



SEATON HIGH SCHOOL
Metropolitan Canteens

Prices effective from January 2020



Sandwiches Rolls & Wraps

White/wholemeal/Multigrain

Ingredients

Choose from Ham, Poached Chicken, Smoked Salmon, Turkey, Egg, Roast beef, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Beetroot, Onion, Avocado **with** Cranberry, Mustard, Mayo & Roast Vegetables.

Sandwiches	\$4.50
Rolls	\$5.20
Wraps Half	\$3.50
Wraps Whole	\$6.00
Focaccia	\$5.50

Salads

Chicken Salad	\$6.00
Chicken Caesar	\$6.00
Vietnamese Noodle Salad	\$6.00
Ham or Beef Salad	\$6.00
Roasted Moroccan Vegie Salad	\$6.00
Pasta Salad	\$4.20

Fruit

Fresh Fruit (whole)	\$1.20
Fruit Salad	\$4.20
Yoghurt pots (Mixed Berry)	\$4.00
Jelly	\$2.00

Tray of hot chips & Gravy	\$4.00
Garlic Bread (Homemade)	\$2.00
Hot Chip Scoop (Oven Baked)	\$3.00
Choc or sprinkle donuts	\$4.00
Lamb or Chicken Yiros	\$6.00
Hot Chips *Friday Only	\$4.00
Muesli Slice (Homemade)	\$3.90
Cold Rolls (2 medium)	\$5.50
Sushi variety	\$3.30ea
Soup with bread roll	\$4.00
Roast Beef Wrap w/ Spinach + Red Onion + Mustard	\$6.50

THE BAKERY	
All made on site (low fat)	
Various Cookies Homemade small	\$1.00
Muesli Slice	\$3.00
Muffins Homemade	\$3.50
Slices Homemade	\$4.40
Banana & Coconut Bread Homemade	\$3.90



THE BAKERY	
Continued	
All made on site (low fat)	
Sausage Rolls Small	\$2.30
Spinach & Ricotta	\$4.50
Quiche	\$4.50
Pies homemade	\$5.00
Pies Commercial	\$4.60

Croissant		\$3.30
Croissant	Ham & Cheese	\$4.00
Croissant	Cheese & Tomato	\$4.00
Home Made Pizza Slice		\$2.00

Burgers & Buns	
Chicken Schnitzel	\$5.50
Grilled Chicken	\$5.50
Hot Chicken & Gravy	\$5.50
Beef	\$5.50
Vegetarian Burger	\$5.50
Fish Fillet Burger	N/A
Hash Brown Burger	\$4.00
Hot Dogs Plain with sauce	\$4.20
Hot Dogs with Cheese & Bacon	\$4.50
Hot Chicken and Mayo Roll	\$5.50

MEAL SPECIALS ON ROTATION

Pasta Dishes

Penne Carbonara	\$5.50
Pasta Bake	\$5.50
Beef Ravioli	\$5.50
Beef Lasagne	\$5.50
Vegetarian Lasagne	\$5.50

Rice Dishes

Vegetarian Fried Rice	\$4.00
Special Fried Rice	\$5.50

Other Meals

Meatball Subs	\$5.50
Vegetarian Nachos	\$5.00
Roast Meat with Roast vegetables	\$6.00
Assorted Stir Fries	\$5.80
Sweet Chilli Chicken Wrap	\$5.50
Tuna Pasta Bake	\$5.50
Baked Potato with Toppings	\$5.50
Burrios	\$5.50
Chicken Parmis & Chips	\$5.50
Red Thai Curry & Rice	\$5.50
Butter Chicken & rice	\$5.50

Many more varieties will be available during the course of the year such curries and casseroles.

METROPOLITAN CANTEENS IS COMMITTED TO THE 'RIGHT BITE' GOVERNMENT INITIATIVE

Check the school Bulletin and other Canteen Notice Boards for daily specials

Canteen Price List

Prices effective from January 2020



VEGETARIAN & HALAL & GLUTEN FREE OPTIONS AVAILABLE



Breakfast

Start your day with a good filling breakfast and early is a good time to pre order and pay for lunch to avoid the queues

Bacon and Egg Muffin	\$4.50
Bacon and Egg roll	\$4.70
Egg Bacon & Sausage Wrap & Hash Brown	\$5.50
Breakie Box-Scrambled Egg, Bacon, H/Brown	\$5.00
Hash brown oven baked	\$1.00



Drinks

600ml Water	\$2.70
375ml Plain milk	\$1.90
300ml Plain Milk	\$1.30
600ml Flavoured Milk	\$4.50
375ml Flavoured Milk	\$4.00
300ml flavoured Milk	\$3.90
Up and Go Milk	\$3.00
Just Juice	\$2.20
Fruit Juice 350ml	\$3.50
Fruit Juice 500ml	\$4.00
Pepsi Range – Cans	\$2.80
Lipton Ice Tea	\$4.20
Glee	\$3.00
Waterfords Flavoured Drinks	\$3.60



Ice Creams

Selection of Streets Ice creams available from canteen

Slushies Fruit Juice	small	\$2.00
-----------------------------	-------	--------

Crisps

Red Rock Potato Crisps 28gm	\$2.00
Vege Chips 27gm	\$2.00

MISCELLANEOUS

Other snacks: Dim Sims, Hash Browns, Spring Rolls, Mini Chicken Drumsticks & Nuggets (all oven baked) will be available on a rotating basis from time to time