

# Canteen Menu

2026



## Metro Home Cooked Onsite Meals - On Rotation

- ✓ **Classic Butter Chicken (H)** ..... \$7.50  
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
- ✓ **Japanese Teriyaki Chicken**.....\$7.50  
Juicy grilled chicken, marinated in Teriyaki sauce with steamed white rice
- ✓ **Beef Bolognaise**.....\$7.50  
Slow-cooked ground beef simmered in a rich tomato sauce with hints of garlic and fresh basil. Served over al dente pasta and finished with a sprinkle of cheese for an authentic Italian comfort dish.
- ✓ **Cheesy Beef Pasta Bake (H)** ..... \$7.50  
Al dente pasta, rich bolognaise tomato sauce topped with alfredo sauce with cheddar and parmesan cheese.
- ✓ **Creamy Tomato Pasta Bake (H)** ..... \$7.50  
Spiral pasta baked with a creamy tomato pasta sauce, chopped tomatoes and cheese.
- ✓ **Napolitana Pasta (H)** ..... \$7.50  
Classic Napolitana pasta tossed with fresh baby spinach with a light sprinkle of cheese.
- ✓ **Chicken Fried Rice**.....\$7.50  
A savoury stir-fried rice tossed with tender chicken, diced vegetables, fragrant garlic and a rich blend of soy sauce and hoisin for a perfectly balanced, flavourful dish.
- ✓ **Classic Mexican Nachos(H) (GF)** ..... \$7.50  
Crunchy corn chips with salsa and cheese. Option of sour cream

## Standard Burgers 5" Bun

- ✓ **Chicken Tender** .....\$6.80  
Chicken Tenders crumbed and baked with lettuce & mayonnaise  
GF option available.....\$7.50
- ✓ **Beef Cheeseburger** .....\$6.80  
Lean beef pattie with cheese and tomato sauce
- ✓ **BBQ Cheeseburger**.....\$6.80  
Lean beef pattie with cheese and barbeque sauce
- ✓ **Big Metro** .....\$7.00  
Lean beef pattie with lettuce, cheese and burger sauce
- ✓ **Beef Hamburger**.....\$6.80  
Lean beef pattie with lettuce, tomato and tomato sauce. Option to add cheese
- ✓ **Filo Fish Burger**.....\$6.80  
Lightly crumbed fish fillet with tomato, lettuce and tartare sauce

## Hot Dogs

- ✓ **Plain or with sauce** ..... \$5.50
- ✓ **Cheese & sauce** ..... \$6.00

## Oven Baked Hot Foods

- ✓ Chicken Nuggets (H) ..... \$1.20  
GF option available.....\$1.50
- ✓ Chicken Tender/ Sweet Chilli.....\$2.50  
GF option available.....\$3.00
- ✓ Home Made Garlic Bread..... \$2.50
- ✓ Home Made Cheesy Garlic Bread ..... \$3.00
- ✓ Potato gems..... \$5.00
- ✓ Hash brown (H)(GF)..... \$2.50
- ✓ 6 x Vegetable spring rolls with sweet chilli sauce.....\$6.00

## Mega Metro Toasted Subs/Wraps

- ✓ Grilled Chicken & Mayo Sub ..... \$7.00
- ✓ Sweet Chilli Chicken Sub ..... \$7.00
- ✓ Chicken Tender Wrap.....\$7.00
- ✓ Chilli Chicken Wrap.....\$7.00

## Metro Delicious Salads

- ✓ Fresh Garden Salad..... \$7.00  
Lightly dressed lettuce with cucumber, tomato, red onion and a sprinkle of cheese. Option to add grilled chicken.
- ✓ Chicken Caesar Salad.....\$7.00  
Tender chicken breast with crisp lettuce, shaved parmesan, and creamy Caesar dressing.



## Croissants

- ✓ Plain..... \$4.50
- ✓ Cheese ..... \$5.00
- ✓ Ham & cheese ..... \$5.50

## Home Made Pastries

- ✓ Classic Large Beef Pie ..... \$6.00  
Slow cooked lean chunks of beef with onion & an array of spices
- ✓ Sausage Roll ..... \$3.50  
Small - Lean sausage mince with an array of spices with added finely chopped carrot and zucchini
- ✓ Vegetable Pasty.....\$6.00  
Potato, carrot, pumpkin, onion and an array of spices

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



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## Sandwiches

White or Wholemeal  
GF option available

- ✓ Strawberry jam .....\$4.50
- ✓ Vegemite .....\$4.50
- ✓ Cheese and vegemite ..... \$5.00
- ✓ Cheese .....\$4.50
- ✓ Cheese and tomato ..... \$5.00
- ✓ Ham and cheese ..... \$5.00
- ✓ Ham, cheese and tomato ..... \$5.00
- ✓ Salad.....\$5.00
- ✓ Cheese & Salad.....\$5.00

Toasted option available

## Drinks

- ✓ 600ml Spring Water ..... \$2.80
- ✓ 250ml Nippy's Flavoured Milk (GF)..... \$4.00
- ✓ 250ml Nippy's Fruit Juice (GF)..... \$3.50
- ✓ 250ml Up & Go.....\$4.00

## Snacks

- ✓ Jelly Cup (GF) (H) .....\$3.50
- ✓ Vanilla Custard (GF) .....\$3.00
- ✓ Home Made Cookies .....\$2.50
- ✓ Muffins ..... \$4.00
- ✓ Donuts .....\$4.20
- ✓ Fruit Salad .....\$4.50
- ✓ Bega Cheese Stringers.....\$2.00
- ✓ 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