



POINT CLARE PUBLIC SCHOOL P&C ASSOCIATION

canteen@pointclarepandc.com | Facebook - P&C for Point Clare Public School

CANTEEN GENERAL INFORMATION

We have an exemplary Healthy School Canteen managed by our P&C Canteen Sub-Committee. The sub-committee comprises a team of P&C members who volunteer their time to manage the operations of the Canteen. The P&C employs a Canteen Manager who implements the direction given by the sub-committee and leads our three paid Canteen Assistants and volunteer team. We rely on volunteers to operate as a working kitchen. Volunteer hands make it possible to offer canteen-cooked menu items five days a week.



Our fabulous Canteen Manager Anwyn, showing some of the items available.

Providing a nutritious and delicious menu is a priority in our school canteen. We follow the Department of Education requirements set out in their new Healthy Canteen Strategy. We are focused on providing as many canteen-prepared menu items as possible. This would not be possible without the assistance of our canteen volunteers.



We Can't Do What We Do Without Your Help

With approximately 500 students at Point Clare Public School, our paid employees will never be able to provide recess and lunch counter service, and lunch orders on their own.

We rely on volunteers to keep the canteen in operation. Please consider joining our volunteer team, you choose when you volunteer and how often. See the attached volunteer information for further details.

FULL SERVICE MONDAY TO FRIDAY

Our menu is available on the school website. Any changes to these menus or special canteen offers are usually sent home with students, shared on the Skoolbag app and via email.

Our Canteen offers recess and lunch orders, as well as a number of over-the-counter items that can be purchased during recess and lunch times.

Lunch Orders can be made ONLINE ONLY. Online ordering saves the Canteen more than two hours of work each day. This is a huge help in making our canteen a success. We ask all families to please sign up for online orders- we appreciate your support in this area.

ONLINE ORDERS - MunchMonitor (www.munchmonitor.com). Online ordering can be completed weeks in advance, up until 8:15am the day of the order. You can order recess and lunch items.

Details about creating an account and using MunchMonitor are on the school website and overleaf.

Thank you

The PCPS P&C Canteen Team

canteen@pointclarepandc.com





SAVE TIME with our ONLINE CANTEEN!
Point Clare Public School Canteen & Uniform Shop
accepts online orders using MunchMonitor
Setting up an online account is easy!

1. Go to www.munchmonitor.com

2. Click **LOGIN**

3. Click **REGISTER**

4. Enter

• School ID: **pointclare**

• Password: **munch2250**

5. Click **Submit**

6. Enter your email address

7. Enter the password you want. Make sure you can remember your password

8. Review and tick on the Terms of use

9. Click **Create your Account**

10. Click on the **Activation Link** in the email we sent

11. Follow the steps to **create your Parent Profile**

12. **Add Students** to your account

13. Click on **Account Top-up** to transfer money into your account

14. **You are now ready** to order online!

🔗 **SETUP A NEW ACCOUNT**

SUBMIT

Quick Information

Using MunchMonitor Online Ordering

- You can place orders online up to 4 weeks in advance
- Top-up your account online using VISA/MasterCard
- List allergies to alert canteen staff
- You can order anytime you want using web browsers such as Chrome or Safari
- You can use desktops, laptops, tablets or smart phone with internet access
- It only costs \$3.65 per school term for the family account
- No sign up fee
- No transaction fee

Giving Student Snack Money using MunchMonitor Prepaid Card

- In the Student Profile, tick YES in ALLOW SNACK MONEY
- If you selected DAILY ALLOWANCE, enter the daily amount and the days to use
- If you selected WEEKLY ALLOWANCE, enter the weekly amount
- You can set banned food items from the menu
- The student or parent can GET THE PREPAID CARD from the SCHOOL CANTEEN
- You can view what they've ordered from the online transaction reports

Call us at **1300 796 190** or email us at help@munchmonitor.com
if you require further assistance.

MunchMonitor...making your school day easier

CANTEEN VOLUNTEERS NEEDED

Our School Canteen aims to provide nutritious and delicious healthy meals and snacks for our students, with a strong emphasis on canteen-prepared options. This supports the school's nutrition policy and thereby reinforces to our students the best options to keep their bodies healthy. We have one canteen employee rostered each day. We rely on volunteers helping each day to operate as a working kitchen and achieve our daily tasks.

Who can help?

Anyone is welcome to volunteer in the Canteen - mums, dads, grandparents, aunts, uncles, friends, anyone who wants to help is very welcome.

What do I have to do?

You choose what you feel comfortable doing in the Canteen. Examples include: food preparation, counter service, and order entering. All training is provided, no experience is necessary.

How long and how often do I need to volunteer?

We appreciate any help you give. You choose how long and how often. All help is valued and makes a difference. For example, an hour in the morning entering orders, or a half hour to cover lunch counter service makes a big difference, especially on days when no other volunteers are available. You may just want to put your name down for our Special Canteen Lunch order days (approximately once a term), or be a backup person for days our rostered volunteers can't make it (when their kids are sick, etc.). Any amount of time that you spend volunteering helps to keep the Canteen open.

Why should I help?

Our students love their canteen, and they are so excited when someone they know is helping out. This is one of the main reasons our volunteers help. Others help because they value having healthy options prepared from scratch. This takes additional time. Some people help to meet other parents and form friendships. Some love to cook, clean, or just help out where and when there is a need.

As a service to the school the Canteen operates to cover its costs, keeping our prices as low as possible. It is our volunteers who make this achievable.

If I volunteer will I be harassed to help all the time?

No, definitely not! We want our volunteers to be happy and to enjoy their time in the Canteen. We stick to the help you offer, without pressuring you to do more than you want to.

How do I get involved?

If you are interested in joining our team please fill in the form below and drop it off at the school office or email it to us directly:

canteen@pointclarepandc.com



Name _____

Phone number _____

Email _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	OTHER

I am available (please tick). We will contact you to confirm your availability.

How frequently would you like to volunteer?

**RECESS ITEMS
ORDER ONLINE OR OVER
COUNTER UNTIL SOLD OUT**

20c Pikelets (CM, Dairy Free)

50c Popcorn (CM)

\$1 Piece of Fruit - Seasonal

\$1 Raisin Toast - 1 slice

\$1 Toasties - 1 slice (CM)

- ham & cheese
- ham, cheese & pineapple
- spinach & cheese

\$2.50 Ham & Cheese Bread Roll

\$2 Fruit Cup - Seasonal

\$2 Vege Stick Cup

\$1 Yoghurt Cup / Custard Cup

\$1.50 Yoghurt with Berry & Muesli

\$1.50 Real Fruit Jelly Cup (CM)

\$2 Real Fruit Jelly & Custard Cup (CM)



**ONLINE ORDER
CUT-OFF 8:15 AM**

**DRINKS
AVAILABLE ALL DAY**

\$1.50 Water - 600ml

\$1.50 Light Milk - 300ml

\$2.20 Slushie - 99% Fruit Juice

\$2.20 Glee - 250ml

- Raspberry - Tropical
- Blackcurrant - Grape

\$2.20 Flavoured Milk

- strawberry - chocolate

\$2.20 Juice

- Apple - Orange

\$3 Hot Chocolate



**FROZEN ITEMS
AVAILABLE ALL DAY**

10c Frozen Orange Slice

10c Mini Icy Pop (CM)

\$1 Juicies Sachet

See Munch Monitor for flavours.

\$1 Icy Cup

- Pineapple - Strawberry
- Apple Blackcurrant - Chocolate

\$1.50 Juicies Tube

- Wildberry - Tropical
- Lemonade - Orange

\$2.50 Frozen Twisted Yoghurt

- Strawberry - Chocolate

OPEN EVERYDAY



**VOLUNTEERS ARE
ALWAYS NEEDED!**

**Register with Munch Monitor to order
online www.munchmonitor.com**

Details for Account Login:

USERNAME: pointclare

PASSWORD: munch2250

Come for any amount of time, any day.

Do what you're comfortable with.

INTERESTED IN VOLUNTEERING?

WE'D LOVE TO HEAR FROM YOU!



CANTEEN@POINTCLAREPANDC.COM



LUNCH ITEMS - ONLY AVAILABLE ONLINE



**AVAILABLE ON
MONDAY / TUESDAY / THURSDAY**

**\$4 Chicken Burger
(grilled chicken fillet)**

\$4.50 Chicken Burger With GF Bread

\$4.50 Lentil Burger

\$5 Lentil Burger With GF Bread

**AVAILABLE ON
WEDNESDAY & FRIDAY**

**ORDER EARLY SO YOU DON'T
MISS OUT!**

**Sushi & Vietnamese Rolls Ordered
from BIG CRUNCH SUSHI.**

Check Munch Monitor for prices.

ADD sauce for 30c each

- Tomato - Barbeque - Mayo

**SANDWICHES & WRAPS
Available Online Everyday**

\$2.50 Vegemite

\$2.50 Cheese Sandwich

\$2.50 Baked Bean Sandwich

\$3 Ham & Cheese Sandwich

**\$3.50 Cheese, Lettuce & Tomato
Sandwich / Wrap**

**\$3.50 Tuna Mayo with Lettuce &
Cucumber Sandwich / Wrap**

\$4 Salad Sandwich / Wrap

\$4 Chicken Sandwich / Wrap

\$4 Salad BOX

ADD Chicken / Ham/ Egg for \$1 each

**FROM THE OVEN
Available Online Everyday**

\$3.50 Macaroni Cheese (CM)

\$4 GF Macaroni Cheese (CM)

\$4 Bolognese Pasta & Cheese (CM)

\$4.50 GF Bolognese Pasta & Cheese (CM)

\$4 Pizza (CM)

- Hawaiian - Mexican Beef
- Vegetarian

\$3.50 Cheese Pizza (CM)

\$3.50 Sausage Roll - occasional food

\$2.50 Nuggets - 3 pack - occasional food

\$3 Mini Beef Pie - occasional food

**\$3.50 Spinach & Ricotta Roll
occasional food**



**The P&C Canteen subcommittee's menu choices adhere to the
NSW Healthy School Canteen Strategy. More info:
<http://healthyschoolcanteens.nsw.gov.au>**

**CM = Canteen Made
GF = Gluten Free**