



## Metropolitan Canteens New school menu

Prices effective from January 2026

### SANDWICHES & WRAPS

#### White/wholemeal/Multigrain/Gluten Free

Sandwiches	From \$5.50
Wraps – Whole	\$7.00
Rolls	\$6.00
Bagel – smoked salmon	\$8.50

### SALAD

Garden salad	\$6.50
Chicken Pasta Salad	\$7.00
Chicken Caesar	\$8.00
Falafel and Floret Salad	\$8.00
Vegetarian curried pasta salad	\$7.00
Sushi rice bowl with teriyaki chicken	\$7.50



### Fruit and yoghurt

Fresh Fruit (whole)	\$2.00
Fruit Salad Bowl	\$5.00
Watermelon cup	\$4.00
Greek Yoghurt with berries	\$4.00
Yoghurt Granola Cups	\$5.00
Almond Berry Chia pudding	\$5.00

### THE BAKERY

#### All made on site (low fat)

Cookies	\$3.00
Muffins	\$4.50
Homemade Brownie	\$3.50
Chocolate coconut balls	\$3.00
Low fat cheesecake	\$5.00

### BURGERS & BUNS

Chicken Burger	\$6.50
Cheeseburger	\$6.00
Hamburger & salad	\$7.00
Roast Chicken Mayo roll	\$6.00
Vegetarian Burger (V) (GF) (DF)	\$6.50
Hot Dog with sauce	\$5.00
Hot Dog with sauce and cheese	\$5.50
Meatball sub with cheese	\$6.00
Chicken sliders (2)	\$7.00
Sweet chilli tender wrap	\$7.00
Turkish bread varieties	\$7.00
Pulled beef gravy roll	\$7.50

### DAILY SPECIALS

#### New specials every Term

##### All \$7.50

Monday: BLT on Turkish

Tuesday: Chicken karaage and Rice

Wednesday: Sushi- Teriyaki chicken or Tuna

Thursday: Stir fried noodles with Chicken or Veg

Friday: Honey soy chicken and rice

### SUSHI VARIETY

1 roll	\$4.00
2 rolls	\$7.50

### BREAKFAST

#### Available from 7am



Hashbrown	\$2.00
Vegemite Cheese Scrolls	\$3.50
Bacon and Egg Roll	\$5.50
Croissants	\$5.50
Toasties	\$5.50
Breakfast wrap	\$6.50

### HOT FOOD

Potato Wedges	\$4.50
Chicken Nuggets (5)	\$4.50
Loaded Wedges	\$5.50
Traveller pie	\$6.00
Vegetarian Nachos	\$5.00
Pizza slice	\$4.50
Garlic bread	\$4.50
Special fried rice	S \$4.50 L\$6.50
Vegetarian Fried rice	\$5.00
Pasta of the day	S \$4.50 L\$7.00



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### SNACK FOODS

Jelly Cup	\$2.50
Chocolate mousse	\$4.00
Chocolate coconut Balls	\$3.00
Snack Packs	\$7.00

### ICE CREAMS

Zooper Doopers	\$1.00
TNT sours	\$1.00
Fruity Bombs	\$1.00
Icy pole	\$2.50
Lifesaver	\$3.50
Frosty fruit stack	\$4.00
Milo cup	\$5.50

### COLD DRINKS

600ml water	\$2.50
Up and Go	\$3.50
300ml flavoured Milk	\$3.50
500ml milk	\$5.00
Icebreak	\$5.50
Poppers	\$2.80
Bare	\$4.50
Mineral Waterfords	\$4.50
Lipton Iced tea	\$5.00
Gatorade	\$5.00
Aloe Vera juice's	\$5.00

### CRISPS

Red Rock Potato Crisps 28gm	\$2.50
Red rock Potato Crisps 45gm	\$3.50