



# Metropolitan Canteens

## Junior School Lunch Order Menu

Prices effective from January 2015



	Small	Large
Garden Salad	\$4.50	\$6.00
Chicken Caesar	\$4.50	\$6.00
Greek Salad	\$4.50	\$6.00
Thai Salad	\$4.50	\$6.00
Tuna Salad	\$4.50	\$6.00
Pasta Salad	\$3.80	



### Sandwiches

Ham and Cheese, Cheese and Tomato, Salad, Egg and Lettuce, Tuna Salad, Tuna and Lettuce, Cheese and Gherkin	\$3.50
Chicken & Avocado, Ham Salad, Chicken Lettuce and Mayo, Chicken Salad, Beef Salad, Turkey Lettuce and Cranberry, Turkey Salad, Smoked Salmon/Cream Cheese	\$4.00
<b>Focaccia</b> (any filling)	\$6.00
<b>Wrap</b> (any filling)	Half \$3.50 Whole \$6.00



### Hot Foods

Grilled Chicken Burger	\$5.00
Hamburger	\$5.00
Fish Burger	\$5.00
Vegie Burger	\$5.00
Chicken and Mayo Roll	\$5.00
Sweet Chilli Chicken Wrap	\$5.00
Hot Dog with Sauce	\$3.60
Hot Dog with Cheese & Sauce	\$4.00
Mini hot dog with Sauce	\$2.30
Mini hot dog with Cheese & Sauce	\$2.60
Lasagne - Beef or Vegetarian	\$5.00
Pasta Bolognaise	\$4.50
Pita Bread Pizza	\$4.00
Pita Bread Pizza (1/2)	\$2.20
<u>Oven Baked</u>	\$4.00
Chiko Roll	\$2.40
Chicken Nugget	\$0.90
Fish Finger	\$1.40
Mini Spring Roll	\$0.60
Beef Traveller Pie	\$3.70
Aussie Sausage Roll	\$3.70

### Low Fat



### Meal Packs - All \$5.70

<u>Cheeseburger Pack</u>	
Cheeseburger, apple, orange juice	
<u>Chickenburger Pack</u>	
Small chickenburger, apple, orange juice	
<u>Hot Dog Pack</u>	
Hot dog, apple, orange juice	
<u>Salad Pack</u>	
Cheese salad, apple, orange juice	
<u>Wrap Pack</u>	
1/2 chicken salad wrap, apple, orange juice	



### Drinks

Water 600ml	\$2.50
Plain milk 375ml	\$1.70
Chocolate milk 375ml	\$3.50
Strawberry milk 375ml	\$3.50
Up and Go Vanilla 250ml	\$2.50
Up & Go Chocolate 250ml	\$2.50
Up & Go Strawberry 250ml	\$2.50
Just Juice 200ml	\$2.00
Fruit Juice 250ml	\$2.70
Fruit Juice 350ml	\$3.20
Fruit Juice 500ml	\$3.70



### Cold Food/Snacks

Tri-Salad Pack (Pasta/Garden/Fruit)	\$5.00
Fresh Fruit (whole)	\$1.20
Fruit Salad small	\$3.80
Fruit Salad large	\$4.50
Yoghurt	\$2.50
Jelly	\$1.80
Muffins (homemade)	\$2.20
Cookies (homemade)	\$1.20
Red Rock/Vege Chips 27g	\$1.80

Please place lunch orders by 9.30 am  
Ice creams not available with lunch orders