



Canteen Menu

Making healthy choices for Australian schools

Metro Home Cooked Onsite Meals - On Rotation

- ✓ Classic Butter Chicken (H) \$6.50
Slow cooked lean chunks of thigh chicken, marinated in a butter chicken sauce and an array of herbs and spices served with fluffy white rice
- ✓ Classic Mexican Nachos (H) (GF) \$5.50
Crunchy corn chips with salsa and cheese
- ✓ Chicken Yiros (H) \$6.50
Marinated chicken strips, tomato, lettuce and tzatziki
- ✓ Beef Lasagne (H) \$6.50
Layers of fresh pasta, beef mince, passata, alfredo sauce with cheddar and parmesan cheese.
- ✓ Creamy Tomato Pasta Bake (H) \$6.50
Spiral pasta baked with a creamy tomato pasta sauce, chopped tomatoes and cheese

Oven Baked Hot Foods

- ✓ Chicken Nuggets (H) (GF option available) \$0.90
- ✓ Chicken Tender (GF option available) \$2.00
- ✓ Home Made Garlic Bread \$2.00
- ✓ Hot Chip Scoop \$3.80
- ✓ Potato Gems \$4.00
- ✓ Hash Brown (H) (GF) \$1.50
- ✓ 6 x Vegetable Spring Rolls \$5.40
With sweet chilli sauce

Mega Metro Toasted Subs/Wraps

- ✓ Grilled Chicken & Mayo \$5.50
- ✓ Meatball \$5.50
- ✓ Chicken Tender \$5.50

Metro Delicious Salads

- ✓ Fresh Garden Salad \$5.50+
Lightly dressed lettuce with cucumber, tomato, red onion, egg and a sprinkle of cheese
Option to add grilled chicken
- ✓ Pesto Chicken Pasta Salad \$6.20
Nut free homemade pesto, marinated chicken, penne pasta, creamy mayo and cherry tomatoes
- ✓ Fresh Fruit Salad \$5.00
Selection of diced fresh in season fruits

✓ Green Foods ✓ Amber Foods
 GF Gluten Free | DF Dairy Free | V Vegetarian | VG Vegan





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Standard Burgers 5" Bun

- ✓ Chicken Tender \$6.00
Chicken Tenders crumbed and baked with lettuce & mayonnaise (GF option available)
- ✓ Beef Cheeseburger \$6.00
Lean beef pattie with cheese and tomato sauce (GF option available)
- ✓ Vegetarian Burger \$6.00
Mixed vegetable patty with lettuce, tomato and mayo
- ✓ Kentucky Chicken Fillet Burger \$6.00
Kentucky chicken fillet with cheese, lettuce, tomato and aioli

Hot Dogs

- ✓ Plain or with Sauce \$4.80
- ✓ Cheese & Sauce \$5.00

Pizza Range of Various Toppings

- ✓ Freshly Made 7" Pizza \$5.60
- ✓ Freshly Made 7" Pizza Half \$3.00

Home Made Pastries

- ✓ Classic Large Beef Pie \$5.00
Slow cooked lean chunks of beef with onion and an array of spices
- ✓ Small Sausage Roll \$3.00
Lean sausage mince with an array of spices with added finely chopped carrot and zucchini
- ✓ Vegetable Pasty \$5.00
Potato, carrot, pumpkin, onion and an array of spices

Croissants

- ✓ Plain \$4.00
- ✓ Cheese \$4.50
- ✓ Cheese & Tomato \$4.70
- ✓ Ham & Cheese \$4.70
- ✓ Ham, Tomato & Cheese \$5.00





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Sandwiches

White/Wholemeal/ Multigrain (GF option available)

- ✔ Strawberry Jam \$3.50
- ✔ Vegemite \$3.50
- ✔ Cheese & Vegemite \$4.00
- ✔ Cheese \$4.00
- ✔ Cheese & Tomato \$4.50
- ✔ Ham & Cheese \$4.50
- ✔ Ham, Cheese & Tomato \$4.70
- ✔ Salad \$4.70
- ✔ Chicken, Lettuce & Mayo \$4.70
- ✔ Egg, Lettuce & Mayo \$4.70

~ Toasted option available ~

Drinks

- ✔ 600ml Spring Water \$2.50
- ✔ 250ml Flavoured Milk (Nippy's) (GF) \$3.20
- ✔ 250ml Fruit Juice (Nippy's) (GF) \$3.00

Snacks

- ✔ Seasonal Fresh Fruit \$1.50
- ✔ Jelly Cup (GF) (H) \$2.50
- ✔ Chocolate Mousse (GF) \$2.50
- ✔ Home Made Cookies \$2.20
- ✔ Muffins \$3.50
- ✔ Donuts \$3.00
- ✔ Fruit Salad (large) \$5.00
- ✔ Fruit Salad (small) \$3.50
- ✔ Homemade Oreo Balls (3 pack) \$1.00
- ✔ Bega Cheese Stringers \$1.00
- ✔ Selection of Ice Blocks & Ice Creams From \$1.00

Metropolitan Canteens SA uses local suppliers where possible and is committed to the 'Right Bite' Government initiative. No menu items rated Red are included in our menu.



**EFTPOS
& CASH
AVAILABLE**

