



# Metropolitan Canteens



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



## Sandwich Bar

Ham and Cheese, Cheese and Tomato, Ham Cheese and Tomato, Curried Egg, Salad, Egg and Lettuce, Tuna Salad, Tuna and Lettuce, Cheese and Gherkin

\$3.50

Chicken & Avocado, Ham Salad, \$4.00

Chicken Lettuce and Mayo, Chicken Salad,

Beef Salad, (some stock may not be available on occasion e.g avocado and beef)

**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 Bolognese 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, Stirfry, Curry, Fried Rice,

Baked Potato,nachos,YIROS

**Vegetarian and Gluten Free** options available



## Breakfast

Hash brown \$1.00

Ham and Egg Roll \$4.00

Ham and Egg Muffin \$4.00

Available from 8-00am

Ham and cheese toastie \$3.50  
crossiant \$4.00

# 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) \$5.00

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