Metropolitan Canteens
Junior School Lunch Order Menu
Prices effective from January 2015

Salads
- 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: $3.50
- Salad, Egg and Lettuce, Tuna Salad, Tuna and Lettuce, Cheese and Gherkin: $4.00
- Chicken & Avocado, Ham Salad: $4.00
- Chicken Lettuce and Mayo, Chicken Salad, Beef Salad, Turkey Lettuce and Cranberry, Turkey Salad, Smoked Salmon/Cream Cheese

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

Low Fat
- Chiko Roll: $2.40
- Chicken Nugget: $0.90
- Fish Finger: $1.40
- Mini Spring Roll: $0.60
- Aussie Sausage Roll: $3.70

Meal Packs - All $5.70
- Cheeseburger Pack
  - Cheeseburger, apple, orange juice
- Chickenburger Pack
  - Small chickenburger, apple, orange juice
- Hot Dog Pack
  - Hot dog, apple, orange juice
- Salad Pack
  - Cheese salad, apple, orange juice
- Wrap Pack
  - 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