



Canteen Menu

SEATON HIGH SCHOOL 2021

Metro Large Home Cooked Onsite Meals - On Rotation

- ✓ Classic Butter Chicken \$5.90
Slow cooked lean chunks of chicken marinated in yoghurt and an array of herbs and spices served with fluffy white rice
- ✓ Bolognaise Pasta Bake..... \$5.90
Special Homemade Bolognaise sauce tossed with Penne Pasta and topped with tasty Cheese flakes..
- ✓ Classic Mexican Nachos \$5.00
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.
- ✓ Chicken Stir Fry \$5.90
Hokkien Noodles with fresh Chicken breast with a variety of fresh vegetables in Oyster Sauce.
- ✓ Chicken Yiros..... \$5.90
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 Neapolitana sauce
- ✓ Penne Carbonara \$5.90
Penne Pasta in our creamy sauce with generous portions of Bacon with egg and Parmesan

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

Metro Mega Large Salads

- ✓ Vietnamese Noodle Salad \$6.00
Lightly dressed Wombok , topped with Vermicelli Noodles, Chicken and grated Carrot
- ✓ Greek Salad \$6.00
Lightly dressed lettuce with tomato, cucumber, red onion, olives, fetta and Chicken
- ✓ Pasta Salad \$4.50
Penne pasta tossed with Capsicum, Red Onion all in a delicious tangy Tomato dressing.
- ✓ Chicken Caesar Salad \$6.00
Fresh Chicken breast with Lettuce, lean Bacon, Egg, Tomato and of course Parmesan Cheese.
- ✓ Fresh Fruit Salad \$4.50
Selection of diced fresh in season fruits

Oven Baked Hot Foods

- ✓ Home Made Garlic Bread \$2.00
- ✓ Hot Chip Cup \$3.00
- ✓ Hash Brown \$1.00
- ✓ Chicken Goujons \$4.00
- ✓ Wedges with Sour Cream & Sweet Chilli..... \$5.00



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Standard Burgers

- ✓ Chicken Schnitzel \$5.70
Chicken Tenders crumbed and baked with lettuce & mayonnaise
- ✓ Grilled Chicken \$5.70
Grilled breast of Chicken, Lettuce, Tomato with light Mayonnaise.
- ✓ Sweet Chilli Chicken \$5.70
Chicken breast with Cheese, homemade Mayo and Chilli sauce with Cheese.
- ✓ Fillo Fish Burger \$5.70
Lightly crumbed fillet of fish with tomato, lettuce & tartare sauce
- ✓ Vegetarian Burger \$5.70
Mixed vegetable Pattie lightly crumbed with lettuce & mayonnaise

Gourmet Burgers

- ✓ Chicken Cordon Bleu \$5.90
Chicken breast crumbed with Crispy Bacon, Swiss Cheese, lettuce & mayonnaise
- ✓ The Metro \$5.90
Lean home made Beef Pattie with Crispy Bacon, Caramelised Onion, Swiss Cheese, lettuce & special made burger sauce
- ✓ Southern Style Chicken \$5.90
Lightly Crumbed Chicken breast with, Swiss Cheese, Tomato lettuce & creamy Aioli sauce
- ✓ The Spicy Burger \$5.90
Lean Home Made Beef Pattie with, Swiss Cheese, Tomato, Lettuce and our special BBQ sauce

Hot Dogs

- ✓ Plain or with sauce \$4.20
- ✓ Cheese & sauce \$4.50
- ✓ Cheese, bacon & sauce \$4.70

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

Subs

- ✓ Grilled Chicken & Mayo \$5.70
- ✓ Sweet Chilli Chicken \$5.90
- ✓ Meatball \$5.90

Croissants

- ✓ Plain \$3.50
- ✓ Cheese \$3.70
- ✓ Cheese & tomato \$4.00
- ✓ Ham & cheese \$4.00
- ✓ Ham, tomato & cheese \$4.50

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 \$2.50
Lean Sausage Mince with an array of spices with added finely chopped Carrot and Zucchini
- ✓ Classic Large Pasties \$4.50
Potato, Carrot, Pumpkin, Onion and an array of spices
- ✓ Classic Chicken and Veg Pie \$5.00
Slow cooked lean chunks of Chicken with Onion, Corn, Carrots and a creamy white sauce
- ✓ Spinach and Ricotta Rolls \$4.70



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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, Turkey, Bacon, Tuna, Egg, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Beetroot, Spanish onion, Avocado, Cranberry, Cheese, Mustard, Mayonnaise, Cream Cheese & Vegemite

Sandwiches

- ✓ 3x fillings \$4.50
- ✓ 5x fillings \$5.50

Rolls

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

Wraps

- ✓ 3x fillings \$5.00
- ✓ 5x fillings \$5.50
- ✓ Cold Rolls \$5.50

Pizza (Huge Range of Various Toppings/Flavours)

- ✓ Freshly Made 1/4 Pizza Slices \$4.00
- ✓ Freshly Made Pizza Scrolls \$2.20

Breakfast Bar

- ✓ Classic Bacon / Egg Muffin \$4.50
- ✓ Egg / Bacon / Sausage Wrap \$5.50
- ✓ Metro Breakie Box \$5.50
Egg / Bacon / Hash Brown .

Krazy Krush Slushies

99% Fruit Juice

- ✓ Small \$2.00
- ✓ Medium N/A

- ✓ Green Foods
- ✓ Amber Foods

- GF Gluten Friendly
- V Vegetarian

- VG Vegan
- DF Dairy Free

Drinks

- ✓ 600ml Spring Water \$2.70
- ✓ 750ml Spring Water \$3.50
- ✓ 375ml Flavoured Milk \$4.50
- ✓ 250ml 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 \$3.00
- ✓ Home Made Cookies \$1.00
- ✓ Home Made Muffins \$3.50
- ✓ Potato Crisps 28gm \$2.00
- ✓ Mixed Berry Yoghurt Bowls \$4.00
- ✓ Soft Serve Yoghurt Cup \$3.50
- ✓ 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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