



# Metropolitan Canteens

Prices effective from January 2017



## 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.

<b>Sandwiches</b>		<b>\$4.50</b>
<b>Rolls</b>		<b>\$5.50</b>
<b>Wraps</b>	<b>Half</b>	<b>\$3.90</b>
<b>Wraps</b>	<b>Whole</b>	<b>\$6.50</b>
<b>Focaccia</b>	Grilled	<b>\$6.50</b>

<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](http://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
Energy Balls (Homemade)	\$2.20
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	\$3.90
Spinach & Ricotta Rolls	\$4.40
Quiche	\$4.00
Pasties	from \$4.00
Pies	from \$4.00
Pies Commercial	from \$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 2017



### VEGETARIAN & HALAL & GLUTEN FREE OPTIONS AVAILABLE



#### Breakfast

Available from 8-00am

Cereal and Milk ..Full Cream or Skim	\$2.50
Bacon and Egg Roll	\$4.40
Bacon and Egg Muffin	\$4.40
Scrambled Egg Wrap	\$5.00
Egg Bacon & Sausage Wrap& Hash Brown	\$5.50
Croissant Ham & Cheese	\$4.40



#### 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



### 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.