



**METRO CANTEENS**

# Metropolitan Canteens Menu

Pricing correct as of September 2025. Pricing subject to change.

## Drinks

600ml Plain Milk	\$2.30
300ml Plain Milk	\$1.60
600ml Water	\$2.50
500ml Flavoured Milk	\$5.00
300ml Flavoured Milk	\$3.60
Up and Go Milk	\$3.00
Just Juice	\$2.80
500ml Fruit Juice	\$4.80
Mineral Waterfords	\$4.50
Gatorade	\$5.00
Ice Break Ice Coffee	\$5.00
Lipton Ice Tea Large	\$5.00
No Sugar Lemonade Cans	\$3.00

## Sweet Treats

Lamington Finger	\$0.70
Oreo Minis	\$1.00
Brownie Slice	\$3.50
Banana Bread	\$4.00
Triple Choc Cookie GF	\$3.50
Raspberry White Choc Muffin	\$3.50
Choc Chip Muffin	\$3.50
Chocolate Muffin	\$3.50
Caramel Slice	\$4.00
Vanilla Slice	\$4.00
Jelly Cups	\$2.50
Chocolate Mousse	\$4.00

## Ice Cream

Zooper Doopers	\$1.00
Peters Icy Pole	\$2.00
Raspberry Icy Pole	\$2.00
Frosty Fruit	\$3.50
Fruit Stack	\$3.50
Milo Cups	\$5.50

# Food Menu

## Sandwiches, Rolls and Wraps

**Bread:** White/Wholemeal/Multigrain/Gluten Free Bread

### Ingredients

Choose from Ham, Poached Chicken, Smoked Salmon, Turkey, Egg, Roast beef, Lettuce, Tomato, Carrot, Cucumber, Beetroot, Onion, Avocado with Cranberry, Mustard, Mayo.

Sandwiches	\$5.50
Rolls	\$6.50
Wraps - Half	\$4.00
Wraps - Whole	\$7.00
Focaccia - Grilled	\$7.00

## Salads

Pasta & Rice Salad	\$6.00
Chicken Caesar	\$8.90
Greek Salad	\$6.00
Fruit (Whole)	\$1.20
Fruit Salad Bowl	\$5.00
Yoghurt	\$3.50

## Sushi and Rice Paper Rolls

Rice Paper Rolls (2 small)	\$4.50
Sushi variety	\$4.50ea

## Breakfast from 7:30am

Bacon and Egg Roll	\$5.00
Cinnamon Toast	\$2.00
Scrambled Egg Wrap	\$6.00
Croissant Plain	\$3.50
Croissant Ham and Cheese	\$5.00
Toasted Ham and Cheese	\$5.00
Toasted Cheese and Tomato	\$4.50

## The Bakery

**All made on site, low fat.**

Cookies	from \$2.00
Muffins Fruit Variety	\$3.50
Slices Homemade	\$4.40
Energy Balls	\$3.00
Sausage Rolls - Large	\$5.00
Sausage Rolls - Small	\$3.50
Spinach & Ricotta Rolls	\$4.60
Quiche	\$4.00
Pies Assorted	\$5.00

## Burgers and Buns

Chicken Schnitzel	\$6.50
Grilled Chicken	\$6.50
Cheeseburger	\$5.80
Hamburger & Salad	\$7.00
Hot Roast Chicken & Mayo	\$5.00
Vegetarian Burger	\$5.50
Fish Fillet Burger	\$6.00
Hot Dog with Sauce	\$4.80
Hot Dog with Sauce and Cheese	\$5.00

## Meal Specials

**Vary daily. Check in Canteen for weekly menu.**

### Pasta Dishes

Penne Carbonara	sml \$4.50	lrg \$6.50
Penne Bolognese	sml \$4.50	lrg \$6.50
Vegetarian Shells		\$5.00
Beef Lasagna		\$6.50
Vegetarian Lasagna		\$6.50

### Rice Dishes

Vegetarian Fried Rice	\$5.50
Special Fried Rice	\$6.50

### Other Meals

Butter Chicken	\$7.00
Fish with Wedges	\$7.00

## Savoury Snacks

Chicken Nuggets (5)	\$4.50
Hash Brown GF	\$2.00
Chicken Tender	\$2.00
Dim Sims (Steamed) 3	\$4.00
Garlic Bread - Half	\$2.50
Garlic Bread - Large	\$4.50
Mini Spring Rolls	\$4.00
Potato Gems	\$4.50
Wedges	\$4.50
Red Rock Potato Chips 28gm	\$2.00
Vege Chips 27gm	\$2.00
Red Rock 45gm	\$3.50
Jumpys	\$2.00
Doritos	\$3.00