Metropolitan Canteens

### Salads
- **Small** | **Large**
  - 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

### 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, $4.00
- Chicken Lettuce and Mayo, Chicken Salad, Beef Salad, Turkey Lettuce and Cranberry, Turkey Salad, Smoked Salmon/Cream Cheese

**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 $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
- Lasagne - Beef or Vegetarian $5.00
- Pasta Bolognaise $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

### Vegetarian and Gluten Free options available

### Breakfast
- Available from 8-00am
- Cereal and Milk $2.50
- Ham and Egg Roll $4.00
- Ham and Egg Muffin $4.00
- Scrambled Egg Wrap $4.80
- Croissant $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
- A selection of approved ices available from canteen

**Please Note:**
- All lunch orders are cash only and must be placed at the canteen