

## Munch Monitor – PH: 1300 796 190

On the rare occasion the MM system is unavailable please organise your child's lunch for the day while the problem is resolved.

To avoid the system being slow due to overwhelming orders from all schools we suggest you place your lunch orders before 8am or make your morning easier and order the night before. You can even order up to a month in advance.

## cancelling 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.

## About Our Canteen

Our canteen is an approved Healthy School Canteen by the NSW Government, our menu meets the criteria for the NSW Healthy Schools Canteen Strategy Choices until November 2022 when this be reviewed.

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

<b>SSPS Sports Shorts Unisex</b>	<b>\$35.00</b>
Size 4-22	
<b>SSPS Sports Skorts</b>	<b>\$35.00</b>
Size 4-16	
<b>SSPS Sports Polo - Years Kindy – Year 2</b>	<b>\$35.00</b>
Size 4-12	
<b>SSPS Sports PSSA Top - Years 3 - 6</b>	<b>\$35.00</b>
Size 8-22	
<b>School Caps</b>	<b>\$15.00</b>
<b>Wide Brim Hats</b>	<b>\$15.00</b>
<b>Library Bags</b>	<b>\$15.00</b>
<b>Large School Bags</b>	<b>\$50.00</b>
<b>Large School Pack</b>	<b>\$75.00</b>
Includes: Bucket Hat, Library Bag, and School Bag	
<b>PSSA Socks</b>	<b>\$15.00</b>
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 with cash or cheque.

\*\*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

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 to the office for collection only.

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



# Sans Souci Public School



## P&C Canteen Menu 2022

Prices current from  
01 November  
(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>\$3.00</b>
<b>Snack Salad</b> cherry tomato & vegie sticks	<b>\$2.20</b>
<b>Cheese and crackers</b>	<b>\$2.00</b>
<b>Frozen Fruit Pieces</b>	from <b>.20c</b>
<b>Apple Slinky</b>	<b>\$1.00</b>
<b>Your apple made into a slinky</b>	<b>.20c</b>
<b>Fruit Cup</b> seasonal freshly cut fruit	<b>\$1.20</b>
<b>Fresh Fruit</b> prices are seasonal from	<b>\$1.00</b>
<b>Jelly Cup</b>	<b>\$1.20</b>
<b>Piranha Popcorn</b>	<b>\$2.00</b>
<b>Muffin</b> - freshly made in the canteen	<b>\$1.60</b>
<b>Garlic Bread</b>	<b>\$1.00</b>

## Drinks

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

## Ice Creams

*Available over the counter ONLY Lunch & Fruit Break*

<b>Frozen Milk Cup</b>	<b>\$1.00</b>
<b>Frozen Juice Cup</b>	<b>\$1.00</b>
<b>Quelch Ice Blocks</b>	<b>\$1.00</b>
<b>Twisted Frozen Yogurt</b>	<b>\$2.50</b>

## Lunch

*Available on day specified ONLY*

### Monday

<b>Plain Pasta with Tasty Cheese</b>	<b>\$3.90</b>
<b>Napolitana Pasta</b> – homemade tomato sauce	<b>\$4.50</b>
<b>Mac &amp; Cheese 99% Fat Free</b>	<b>\$4.80</b>
<b>Teriyaki Chicken served on steamed rice</b>	<b>\$4.80</b>
<b>Butter Chicken served on steamed rice</b>	<b>\$4.80</b>

### Tuesday

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

<b>Vietnamese Rice Paper Roll</b> selected varieties	from <b>\$3.90</b>
<b>Sushi</b> selected varieties	from <b>\$3.90</b>
<b>Teriyaki Chicken served on steamed rice</b>	<b>\$4.80</b>
<b>Butter Chicken served on steamed rice</b>	<b>\$4.80</b>

### Wednesday

<b>Plain Pasta with Tasty Cheese</b>	<b>\$3.90</b>
<b>Napolitana Pasta</b> – homemade tomato sauce	<b>\$4.50</b>
<b>Mac &amp; Cheese 99% Fat Free</b>	<b>\$4.80</b>
<b>Lean Sausage Roll</b> - Halal	<b>\$3.60</b>
<b>Lean Meat Pie</b> - Halal	<b>\$4.00</b>

### Thursday

<b>Cheese Pizza - Margherita</b>	<b>\$4.60</b>
<b>Ham &amp; Cheese Pizza</b>	<b>\$4.90</b>
<b>Zaatar - oregano bread</b>	<b>\$2.60</b>
<b>Halal /Gluten Free Hotdog</b>	<b>\$3.40</b>

### Friday

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

<b>Vietnamese Rice Paper Roll</b> selected varieties	from <b>\$3.90</b>
<b>Sushi</b> selected varieties	from <b>\$3.90</b>
<b>Lean Sausage Roll</b> - Halal	<b>\$3.60</b>
<b>Lean Meat Pie</b> - Halal	<b>\$4.00</b>

## Extras

<b>Tomato Sauce or Sweet Chilli portion</b>	<b>.30c</b>
<b>Forks/Spoons</b> - when not part of lunch order	<b>.10c</b>

## Lunch – Daily

*Available Lunch Monday to Friday*

<b>Chicken Tenderloin (each)</b>	<b>\$1.80</b>
<b>Chicken Tenderloin Wrap/Roll</b>	<b>\$4.70</b>
2 chicken tenderloins with lettuce and mayo or tomato sauce	
<b>Chicken Tenderloin &amp; Salad Wrap</b> with mayo	<b>\$5.70</b>
<b>Beef Burger</b> with cheese lettuce tomato & sauce	<b>\$4.70</b>

## Toasted Sandwiches

*Wholemeal bread used*

<b>Cheese Toastie</b>	<b>\$3.40</b>
<b>Tomato &amp; Cheese Toastie</b>	<b>\$3.90</b>
<b>Ham &amp; Cheese Toastie</b>	<b>\$4.40</b>
<b>Pizza Toastie</b> - ham, cheese, pizza paste	<b>\$4.60</b>
<b>Chicken &amp; Cheese Toastie</b>	<b>\$4.40</b>
<b>Wrap toasted</b> with extra cheese & above fillings add	<b>\$1.10</b>

## Fresh Sandwiches

*Wholemeal bread used*

<b>Vegemite</b>	<b>\$2.30</b>
<b>Cheese</b>	<b>\$2.80</b>
<b>Salad</b>	<b>\$3.90</b>
<b>Salad &amp; Cheese</b>	<b>\$4.40</b>
<b>Chicken (fresh chicken)</b>	<b>\$3.40</b>
<b>Chicken &amp; Salad</b>	<b>\$4.90</b>
<b>Ham</b>	<b>\$3.40</b>
<b>Ham &amp; Salad</b>	<b>\$4.70</b>
<b>Tuna</b>	<b>\$3.90</b>
<b>Tuna, Lettuce &amp; Mayo</b>	<b>\$4.80</b>
<b>Extras - add to above prices</b>	
<b>Cheese, Tomato, Cucumber, Lettuce, Carrot</b>	<b>.50c</b>
<b>Salad (lettuce, tomato, cucumber, carrot)</b>	<b>\$1.90</b>
<b>Roll or Wrap</b>	<b>.60c</b>
<b>Add sauce, mayo, sweet chilli to above</b>	<b>.30c</b>

## Salads - Daily

<b>Snack Salad</b> - cherry tomato & vegie sticks	<b>\$2.20</b>
<b>Greek Salad</b>	<b>Small \$4.90 Large \$5.90</b>
Lettuce, cucumber, tomato, feta, olives and dressing	
<b>Salad Box</b>	<b>Small \$4.90 Large \$5.90</b>
Lettuce, cucumber, tomato, carrot and dressing	
<b>Add Ham or Cheese \$1.10</b>	<b>Chicken or Tuna \$1.60</b>