Metropolitan Canteens
The Heights Junior School

Salad Bar
Small     Large
Garden Salad   $4.50  $6.00
Chicken Caesar Salad   $4.50  $6.00
Greek Salad   $4.50  $6.00
Tuna Salad   $4.50  $6.00
Thai Salad   $4.50  $6.00

Sandwich Bar
Ham and Cheese, Cheese and Tomato, $3.50
Tomato and Onion, Beef and Gherkin,
Salad, Egg and Lettuce, Tuna Salad,
Tuna and Lettuce
Chicken & Avocado, Ham Salad, $4.00
Chicken Lettuce and Mayo, Chicken Salad,
Beef Salad, Turkey Lettuce and Cranberry
Turkey Salad

Focaccia (any filling)  $6.00
Wrap (any filling)      Half $3.50
                        Whole  $6.00

Please Note:
For daily specials see newsletter or daily bulletin
Monday is a pastry free day
Please see canteen staff for vegetarian options.
Please place lunch orders before 9.30am
Ice creams not available with lunch orders

Hot Food
Hamburger $5.00
Vege Burger $5.00
Grilled Chicken Burger. $5.00
Grilled Fish Burger $5.00
Cheeseburger $3.70
Small Grilled Chicken Burger $4.00
Sweet Chilli Chicken Roll $5.00
Chicken & Mayo Roll $5.00
Hot Dog with sauce $3.60
Mini Hot Dog (1/2) with sauce $2.30
Pizza Slice $2.20
Lasagne or Penne Pasta $5.00

Oven Baked Wedges $4.00
Chiko Roll $2.40
Dim Sim $1.20
Chicken Nugget $0.90
Chicken Crackle $0.90
Fish Fingers $1.40
Mini Spring Roll $0.60

Low fat Traveller Pie – Beef $3.70
Aussie Sausage Roll $3.70

All sauces 30c extra

Please Note:
All lunch orders are cash only and must be placed at either student’s classroom or the canteen

Lunch Order Price List
Prices effective from January 2015

Junior Meal Packs - All $5.70
Snack Box
Cheeseburger or mini chickenburger, juice, fruit
Fresh and Crispy
½ chicken salad wrap, juice and small fruit salad.
Bandidos Box
Nachos, tossed salad, juice
Homemade cookies, cakes and muffins (all low fat) from $2.00

Drinks
600ml Water     $2.50
600ml Plain Milk $2.30
600ml Skimmer Milk $2.40
375ml Flavoured Milk $3.50
Up and Go Milk   $2.50
Just Juice       $2.00
Fruit Juice 250ml $2.50

Snacks
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 28gm   $1.80