

Canteen Menu

2025



Metro Home Cooked Onsite Meals - On Rotation

- ✓ **Classic Butter Chicken (H)** \$6.80
Slow cooked lean chunks of thigh chicken, marinated in a butter chicken sauce and an array of herbs and spices served with fluffy white rice
- ✓ **Baked Jacket Potato** \$6.80
Options to add ham, pineapple, cheese and sour cream
- ✓ **Classic Mexican Nachos(H) (GF)** \$6.80
Crunchy corn chips with salsa and cheese. Option of sour cream
- ✓ **Cheesy Beef Pasta Bake (H)** \$6.80
Penne pasta, beef mince, passata, alfredo sauce with cheddar and parmesan cheese.
- ✓ **Creamy tomato pasta bake (H)** \$6.80
Spiral pasta baked with a creamy tomato pasta sauce, chopped tomatoes and Cheese.
- ✓ **Napolitana Pasta (H)** \$6.80
Penne pasta, baby spinach in a napolitana sauce with a light sprinkle of cheese.

Standard Burgers 5" Bun

- ✓ **Chicken Tender** \$6.50
Chicken Tenders crumbed and baked with lettuce & mayonnaise
GF option available
- ✓ **Beef Cheeseburger** \$6.50
Lean beef pattie with cheese and tomato sauce
- ✓ **BBQ Cheeseburger** \$6.50
Lean beef pattie with cheese and barbeque sauce
- ✓ **Big Metro** \$6.50
Lean beef pattie with lettuce, cheese and burger sauce
- ✓ **Beef Hamburger** \$6.50
Lean beef pattie with lettuce, tomato and tomato sauce. Option to add cheese
- ✓ **Filo Fish Burger**
Lightly crumbed fish fillet with tomato, lettuce and tartare ... \$6.50
sauce

Hot Dogs

- ✓ Plain or with sauce \$5.00
- ✓ Cheese & sauce \$5.50

Making healthy choices for Australian schools

Oven Baked Hot Foods

- ✓ Chicken Nuggets (H) \$1.00
GF option available.....\$1.20
- ✓ Chicken Tender/ Sweet Chilli.....\$2.50
GF option available.....\$2.50
- ✓ Home Made Garlic Bread..... \$2.00
- ✓ Home Made Cheesy Garlic Bread \$2.00
- ✓ Potato gems..... \$5.00
- ✓ Hash brown (H)(GF)..... \$2.00
- ✓ 6 x Vegetable spring rolls with sweet chilli sauce.....\$5.80

Mega Metro Toasted Subs/Wraps

- ✓ Grilled Chicken & Mayo \$6.50
- ✓ Sweet Chilli Chicken \$6.50

Metro Delicious Salads

- ✓ Fresh Garden Salad \$6.80
Lightly dressed lettuce with cucumber, tomato, red onion, egg and a sprinkle of cheese. Option to add grilled chicken.

Croissants

- ✓ Plain\$4.50
- ✓ Cheese.....\$4.70
- ✓ Ham & cheese.....\$5.00

Home Made Pastries

- ✓ Classic Large Beef Pie\$5.80
Slow cooked lean chunks of beef with onion & an array of spices
- ✓ Sausage Roll\$3.20
Small - Lean sausage mince with an array of spices with added finely chopped carrot and zucchini
- ✓ Vegetable Pasty.....\$5.80
Potato, carrot, pumpkin, onion and an array of spices

✓ Green Foods	GF Gluten Free	VG Vegan
✓ Amber Foods	V Vegetarian	DF Dairy Free
	H Halal	

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Sandwiches

White, Wholemeal or Multigrain
GF option available

- ✓ Strawberry jam\$3.50
- ✓ Vegemite\$3.50
- ✓ Cheese and vegemite \$4.00
- ✓ Cheese\$4.00
- ✓ Cheese and tomato \$4.50
- ✓ Ham and cheese \$4.50
- ✓ Ham, cheese and tomato \$5.00
- ✓ Salad\$4.50
- ✓ Chicken, lettuce and mayo\$4.80
- ✓ Egg, lettuce and Mayo\$5.00

Toasted option available

Drinks

- ✓ 600ml Spring Water \$2.80
- ✓ 250ml Nippy's Flavoured Milk (GF)..... \$3.50
- ✓ 250ml Nippy's Fruit Juice (GF) \$3.00

Snacks

- ✓ Jelly Cup (GF) (H)\$3.00
- ✓ Vanilla Custard (GF)\$2.50
- ✓ Home Made Cookies\$2.50
- ✓ Muffins \$4.00
- ✓ Donuts\$3.80
- ✓ Fruit Salad (small).....\$3.50
- ✓ Bega Cheese Stringers.....\$1.50
- ✓ Selection of Ice blocks and ice creams..... from.\$1.00

Metropolitan Canteens SA uses local suppliers where possible and is committed to the 'Right Bite' Government initiative. No menu items rated Red are included in our menu.

EFTPOS & CASH PAYMENTS AVAILABLE

- ✓ Green Foods
- ✓ Amber Foods

- GF Gluten Free
- V Vegetarian

- VG Vegan
- DF Dairy Free

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