Metropolitan Canteens

Salads
- Garden Salad $4.50 Small, $6.00 Large
- Chicken Caesar $4.50 Small, $6.00 Large
- Thai Salad - wed thurs only $4.50 Small, $6.00 Large
- Tuna Salad $4.50 Small, $6.00 Large

Sandwich Bar
- Ham and Cheese, Cheese and Tomato $3.50
- Ham Cheese and Tomato, Curried Egg, Salad, Egg and Lettuce, Tuna Salad, Tuna and Lettuce, Cheese and Gherkin $4.00
- Chicken & Avocado, Ham Salad, Chicken Lettuce and Mayo, Chicken Salad, Beef Salad, (some stock may not be available on occasion e.g. avocado and beef) $4.00
- Focaccia (any filling) $6.00
- Wrap (any filling) Half $3.50, Whole $6.00

Hot Foods
- Grilled Chicken Burger $5.00
- Hamburger $5.00
- Fish Burger - subject to availability $5.00
- Veggie 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
- Lasagne - Beef or Vegetarian WED/THURS $5.00
- Pasta Bolognaise WED/THURS ONLY $4.50
- Pita Bread Pizza $4.00
- Pies/pasties/ sausage rolls (low fat) from $4.00
- Wedges (oven baked) $4.00

Daily Specials
- Advertised specials available daily.
- e.g. Yiros, Stir Fry, Curry, Fried Rice, Baked Potato, nachos, Yiros

Vegetarian and Gluten Free options available

Breakfast
- Available from 8.00am
  - Hash brown $1.00
  - Ham and Egg Roll $4.00
  - Ham and Egg Muffin $4.00

Ham and cheese toastie $3.50
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Canteen Price List
Prices effective from January 2015

Drinks
- 600ml Water $2.50
- 600ml Plain Milk $2.30
- 375ml Plain Milk $1.70
- 600ml Flavoured Milk $4.20
- 375ml Flavoured Milk $3.50
- Up and Go Milk $2.50
- Just Juice $2.00
- Fruit Juice 200ml $2.50
- Fruit Juice 350ml $3.20
- Fruit Juice 500ml $3.70

Cold Food/Snacks
- Tri-Salad Pack (Pasta/Garden/Fruit) $5.00
- Sushi (2/pack) (subject to availability) $9.00
- Cold Rolls (2/pack) (subject to availability) $6.00
- Fresh Fruit (whole) $1.20
- Fruit Salad small $3.80
- Fruit Salad large $4.50
- Yoghurt $2.50
- Jelly $1.80
- Red Rock Potato Crisps 28gm $1.80
- Vege Chips 27gm $1.80

Ice Creams
- Selection of approved ices available from canteen