



# Canteen Menu

MAGIL SCHOOL 2022

## Metro Home Cooked Onsite Meals - On Rotation

- ✓ Classic Butter Chicken ..... \$5.70  
Slow cooked lean chunks of chicken marinated in yoghurt and an array of herbs and spices served with fluffy white rice
- ✓ Baked Jacket Potato ..... \$5.70  
Freshly backed whole Potato, finely mashed and topped with Ham and Cheese and topped off with a dollop of light Sour Cream.
- ✓ Classic Mexican Nachos ..... \$4.50  
Crunchy corn chips with light cheese sauce and salsa
- ✓ Special Metro Fried Rice ..... \$5.00  
Fluffy white rice with generous amounts of Ham, Chicken, Egg, Onion, Carrots, Peas, and of course Garlic
- ✓ Singapore Noodles ..... \$5.70  
Rice Noodles with Pork and Chicken in Oyster Sauce and stock with Egg, Bean Sprouts, Bell Peppers, Onion and an array of spices
- ✓ Chicken Yiros ..... \$5.70  
Lean marinated tender Chicken pieces with Cheese, Tomato, Lettuce Of course finished off with Garlic Sauce.
- ✓ Beef Lasagne ..... \$5.50  
Fresh layers of pasta sheets infused with lean minced beef, Alfredo sauce and finished off with parmesan
- ✓ Vegetarian Lasagne ..... \$5.00  
Fresh layers of pasta sheets infused with Pumpkin, Zucchini, Capsicum, Eggplant, diced Tomato's with a delicious Napolitana sauce
- ✓ Penne Carbonara ..... \$5.70  
Penne Pasta in our creamy sauce with generous portions of Bacon with egg and Parmesan

- ✓ Green Foods
- ✓ Amber Foods

- GF Gluten Friendly
- V Vegetarian

- VG Vegan
- DF Dairy Free

## Metro Mega Large Salads

- ✓ Chicken Summer Salad ..... \$5.50  
Lightly dressed Oak Lettuce with cherry tomatoes, cucumber, egg, cheese and generous portion of Chicken.
- ✓ Greek Salad ..... \$5.70  
Lightly dressed lettuce with tomato, cucumber, red onion, olives, fetta and Chicken
- ✓ Pesto Chicken Pasta Salad ..... \$5.70  
Pesto marinated chicken, penne pasta, creamy mayo, cherry tomato, baby rocket sprinkled with parmesan
- ✓ Egg Salad ..... \$5.70  
Egg mixed with fresh Lettuce, Cheese, Cucumber and Carrot. Super healthy and super tasty.
- ✓ Fresh Fruit Salad ..... \$4.50  
Selection of diced fresh in season fruits
- \*\*Small Salads Available ..... \$4.50

## Oven Baked Hot Foods

- ✓ Home Made Garlic Bread ..... \$2.00
- ✓ Hot Chip Scoop ..... \$3.30
- ✓ Hash Brown ..... \$1.00
- ✓ Dinosaur Nuggets ..... \$0.90
- ✓ Wedges with Sour Cream & Sweet Chilli ..... \$4.50



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## Standard Burgers

- ✓ Chicken Tender ..... \$5.50  
Chicken Tenders crumbed and baked with lettuce & mayonnaise
- ✓ Grilled Hamburger ..... \$5.50  
Grilled lean Beef Mince, Lettuce, Tomato.
- ✓ Grilled Chicken ..... \$5.50  
Grilled Chicken Breast with Lettuce and Mayonnaise
- ✓ Fillo Fish Burger ..... \$5.50  
Lightly crumbed fillet of fish with tomato, lettuce & tartare sauce
- ✓ Vegetarian Burger ..... \$5.00  
Mixed vegetable Pattie lightly crumbed with lettuce & mayonnaise

## Gourmet Burgers

- ✓ Chicken Cordon Bleu ..... **N/A**  
Chicken breast crumbed with Crispy Bacon, Swiss Cheese, lettuce & mayonnaise
- ✓ The Metro ..... **N/A**  
Lean home made Beef Pattie with Crispy Bacon, Caramelised Onion, Swiss Cheese, lettuce & special made burger sauce
- ✓ Southern Style Chicken ..... **N/A**  
Lightly Crumbed Chicken breast with, Swiss Cheese, Tomato lettuce & creamy Aioli sauce
- ✓ The Spicy Burger ..... **N/A**  
Lean Home Made Beef Pattie with, Swiss Cheese, Onion Rings and our special BBQ and Salsa sauce

## Hot Dogs

- ✓ Plain or with sauce ..... \$4.00
- ✓ Cheese & sauce ..... \$4.20
- ✓ Cheese, bacon & sauce ..... \$5.00

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- ✓ Amber Foods
- GF Gluten Friendly
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## Subs

- ✓ Grilled Chicken & Mayo ..... \$5.00
- ✓ Sweet Chilli Chicken ..... \$5.00
- ✓ Meatball ..... \$5.00

## Croissants

- ✓ Plain ..... \$3.50
- ✓ Cheese ..... \$4.00
- ✓ Cheese & tomato ..... \$4.50
- ✓ Ham & cheese ..... \$4.50
- ✓ Ham, tomato & cheese ..... \$5.00

## Home Made Pastries

- ✓ Classic Large Beef Pie ..... \$5.00  
Slow cooked lean chunks of beef with onion & an array of spices
- ✓ Classic Small Sausage Roll ..... \$3.00  
Lean Sausage Mince with an array of spices with added finely chopped Carrot and Zucchini
- ✓ Classic Large Pasties ..... \$5.00  
Potato, Carrot, Pumpkin, Onion and an array of spices
- ✓ Classic Chicken and Veg Pie ..... **N/A**  
Slow cooked lean chunks of Chicken with Onion, Corn, Carrots and a creamy white sauce



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# Canteen Menu

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## Sandwiches, Rolls & Wraps

### White/Wholemeal/ Multigrain

Please note: All sandwiches, rolls, wraps and salads can be made fresh to order. Please have orders into the canteen by 10:30am to be ready for 1:00pm.

Choose from: Ham, Chicken, Bacon, Tuna, Egg, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Beetroot, Spanish onion, Avocado, Cranberry, Mustard, Mayonnaise, Cream Cheese & Vegemite

### Sandwiches

- ✓ 2x fillings ..... \$3.50
- ✓ 3x fillings ..... \$4.00

### Rolls

- ✓ 3x fillings ..... \$5.50
- ✓ 5x fillings ..... \$5.90

### Wraps

- ✓ 3x fillings ..... \$5.00
- ✓ 5x fillings ..... \$5.50

## Pizza (Huge Range of Various Toppings/Flavours)

- ✓ Freshly Made Pizza Slices ..... \$2.00
- ✓ Freshly Made Pizza Scrolls ..... \$2.20
- ✓ Freshly Made Vegemite Scrolls ..... \$2.00

## Breakfast Bar

- ✓ Classic Bacon / Egg Muffin ..... N/A
- ✓ Egg / Bacon / Sausage Wrap ..... N/A
- ✓ Metro Breakie Box ..... N/A  
Scrambled Egg / Bacon / Hash Brown

## Krazy Krush Slushies

99% Fruit Juice

- ✓ Small ..... \$2.50
- ✓ Medium ..... N/A

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

## Drinks

- ✓ 300ml Spring Water ..... \$1.20
- ✓ 250ml Flavoured Milk ..... \$3.00
- ✓ 600ml Flavoured Milk ..... \$4.50
- ✓ 300ml Fruit box ..... \$2.50
- ✓ 500ml Fruit Juice ..... \$4.00  
Unsweetened
- ✓ 600ml Flavoured Mineral Water ..... \$4.00

## Snacks

- ✓ Seasonal Fresh Fruit ..... \$2.00
- ✓ Jelly Cup ..... \$2.00
- ✓ Chocolate Mousse ..... \$2.00
- ✓ Home Made Cookies ..... \$2.00
- ✓ Home Made Muffins ..... \$3.50
- ✓ Potato Crisps 28gm ..... \$2.00
- ✓ Nippy's Frozen Fruit Cup ..... \$1.00
- ✓ Soft Serve Yoghurt Cup ..... N/A
- ✓ Corntos ..... \$1.00
- ✓ Selection of **Streets** Ice Creams

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. We have many more menu selections. Halal & gluten free options available.

EFTPOS & CASH PAYMENTS AVAILABLE



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