Metropolitan Canteens
Prices effective from January 2016

Sandwiches Rolls & Wraps
White/wholemeal/Multigrain

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

Sandwiches $4.00
Rolls $5.00
Wraps Half $3.50
Wraps Whole $6.00
Focaccia Grilled $6.00

Salads Small Large
Pasta & Rice Salad $4.50 $6.00
Chicken Caesar $4.50 $6.00
Greek Salad $4.50 $6.00
Thai Salad $4.50 $6.00
Tuna Salad $4.50 $6.00
Beef Salad $4.50 $6.00

Fresh Fruit (whole) $1.20
Fruit Salad small $3.80
Fruit Salad large $4.50
Yoghurt $2.50
Jelly $1.80

The Bakery
All made on site (low fat)

From our Resident Nutritionist Stephanie Wearne
From BodygoodFood Web: www.bodygoodfood.com.au

Berry & Oat Muffins $3.00
Banana & Coconut Bread (Homemade) $3.50
Corn & Bacon Fritters $3.00
Quinoa Salad $5.00
Vietnamese Chicken Salad $5.50
Roast Beef Wrap with spinach, Relish Red Onion & Mustard $6.00
Mexican Bean Pots with guacamole, Sour Cream & Cheese $5.00
Muesli Slice (Homemade) $3.50
Energy Balls (Homemade) $2.00
Rice Paper Rolls (2 medium) $5.00
Sushi variety $3.00ea

Burgers & Buns

Chicken Schnitzel $5.00
Grilled Chicken $5.00
Cheeseburger $4.00
Bun $5.00
Hot Roast Beef & Gravy $5.00
Vegetarian Burger $5.00
Fish Fillet Burger $5.00
Hot Dogs Plain with sauce $3.60
Hot Dogs with Cheese & Sauce $4.00
Canteen Price List

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**MEAL SPECIALS**

**Pasta Dishes**
- Penne Carbonara $5.00
- Penne Bolognese $5.00
- Vegetarian Bolognese $4.00
- Beef Lasagne $5.00
- Vegetarian Lasagne $5.00

**Rice Dishes**
- Vegetarian Fried Rice $3.50
- Special Fried Rice $4.00
- Steamed Rice with Asian Greens $4.50

**Other Meals**
- Roast Meat with Roast vegetables $5.50
- Singapore Noodles $5.00
- Baked Potato with Toppings $5.00

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

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**VEGETARIAN & HALAL & GLUTEN FREE OPTIONS AVAILABLE**

**Breakfast**

- Cereal and Milk (Full Cream or Skim) $2.50
- Bacon and Egg Roll $4.00
- Bacon and Egg Muffin $4.00
- Scrambled Egg Wrap $4.80
- Egg Bacon & Sausage Wrap & Hash Brown $5.00
- Croissant Ham & Cheese $4.00

**Drinks**

- 600ml Water $2.50
- 600ml Plain Milk $2.30
- 375ml Plain Milk $1.70
- 300ml Plain Milk $1.20

**DRINKS Continued**

- 600ml Flavoured Milk $4.00
- 375ml Flavoured Milk $3.50
- 300ml Flavoured Milk $2.80
- Up and Go Milk $2.50
- Just Juice $2.00
- Fruit Juice 200ml $2.50
- Fruit Juice 350ml $3.20
- Fruit Juice 500ml $3.70

**Ice Creams**

Selection of approved ices available from canteen

- Slushies
  - Fruit Juice small $2.00
  - Large $3.50

- Crisps
  - Red Rock Potato Crisps 28gm $1.80
  - Vege Chips 27gm $1.80

**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.

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