### Metropolitan Canteens

#### Salads
- **Garden Salad**  
  - Small: $4.50  
  - Large: $6.00  
- **Chicken Caesar**  
  - Small: $4.50  
  - Large: $6.00  
- **Greek Salad**  
  - Small: $4.50  
  - Large: $6.00  
- **Thai Salad**  
  - Small: $4.50  
  - Large: $6.00  
- **Tuna Salad**  
  - Small: $4.50  
  - Large: $6.00

#### Sandwich Bar
- **Ham and Cheese, Cheese and Tomato**  
  - Half: $3.50  
  - Whole: $6.00  
- **Ham Cheese and Tomato, Curried Egg, Salad, Egg and Lettuce, Tuna Salad, Tuna and Lettuce, Cheese and Gherkin**  
  - Small: $4.00  
  - Large: $6.00
- **Chicken & Avocado, Ham Salad**  
  - Small: $4.00  
  - Large: $6.00  
- **Chicken Lettuce and Mayo, Chicken Salad, Beef Salad, Turkey Lettuce and Cranberry, Turkey Salad, Smoked Salmon/Cream Cheese**  
  - Small: $4.00  
  - Large: $6.00

#### Focaccia (any filling)  
- Small: $6.00  
- Wrap (any filling)  
  - Half: $3.50  
  - Whole: $6.00

#### Hot Foods
- **Grilled Chicken Burger**  
  - Small: $5.00  
- **Hamburger**  
  - Small: $5.00  
- **Fish Burger**  
  - Small: $5.00  
- **Vegie Burger**  
  - Small: $5.00  
- **Chicken and Mayo Roll**  
  - Small: $5.00  
- **Sweet Chilli Chicken Wrap**  
  - Small: $5.00  
- **Hot Dog with Sauce**  
  - Small: $3.60  
- **Hot Dog with Cheese & Sauce**  
  - Small: $4.00  
- **Lasagne - Beef or Vegetarian**  
  - Small: $5.00  
- **Pasta Bolognaise**  
  - Small: $4.50  
- **Pita Bread Pizza**  
  - Small: $4.00  
- **Pies/pasties/sausage rolls (low fat)**  
  - Small: $4.00  
- **Wedges (oven baked)**  
  - Small: $4.00

#### Daily Specials
- Advertised specials available daily.  
  - e.g. Yiros, Stirfry, Curry, Fried Rice, Baked Potato

#### Vegetarian and Gluten Free options available

#### Breakfast
- Available from 8-00am
  - Cereal and Milk  
    - Small: $2.50  
  - Ham and Egg Roll  
    - Small: $4.00  
  - Ham and Egg Muffin  
    - Small: $4.00  
  - Scrambled Egg Wrap  
    - Small: $4.80  
  - Croissant  
    - Small: $4.00

#### Drinks
- 600ml Water  
  - Small: $2.50
- 600ml Plain Milk  
  - Small: $2.30
- 375ml Plain Milk  
  - Small: $1.70
- 600ml Flavoured Milk  
  - Small: $4.20
- 375ml Flavoured Milk  
  - Small: $3.50
- Up and Go Milk  
  - Small: $2.50
- Just Juice  
  - Small: $2.00
- Fruit Juice 200ml  
  - Small: $2.50
- Fruit Juice 350ml  
  - Small: $3.20
- Fruit Juice 500ml  
  - Small: $3.70

#### Cold Food/Snacks
- **Tri-Salad Pack (Pasta/Garden/Fruit)**  
  - Small: $5.00
- **Sushi (2/pack)(subject to availability)**  
  - Small: $5.00
- **Cold Rolls (2/pack)(subject to availability)**  
  - Small: $6.00
- **Fresh Fruit (whole)**  
  - Small: $1.20
- **Fruit Salad small**  
  - Small: $3.80
- **Fruit Salad large**  
  - Small: $4.50
- **Yoghurt**  
  - Small: $2.50
- **Jelly**  
  - Small: $1.80
- **Red Rock Potato Crisps 28gm**  
  - Small: $1.80
- **Vege Chips 27gm**  
  - Small: $1.80

#### Ice Creams
- Selection of approved ices available from canteen