freshly cut fruit	<b>\$1.50</b>
<b>Cheese and Crackers</b>	<b>\$2.50</b>
<b>Garlic Bread</b>	<b>\$1.50</b>
<b>Lite Jelly Cup</b> small	<b>\$1.00</b>
<b>Lite Jelly Cup</b> regular	<b>\$1.30</b>
<b>Piranha Popcorn</b>	<b>\$2.20</b>
<b>Red Rock Sea Salt Chips</b>	<b>\$2.00</b>
<b>Muffin</b> - plain or fruit freshly made in the canteen	<b>\$1.80</b>

## Drinks

<b>Harvey Fresh Juice</b> apple, apple blackcurrant	<b>\$2.50</b>
<b>Water</b> 600ml	<b>\$2.00</b>
<b>Flavoured Milk</b> chocolate, strawberry	<b>\$2.70</b>
<b>Up &amp; Go</b> chocolate, vanilla, strawberry	<b>\$2.70</b>
<b>Juice Bomb</b> selected varieties	<b>\$3.00</b>

## Ice Creams

<b>Available over the counter ONLY Lunch &amp; Fruit Break</b>	
<b>Frozen Milk Cup &amp; Juice Cups</b>	<b>\$1.00</b>
<b>Frozen Iced Sour Mony</b>	<b>\$1.20</b>
<b>Quelch Ice Blocks</b>	<b>\$1.00</b>
<b>Twisted Frozen Yogurt</b>	<b>\$2.80</b>

## Lunch

Available on day specified ONLY

### Monday

<b>Plain Pasta with Tasty Cheese</b>	<b>\$4.20</b>
<b>Napolitana Pasta</b>	<b>\$4.80</b>
canteen made tomato sauce with hidden vegetables & cheese	
<b>Meatball Napolitana Pasta</b>	<b>\$6.00</b>
beef meatballs with canteen made tomato sauce & cheese	
<b>Meatball Napolitana Sub Roll</b>	<b>\$6.00</b>
beef meatballs with canteen made tomato sauce & cheese	

### Tuesday

\*Sushi must be ordered online Monday by 12noon

<b>Sushi</b> selected varieties	from <b>\$4.20</b>
<b>Teriyaki Chicken or Butter Chicken</b>	<b>\$6.00</b>
canteen made chicken dishes are served with steamed rice	
<b>Add Mini Round Pitta Bread</b>	<b>\$1.00</b>
<b>Add Peas</b>	<b>.80c</b>

this is an add on to our Teriyaki and Butter Chicken Only

### Wednesday

<b>Plain Pasta with Tasty Cheese</b>	<b>\$4.20</b>
<b>Napolitana Pasta</b>	<b>\$4.80</b>
canteen made tomato sauce with hidden vegetables & cheese	
<b>Meatball Napolitana Pasta</b>	<b>\$6.00</b>
beef meatballs with canteen made tomato sauce & cheese	
<b>Meatball Napolitana Sub Roll</b>	<b>\$6.00</b>
beef meatballs with canteen made tomato sauce & cheese	

### Thursday

<b>Cheese Pizza - Margherita</b>	<b>\$5.00</b>
<b>Ham &amp; Cheese Pizza</b>	<b>\$5.20</b>
<b>Zaatar - oregano bread</b>	<b>\$3.00</b>
<b>Teriyaki Chicken or Butter Chicken</b>	<b>\$6.00</b>
canteen made chicken dishes are served with steamed rice	
<b>Add Mini Round Pitta Bread</b>	<b>\$1.00</b>
<b>Add Peas</b>	<b>.80c</b>

this is an add on to our Teriyaki and Butter Chicken Only

### Friday

\*Sushi must be ordered online Thursday by 12noon

<b>Sushi</b> selected varieties	from <b>\$4.20</b>
<b>Lean Sausage Roll - Halal</b>	<b>\$4.00</b>
<b>Lean Meat Pie - Halal</b>	<b>\$4.50</b>
<b>Halal /Gluten Free Hotdog</b>	<b>\$3.80</b>

### Extras

<b>Tomato, BBQ, Sweet Chilli or Dressing portion</b>	<b>.40c</b>
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## Lunch - Daily

Available Lunch Monday to Friday

<b>Chicken Tenderloin (each)</b>	<b>\$2.00</b>
<b>Chicken Tenderloin Wrap/Roll</b>	<b>\$5.00</b>
2 chicken tenderloins with lettuce and mayo or tomato sauce	
<b>Chicken Tenderloin &amp; Salad Wrap</b> with mayo	<b>\$6.00</b>
<b>Beef Burger</b> with cheese lettuce tomato & sauce	<b>\$5.00</b>

## Toasted Sandwiches

Wholemeal Bread Used / Gluten Free Bread Available

<b>Cheese Toastie</b>	<b>\$3.70</b>
<b>Tomato &amp; Cheese Toastie</b>	<b>\$4.20</b>
<b>Ham &amp; Cheese Toastie</b>	<b>\$4.70</b>
<b>Pizza Toastie - ham, cheese, pizza paste</b>	<b>\$4.90</b>
<b>Chicken &amp; Cheese Toastie</b>	<b>\$4.70</b>
<b>Wrap toasted</b> with extra cheese & above fillings add	<b>\$1.40</b>

## Fresh Sandwiches

Wholemeal Bread Used / Gluten Free Bread Available

<b>Vegemite</b>	<b>\$2.60</b>
<b>Cheese</b>	<b>\$3.10</b>
<b>Salad</b>	<b>\$4.20</b>
<b>Salad &amp; Cheese</b>	<b>\$4.70</b>
<b>Chicken (fresh chicken)</b>	<b>\$3.70</b>
<b>Chicken &amp; Salad</b>	<b>\$5.20</b>
<b>Ham</b>	<b>\$3.70</b>
<b>Ham &amp; Salad</b>	<b>\$5.00</b>
<b>Tuna</b>	<b>\$4.20</b>
<b>Tuna, Lettuce &amp; Mayo</b>	<b>\$5.10</b>
<b>Extras - add to above prices</b>	
<b>Cheese, Tomato, Cucumber, Lettuce, Carrot</b>	<b>.60c</b>
<b>Salad</b> (lettuce, tomato, cucumber, carrot)	<b>\$2.00</b>
<b>Roll or Wrap</b>	<b>.80c</b>
<b>Add sauce, mayo, sweet chilli to above</b>	<b>.30c</b>

## Salads - Daily

<b>Greek Salad</b> Baby	<b>\$2.50</b>	Small	<b>\$5.30</b>	Large	<b>\$6.30</b>
Lettuce, cucumber, tomato, feta, olives and dressing					
<b>Salad Box</b> Baby	<b>\$2.50</b>	Small	<b>\$5.30</b>	Large	<b>\$6.30</b>
Lettuce, cucumber, tomato, carrot and dressing					
<b>Add Ham or Cheese</b>	<b>\$1.50</b>	<b>Chicken or Tuna</b>	<b>\$2.00</b>		
Please note baby salads do not come with dressing and we cannot add extras on.					