



Metropolitan Canteens

Prices effective from January 2018



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		\$5.50
Wraps	Half	\$3.90
Wraps	Whole	\$6.50
Focaccia	Grilled	\$6.50

<u>Salads</u>	<u>Small</u>	<u>Large</u>
Pasta & Rice Salad	\$5.00	\$6.50
Chicken Caesar	\$5.00	\$6.50
Greek Salad	\$5.00	\$6.50
Thai Salad	\$5.00	\$6.50
Tuna Salad	\$5.00	\$6.50
Beef Salad	\$5.00	\$6.50

Fresh Fruit (whole)	\$1.20
Fruit Salad small	\$4.20
Fruit Salad large	\$5.00
Yoghurt	\$3.00
Jelly	\$2.00

From our Resident Nutritionist Stephanie Wearne

From BodygoodFood

Web: www.bodygoodfood.com.au

Berry & Oat Muffins	\$3.30
Banana & Coconut Bread (Homemade)	\$3.90
Corn & Bacon Fritters	\$3.30
Quinoa Salad	\$5.50
Vietnamese Chicken Salad	\$6.00
Roast Beef Wrap with spinach, Relish Red Onion & Mustard	\$6.50
Mexican Bean Pots with guacamole, Sour Cream & Cheese	\$5.50
Muesli Slice (Homemade)	\$3.90
Rice Paper Rolls (2 medium)	\$5.50
Sushi variety	\$3.30ea

THE BAKERY

All made on site (low fat)

Cookies	from	\$1.20
Muffins	Medium	\$2.80
Muffins	Mega	\$4.40
Slices	Commercial	\$4.40
Slices	Homemade	\$4.40



THE BAKERY

Continued

All made on site (low fat)

Sausage Rolls	\$4.00
Spinach & Ricotta Rolls	\$4.00
Quiche	\$4.00
Pasties	from \$4.00
Pies homemade	\$5.00
Pies Commercial	\$4.50

Croissant	\$3.30
Croissant Ham & Cheese	\$4.40
Croissant Cheese & Tomato	\$3.90

Burgers & Buns

Chicken Schnitzel	\$5.50
Grilled Chicken	\$5.50
Cheeseburger	\$4.50
Beef	\$5.50
Hot Roast Beef & Gravy	\$5.50
Vegetarian Burger	\$5.50
Fish Fillet Burger	\$5.50
Hot Dogs Plain with sauce	\$4.00
Hot Dogs with Cheese & Sauce	\$4.50

MEAL SPECIALS

Pasta Dishes

Penne Carbonara	\$5.50
Penne Bolognese	\$5.50
Vegetarian Shells	\$4.50
Beef Lasagne	\$5.50
Vegetarian Lasagne	\$5.50

Rice Dishes

Vegetarian Fried Rice	\$3.90
Special Fried Rice	\$4.40
Steamed Rice with Asian Greens	\$5.00

Other Meals

Roast Meat with Roast vegetables	\$6.00
Singapore Noodles	\$5.50
Baked Potato with Toppings	\$5.50

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

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

Canteen Price List

Prices effective from January 2018



VEGETARIAN & HALAL & GLUTEN FREE OPTIONS AVAILABLE



Breakfast

Available from 8-00am

Cereal and Milk ..Full Cream or Skim	\$2.50
Bacon and Egg Roll	\$4.70
Bacon and Egg Muffin	\$4.60
Scrambled Egg Wrap	\$5.00
Egg Bacon & Sausage Wrap& Hash Brown	\$5.50
Hashbrown oven baked	\$1.30



Drinks

600ml Water	\$2.70
600ml Plain Milk	\$2.50
375ml Plain milk	\$1.90
300ml Plain Milk	\$1.30

DRINKS Continued

600ml Flavoured Milk	\$4.40
375ml Flavoured Milk	\$3.90
300ml flavoured Milk	\$3.00
Up and Go Milk	\$2.80
Just Juice	\$2.20
Fruit Juice 200ml	\$2.80
Fruit Juice 350ml	\$3.50
Fruit Juice 500ml	\$4.00
450ml Lemonade	\$4.00



Ice Creams

Selection of approved ices available from canteen

Slushies

Fruit Juice	small	\$2.00
	Large	\$3.50

Crisps

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

MISCELLANEOUS

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.

Other snacks

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