

Please place orders before 9:15am

Canteen shutters will close on 2nd bell to ensure children's lunches are ready for 11.15am.

- Please clearly write the students name, class and food order on a paper lunch bag.
- Include prices and total.
- Use separate bags for drinks
- Place correct money inside bag and fold bag into quarters.
- Please do not use staples or sticky tape.
- Add 10c extra for a paper bag.
- Substitutes will be offered if stock is not available

Late orders after 9.15am Students will be offered what is available at the time of the late order.

About Our Canteen

Our aim is to fill the menu with **Everyday** foods low in saturated fat, added sugar and/or salt and high in fibre. This is balanced with sales of **Occasional** foods that are moderately high in fat, sugar and salt.

Thank you for supporting the School by using the Canteen managed by the P&C Association. All profits from the canteen are donated to the school to help support the education of our children.

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 helps to equip our school. If you would like to help, please talk to our friendly canteen managers.

Uniform Prices

| | |
|--|----------------|
| SSPS Sports Shorts Unisex | \$30.00 |
| Size 4-16 | |
| SSPS Sports Skorts | \$30.00 |
| Size 4-16 | |
| SSPS Sports Polo - Years Kindy – Year 2 | \$30.00 |
| Size 4-10 | |
| SSPS Sports PSSA Top - Years 3 - 6 | \$30.00 |
| Size 8-16 | |

*SSPS Sports Uniforms are available for purchase from the canteen every Monday, Tuesday & Wednesday Morning or by order form.

| | |
|---|----------------|
| School Caps | \$13.00 |
| Wide Brim Hats | \$15.00 |
| Library Bags | \$15.00 |
| Large School Bags | \$45.00 |
| Large School Pack | \$70.00 |
| Includes: Bucket Hat, Library Bag, and School Bag | |
| PSSA Socks | \$15.00 |
| Years 3-6 PSSA Sport Only | |

Second Hand 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.

Sans Souci Public School



P&C Canteen Menu 2020

Prices current from
28 January 2020
(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



ONLINE ORDERING

To setup an account go to: www.munchmonitor.com
Click LOGIN then REGISTER
Enter School ID: sanssouci
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.
CASH ORDERS cut off over the counter by 9.15am.
Please assist the canteen by ordering online.

Snacks

Available Daily Lunch & Fruit Break

| | |
|--|------------------|
| Vegie Sticks and Dip - Hommus or Tzatziki | \$2.00 |
| Cheese and crackers | \$2.00 |
| Frozen Fruit Pieces | from .20c |
| Apple Slinky | \$1.00 |
| Your apple made into a slinky | .20c |
| Fruit Cup seasonal freshly cut fruit | \$1.00 |
| Fresh Fruit prices are seasonal from | \$1.00 |
| Snack Salad cherry tomato & vegie sticks | \$2.00 |
| Jelly Cup | \$1.00 |
| Popcorn | \$1.50 |
| Muffin - freshly made in the canteen | \$1.50 |
| Garlic Bread | \$1.00 |

Drinks

| | |
|--|---------------|
| Harvest Fresh Juice apple, apple blackcurrant | \$2.00 |
| Water 600ml | \$2.00 |
| Flavoured Milk chocolate, strawberry | \$2.50 |
| Up & Go chocolate, vanilla, strawberry | \$2.50 |
| Juice Bomb selected varieties | \$2.50 |

Ice Creams

Available over the counter ONLY Lunch & Fruit Break

| | |
|----------------------------------|---------------|
| Frozen Milk Cup | \$1.00 |
| Frozen Juice Cup | \$1.00 |
| Twisted Frozen Yoghurt | \$2.20 |
| + Various Ice Creams from | \$1.00 |

Lunch

Available on day specified ONLY

Monday

| | |
|--|---------------|
| Plain Pasta with Tasty Cheese | \$3.70 |
| Napolitana Pasta with Tasty Cheese | \$4.30 |
| Mac & Cheese 99% Fat Free | \$4.50 |
| Teriyaki Chicken served on steamed rice | \$4.50 |
| Butter Chicken served on steamed rice | \$4.50 |

Tuesday

***Sushi and rice paper rolls must be ordered online Monday by 12noon**

| | |
|---|---------------|
| Vietnamese Rice Paper Roll – Vegetarian | \$3.80 |
| Sushi – Chicken Teriyaki or Tuna with cucumber | \$3.80 |
| Teriyaki Chicken served on steamed rice | \$4.50 |
| Butter Chicken served on steamed rice | \$4.50 |

Wednesday

| | |
|---|---------------|
| Plain Pasta with Tasty Cheese | \$3.70 |
| Napolitana Pasta – homemade tomato sauce | \$4.30 |
| Mac & Cheese 99% Fat Free | \$4.50 |
| Lean Sausage Roll - Halal | \$3.50 |
| Lean Meat Pie - Halal | \$3.80 |

Thursday

| | |
|----------------------------------|---------------|
| Cheese Pizza - Margherita | \$4.50 |
| Ham & Cheese Pizza | \$4.80 |
| Zaatar - oregano bread | \$2.50 |

Friday

***Sushi and rice paper rolls must be ordered online Thursday by 12noon**

| | |
|---|---------------|
| Vietnamese Rice Paper Roll – Vegetarian | \$3.80 |
| Sushi – Chicken Teriyaki or Tuna with cucumber | \$3.80 |
| Lean Sausage Roll - Halal | \$3.50 |
| Lean Meat Pie - Halal | \$3.80 |

Lunch – Daily

Available Lunch Monday to Friday

| | |
|---|---------------|
| Chicken Tenderloin (each) | \$1.60 |
| Chicken Tenderloin Wrap/Roll | \$4.50 |
| 2 chicken tenderloins with lettuce and mayo or tomato sauce | |
| Chicken Tenderloin & Salad Wrap with mayo | \$5.50 |
| Beef Burger with cheese lettuce tomato & sauce | \$4.50 |

Lunch – Daily

Available Lunch Monday to Friday

Toasted Sandwiches

Wholemeal bread used

| | |
|--|-------------------|
| Cheese Toastie | \$3.20 |
| Tomato & Cheese Toastie | \$3.70 |
| Ham & Cheese Toastie | \$4.20 |
| Pizza Toastie - ham, cheese, pizza paste | \$4.40 |
| Chicken & Cheese Toastie | \$4.20 |
| Wrap toasted with extra cheese & above fillings | Add \$1.00 |

Fresh Sandwiches

Wholemeal bread used

| | |
|--|---------------|
| Vegemite | \$2.20 |
| Cheese | \$2.60 |
| Salad | \$3.70 |
| Salad & Cheese | \$4.20 |
| Chicken (fresh chicken) | \$3.20 |
| Chicken & Salad | \$4.70 |
| Ham | \$3.20 |
| Ham & Salad | \$4.50 |
| Tuna | \$3.70 |
| Tuna, Lettuce & Mayo | \$4.60 |
| Extras - add to above prices | |
| Cheese, Tomato, Cucumber, Lettuce, Carrot | .50c |
| Salad (lettuce, tomato, cucumber, carrot) | \$1.70 |
| Roll or Wrap | .60c |
| Add sauce, mayo, sweet chilli to above | .30c |

Salads - Daily

| | |
|---|----------------------------------|
| Snack Salad - cherry tomato & vegie sticks | \$2.00 |
| Greek Salad | Small \$4.60 Large \$5.60 |
| Lettuce, cucumber, tomato, feta, olives and dressing | |
| Salad Box | Small \$4.60 Large \$5.60 |
| Lettuce, cucumber, tomato, carrot and dressing | |
| Add Ham or Cheese \$1.00 | Chicken or Tuna \$1.50 |

Extras

| | |
|--|-------------|
| Tomato Sauce or Sweet Chilli portion | .30c |
| Lunch Bags | .10c |
| Forks/Spoons - when not part of lunch order | .10c |