



Canteen Menu

MAGILL SCHOOL 2022

Metro Home Cooked Onsite Meals - On Rotation

- ✓ Classic Butter Chicken (H)\$6.30
Slow cooked lean chunks of chicken marinated in a butter chicken sauce, served with fluffy white rice.
- ✓ Baked Jacket Potato\$6.00
Freshly baked whole potato finely mashed and topped with ham, pineapple and cheese and topped off with a dollop of light sour cream.
- ✓ Classic Mexican Nachos (GF) (H)\$5.00
Crunchy corn chips with grated cheese, salsa and a dollop of light sour cream.
- ✓ Special Metro Fried Rice\$6.30
Fluffy white rice with generous amounts of ham, chicken, egg, onion, carrots, peas, and of course garlic.
- ✓ Singapore Noodles\$6.30
Rice noodles with chicken in oyster sauce, sweet soy sauce, with green beans, carrots, onion and baby corn.
- ✓ Chicken Yiros (H)\$6.20
Lean marinated tender chicken pieces with cheese, tomato, lettuce and of course finished off with garlic sauce.
- ✓ Beef Lasagne (H)\$6.30
Fresh layers of pasta sheets infused with lean minced beef, alfredo sauce and finished off with parmesan.
- ✓ Penne Carbonara\$6.30
Penne pasta in our creamy sauce with generous portions of bacon, egg and parmesan.
- ✓ Penne and Meatballs\$6.30
Traditional penne pasta and meatballs in a tomato based sauce.

✓ Green Foods
✓ Amber Foods

GF Gluten Free
V Vegetarian

H Halal
DF Dairy Free

Metro Mega Large Salads

- ✓ Chicken Summer Salad 6.20
Lightly dressed oak lettuce with cherry tomatoes, cucumber, egg, cheese and generous portion of chicken.
- ✓ Greek Salad 6.20
Lightly dressed lettuce with chicken, tomato, cucumber, red onion, olives and fetta.
- ✓ Pesto Chicken Pasta Salad \$6.20
Pesto marinated chicken, penne pasta, creamy mayo, cherry tomato, baby rocket sprinkled with parmesan.
- ✓ Egg Salad \$6.20
Egg mixed with fresh lettuce, cheese, cucumber and carrot.
Super healthy and super tasty.
- ✓ Fresh Fruit Salad \$4.80
Selection of diced fresh in season fruits.

Oven Baked Hot Foods

- ✓ Home Made Garlic Bread\$2.00
- ✓ Hot Chip Scoop.....\$3.50
- ✓ Hash Brown (GF)\$1.50
- ✓ Chicken Tender (GF).....\$2.00
- ✓ Chicken Nugget\$0.90
- ✓ 6 x Chicken nugget box with hot chips\$7.90
- ✓ Wedges with sour cream & sweet chilli\$4.50
- ✓ 6 x Vegetarian spring rolls & sweet chilli (V).....\$5.40



Making healthy choices for Australian schools



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Standard Burgers

- ✓ Chicken Tender Burger\$6.00
Chicken Tenders crumbed and baked with lettuce & mayonnaise.
- ✓ Grilled Hamburger (H)\$6.00
Grilled lean Beef mince, lettuce, tomato.
- ✓ Hash Brown Burger\$5.00
Hash Brown with cheese and tomato sauce.
- ✓ Classic Cheese Burger (H)\$6.00
100% Beef burger with a slice of cheese and tomato sauce.

Gourmet Burgers

- ✓ Southern Style Chicken..... N/A
Lightly crumbed chicken breast with, cheese, tomato lettuce & creamy aioli sauce.
- ✓ Vegetarian Burger (V)\$6.00
Mixed vegetable pattie lightly crumbed with lettuce & mayonnaise.
- ✓ Filo Fish Burger\$6.00
Lightly crumbed fillet of fish with tomato, lettuce & tartare sauce.
- ✓ GLUTEN FREE Chicken Tender Burger (GF)\$6.00
Chicken tenders with lettuce & mayonnaise on a gluten free roll.

Hot Dogs

- ✓ Plain or with sauce\$4.50
- ✓ Cheese & sauce.....\$5.00

Hot Subs & Wraps

- ✓ Grilled Chicken & Mayo\$5.50
- ✓ Meatball.....\$5.50
- ✓ Chicken Tender Wrap.....\$5.50
- ✓ GLUTEN FREE Chicken Tender Wrap \$6.00

Croissants

- ✓ Plain..... \$4.00
- ✓ Cheese \$4.50
- ✓ Cheese & tomato\$4.70
- ✓ Ham & cheese\$4.70
- ✓ 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 Vegetarian Pasty (V) \$5.00
Potato, carrot, pumpkin, onion and an array of spices.



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Sandwiches

White/Wholemeal/Multigrain

Choose from: Ham, Chicken, Egg, Lettuce, Tomato, Cucumber, Cheese, Mayonnaise, Jam and Vegemite

Sandwiches

- ✓ 1x fillings.....\$3.50
- ✓ 2x fillings\$4.30
- ✓ 3x fillings.....\$4.70

Pizza

Choose from Cheese, Ham & Cheese, Pepperoni or Ham & Pineapple

- ✓ Freshly Made Pizza Slice\$2.30

Drinks

- ✓ 600ml Spring Water\$2.50
- ✓ 250ml Nippy's Flavoured Milk (GF)\$3.00
- ✓ 250ml Nippy's Fruit Juice (GF)\$2.60
- ✓ 350ml Flavoured Focus Water\$3.00

Snacks

- ✓ Jelly Cup (GF) (H)\$2.00
- ✓ Chocolate Mousse (GF)\$2.50
- ✓ Home Made Cookie\$2.20
- ✓ Home Made Muffin\$4.00
- ✓ Peach Pot in Natural Juice.....\$2.00
- ✓ Potato Crisps 28gm\$2.00
- ✓ Nippy's Frozen Fruit Cup (GF).....\$1.00
- ✓ Cornitos (GF).....\$1.00
- ✓ Selection of 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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- ✓ Amber Foods
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- V Vegetarian
- H Halal
- DF Dairy Free

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