



# Canteen Menu

Making healthy choices for Australian schools

## Metro Home Cooked Onsite Meals - On Rotation

- **Classic Butter Chicken - 500ml** \$6.80  
Slow cooked lean chunks of chicken marinated in yoghurt and an array of herbs and spices served with fluffy white rice
- **Japanese Teriyaki Chicken - 500ml** \$6.80  
Juicy grilled chicken, marinated in Teriyaki sauce with steamed white rice.
- **Beef Bolognese - 500ml** \$6.80  
Slow-cooked ground beef simmered in a rich tomato sauce with hints of garlic and fresh basil. Served over al dente pasta and finished with a sprinkle of Parmesan for an authentic Italian comfort dish.
- **Chicken Yiros (Term 2 & 3)** \$6.80  
Lean marinated tender chicken pieces with tomato, lettuce and of course finished off with garlic sauce
- **Nachos** \$6.80  
Corn chips topped with zesty salsa and cheese then toasted to golden. Sour cream available
- **Lasagne - 500ml** \$6.80  
Layers of rich meat sauce, creamy béchamel, and perfectly cooked pasta sheets, topped with melted mozzarella and Parmesan. Baked to golden perfection.

● Green Foods   ● Amber Foods  
[DF] Dairy Free | [V] Vegetarian | Gluten Free [GF]

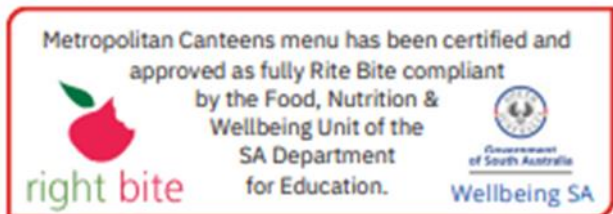
## Metro Delicious Salads

- **Garden Salad [V] [VG]** \$6.80  
Lightly dressed lettuce with tomato, cucumber, red onion, and seasonal greens. (Add chicken or falafel)
- **Tangy tomato pasta salad** \$6.80  
Al dente pasta tossed with diced capsicum, red onion, basil, and a zesty tomato vinaigrette. Finished with a sprinkle of Parmesan.
- **Pesto Chicken Pasta Salad** \$6.80  
Pesto marinated chicken, penne pasta, creamy mayo, cherry tomatoes and baby rocket

## Oven Baked Hot Foods

- **Home Made Garlic Herb Bread [V]** \$2.00
- **Sweet Chili Tender** \$2.50
- **Hashbrown** \$2.00
- **Chicken Nugget [DF] per each** \$1.00
- **Wedges with Sour Cream & Sweet Chili** \$5.00  
(Tuesday and Wednesday only)
- **Arancini balls (3) with metro dipping sauce** \$5.00  
(Term 2 & 3)

**EFTPOS & CASH AVAILABLE**



ALL ORDERS ARE TO BE PLACED BY 8.30AM



2025

# Canteen Menu

Making healthy choices for Australian schools

## Gourmet Burgers

- **Chicken Burger** \$6.50  
Chicken breast crumbed and baked with lettuce & mayonnaise
- **Beef Cheeseburger** \$6.50  
Lean homemade beef pattie with cheese and homemade burger sauce
- **Vegetarian Burger [V]** \$6.50  
Mixed vegetable pattie lightly crumbed with lettuce and mayonnaise
- **Plain Chicken Burger** \$6.50  
Chicken Breast crumbed and baked
- **Hash brown Burger [V]** \$6.50  
olden baked hash brown pattie, with cheese and tomato sauce.
- **Sweet Chili Tender Burger** \$6.50  
sweet chili crumbed chicken tenders, cheese, lettuce and mayo.

## Metro Healthy Flat breads

- **Chicken, cheese & light mayo. Toasted** \$6.50

## Hot Dogs

- **Plain or with Sauce** \$5.00
- **Cheese & Sauce** \$5.50



## Mega Metro Toasted Subs 8"

- **Grilled Chicken & Mayo** \$6.50
- **Sweet Chili Chicken** \$6.50
- **Meatball (Term 2 & 3)** \$6.50

## Home Made Pastries

- **Classic Large Beef Pie** \$5.80  
Slow cooked lean chunks of beef with onion and an array of spices
- **Gourmet Sausage Roll** \$5.50  
Lean sausage mince with an array of spices with added finely chopped carrot and zucchini
- **Croissants**
  - Cheese Croissant, toasted \$4.70
  - Cheese & tomato Croissant, toasted \$4.70
  - Ham & cheese Croissant, toasted \$5.00
  - Ham cheese & tomato, toasted \$5.00



ALL ORDERS ARE TO BE PLACED BY 8.30AM



2025

# Canteen Menu

Making healthy choices for Australian schools

## Sandwiches, Rolls & Wraps

### Sandwiches (Wholemeal)

● Vegemite sandwich	\$3.50
● Cheese & Vegemite Sandwich [V]	\$4.00
● Ham & Cheese Sandwich	\$4.50
● Ham, cheese & tomato Sandwich	\$5.00
● Chicken, Lettuce & Lite Mayo Sandwich	\$4.80
● Cheese Sandwich	\$4.00
● Cheese & Tomato Sandwich	\$4.50
● Cheese & Salad Sandwich [V]	\$4.50
● Salad Sandwich	\$4.50

### Rolls/Wraps

● Chicken Salad Wrap	\$6.50
● Ham Salad Wrap	
● Salad Wrap	
● Chicken lettuce mayo roll	
● Ham and cheese roll	

### Gluten Free Options

● Sandwiches	\$5-5.80
● Pies	\$6.50
● Sausage rolls	\$5.50
● Chicken nuggets, per each	\$1.20
● Banana Bread	\$3.50
● Napoletana pasta	\$6.80

### Pizza

● Cheese	\$2.50
● Ham and cheese	

### Drinks

● 600ml Spring Water	\$2.80
● 200ml Flavoured Milk	\$3.00
● Up and Go	\$3.50
● 250ml Fruit Juice (Unsweetened)	\$3.00

### Snacks

● Seasonal Fresh Fruit	\$1.50
● Mini Muffins	\$1.50
● Home Made Cookies	\$2.50
● Jelly and custard cups	\$3.50
● Fruit Salad [V] [VG] [DF]	\$5.50
● Mousse cups	\$3.00
● Jelly Cups [V] [DF]	\$3.00
● Red Rock chips	\$2.50
● Cheese Sticks	\$1.50
● Natural peaches in juice cups	\$2.00
● Watermelon Tubs	\$4.00
● Banana Bread	\$3.00

### Over the counter frozen goods

● Nippys frozen juice cup	\$2.00
● Juicies	\$2.00
● Moosies	\$2.00
● Quelch	\$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.

For any assistance with online ordering, please call our office on (08) 8445 2100



ALL ORDERS ARE TO BE PLACED BY 8.30AM