



Canteen Menu

Making healthy choices for Australian schools

Metro Home Cooked Onsite Meals - On Rotation

- ✔ **Classic Butter Chicken** \$6.00
 Slow cooked lean chunks of chicken marinated in yoghurt and an array of herbs and spices served with fluffy white rice
- ✔ **Classic Mexican Nachos** \$6.00
 Crunchy corn chips with light cheese sauce and salsa
- ✔ **Vegetarian Lasagne** \$6.00
 Fresh layers of pasta sheets infused with pumpkin, zucchini, capsicum, eggplant, diced tomatoes with a delicious napolitana sauce
- ✔ **Penne Carbonara** \$6.00
 Penne pasta in our creamy sauce with generous portions of bacon with egg and parmesan
- ✔ **Pasta Bolognaise** \$6.00
 Pasta with lean beef mince plus zucchini, carrot, onion, napoletana sauce and sprinkle of light cheese

Oven Baked Hot Foods

- ✔ Home Made Garlic Bread \$2.00
- ✔ Hot Chip Scoop \$3.80
- ✔ Chicken Nuggets \$0.80
- ✔ Wedges with Sour Cream & Sweet Chilli \$4.40
- ✔ Freshly Made Pizza Scrolls \$2.20
- ✔ Hash Brown \$1.20

Mega Metro Toasted Subs 8"

- ✔ Grilled Chicken & Mayo \$6.20
- ✔ Meatball \$6.20



Standard Burgers 4" Bun

- ✔ **Chicken Tender** \$5.20
 Chicken tenders crumbed and baked with lettuce & mayonnaise
- ✔ **Beef Cheeseburger** \$5.20
 Lean homemade beef pattie with cheese and homemade burger sauce
- ✔ **Fillo Fish Burger** \$5.20
 Lightly crumbed fillet of fish with tomato, lettuce and tartare sauce
- ✔ **Chicken Schnitzel Burger** \$6.20
 Crumbed schnitzel baked chicken breast with lettuce and light mayonnaise

Hot Dogs

- ✔ Plain or with Sauce \$4.80
- ✔ Cheese & Sauce \$5.00
- ✔ Puppy dog with Sauce \$2.50

Croissants

- ✔ Plain \$3.50
- ✔ Cheese \$4.00
- ✔ Cheese & Tomato \$4.50
- ✔ Ham & Cheese \$4.50
- ✔ Ham, Tomato & Cheese \$5.00

✔ Green Foods ✔ Amber Foods
 GF Gluten Free | DF Dairy Free | V Vegetarian | VG Vegan



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Metro Delicious Salads

- ✓ **KMC Crunch Bowl** \$6.00
Baked pieces of kentucky chicken fillet on a bed of fresh slaw and light corn chips and a dollop of Kewpie mayo, super crunchy and super tasty
- ✓ **Fresh Garden Salad** \$5.80
Lettuce, cucumber, cherry tomatoes, carrot, sprinkle of light cheese with a tangy French dressing
- ✓ **Fresh Fruit Salad** \$5.00
Selection of diced fresh in season fruits

Home Made Pastries

- ✓ **Classic Large Beef Pie** \$5.00
Slow cooked lean chunks of beef with onion and an array of spices
- ✓ **Classic Sausage Roll** \$4.50
Lean sausage mince with an array of spices with added finely chopped carrot and zucchini
- ✓ **Spinach and Ricotta Triangle** \$4.00

Sandwiches & Rolls

- Wholemeal
- ✓ **Cheese & Vegemite Sandwich** \$4.00
 - ✓ **Ham & Cheese Sandwich** \$4.50
 - ✓ **Chicken, Lettuce & Lite Mayo Sandwich** \$4.50
 - ✓ **Cheese & Salad Sandwich** \$4.50
- Sandwiches \$5.50
Rolls \$6.00

Pizza

Huge Range of Various Toppings/Flavours

- ✓ **Freshly Made Pizza Slice 12cm** \$3.00

Drinks

- ✓ **600ml Spring Water** \$2.50
- ✓ **250ml Flavoured Milk (Nippy's)** \$3.20
- ✓ **Up and Go** \$3.00
- ✓ **250ml Fruit Juice (Unsweetened)** \$3.00

Snacks

- ✓ **Seasonal Fresh Fruit** \$1.50
- ✓ **Mixed Berry & Passionfruit Cheesecake Cup** \$4.00
- ✓ **Chocolate Mousse** \$2.50
- ✓ **Home Made Cookies - mimi** \$0.50
- ✓ **Home Made Muffins - mini** \$1.00
- ✓ **Fruit Salad** \$4.80
- ✓ **Bega Cheese Stringers** \$1.00
- ✓ **225ml cup yoghurt and berries** \$3.00
- ✓ **225ml cup yoghurt and granola** \$3.00
- ✓ **Jelly Cup** \$2.50
- ✓ **Jelly and custard cup** \$3.00
- ✓ **Selection of Ice Blocks & Ice Creams** From \$1.00

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.

**EFTPOS
& CASH
AVAILABLE**

