



# Canteen Menu

THE HEIGHTS 2021

## Metro Large Home Cooked Onsite Meals - On Rotation.

- ✓ Classic Butter Chicken ..... \$5.90  
Slow cooked lean chunks of chicken marinated in yoghurt and an array of herbs and spices served with fluffy white rice
- ✓ Baked Jacket Potato ..... \$5.90  
Freshly backed whole Potato, finely mashed and topped with Ham and Cheese and topped off with a dollop of light Sour Cream.
- ✓ Classic Mexican Nachos ..... \$5.00  
Crunchy corn chips with light cheese sauce and salsa
- ✓ Special Metro Fried Rice & Spring Rolls..... \$5.50  
Fluffy white rice with Onion, Carrots, Corn and Peas.
- ✓ Singapore Noodles ..... \$5.90  
Rice Noodles with Pork and Chicken in Oyster Sauce and stock with Egg, Bean Sprouts, Bell Peppers, Onion and an array of spices
- ✓ Roast of the day..... \$5.90  
Tender sliced roast meat with oven roasted vegies.
- ✓ Beef Lasagne ..... \$5.90  
Fresh layers of pasta sheets infused with lean minced beef, Alfredo sauce and finished off with parmesan
- ✓ Vegetarian Lasagne ..... \$5.90  
Fresh layers of pasta sheets infused with Pumpkin, Zucchini, Capsicum, Eggplant, diced Tomatoes with a delicious Neapolitana sauce
- ✓ Bacon Carbonara ..... \$5.90  
Pasta in our creamy sauce with generous portions of Bacon and Parmesan
- ✓ Tuna Mornay with Mash ..... \$5.80  
Chunks of fresh Tuna mixed into a creamy white sauce and fluffy mashed potato with Corn, Onion and Garlic and of course a crunchy topping

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

## MetroMega Salads-on rotation

- ✓ Chicken Cold Roll Salad ..... \$5.50  
Honey Soy Chicken with lettuce, Rice Noodles, onion, Alfalfa, capsicum and carrot
- ✓ Greek Salad ..... \$5.50  
Lightly dressed lettuce with tomato, cucumber, red onion, olives, fetta and Chicken
- ✓ Spinach Fetta Salad ..... \$5.50  
Spinach, Pumpkin, Fetta, Red onion, couscous drizzled with Balsamic vinegar.
- ✓ Home Made Sushi..... \$5.50  
Various delicious favourites!
- ✓ Fresh Fruit Salad ..... \$4.00  
Selection of diced fresh in season fruits

## Oven Baked Hot Foods

- ✓ Home Made Garlic Bread ..... \$1.00
- ✓ Hot Chip Bucket (Tuesday Only) ..... \$4.20
- ✓ Hash Brown ..... \$1.00
- ✓ Chicken Nuggets..... \$0.90
- ✓ Wedges with Sour Cream & Sweet Chilli..... \$5.50



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## Standard Burgers

(small cheese & chicken available)

- ✓ Chicken Tender ..... \$5.80  
Chicken Tenders crumbed and baked with lettuce & mayonnaise
- ✓ Grilled Hamburger ..... \$5.80  
Grilled homemade beef pattie , Lettuce, Tomato and Mayonnaise.
- ✓ Cheeseburger ..... \$4.80  
Lean homemade Beef Pattie with Cheese, tomato sauce.
- ✓ Fillo Fish Burger ..... \$5.80  
Lightly crumbed fillet of fish with tomato, lettuce & tartare sauce
- ✓ Vegetarian Burger ..... \$5.80  
Mixed vegetable Pattie lightly crumbed with lettuce, tomato & mayonnaise

## Gourmet Burgers - Fridays

- ✓ Chicken Cordon Bleu ..... \$6.00  
Chicken breast crumbed with Crispy Bacon, Swiss Cheese, lettuce & mayonnaise
- ✓ The Metro Tex Mex..... \$6.00  
Lean home made Beef Pattie with crunchy corn chips & special made Salsa sauce
- ✓ Hawaiian Chicken ..... \$6.00  
Lightly Crumbed Chicken breast with Pineapple, lettuce & creamy Aioli sauce
- ✓ The Caesar Burger ..... \$6.00  
Crispy Bacon, Egg, Lettuce and parmesan drizzled with a tasty Caesar dressing sauce.

## Hot Dogs

- ✓ Plain or with sauce ..... \$4.00
- ✓ Cheese & sauce..... \$4.60
- ✓ Cheese, bacon & onion (Monday only)..... \$5.50
- \*\*Half Size Hot Dog Available..... from..\$2.50

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## Subs

- ✓ Grilled Chicken & Mayo..... \$5.50
- ✓ Sweet Chilli Chicken ..... \$5.80
- ✓ Meatball ..... \$5.80

## Croissants

- ✓ Plain ..... \$3.50
- ✓ Cheese..... \$4.00
- ✓ Cheese & tomato ..... \$4.50
- ✓ Ham & cheese..... \$4.50
- ✓ Ham, tomato & cheese ..... \$5.00

## Home Made Pastries

- ✓ Classic Large Beef Pie ..... \$5.00  
Slow cooked lean chunks of beef with onion & an array of spices
- ✓ Classic Large Sausage Roll ..... \$4.20  
Lean Sausage Mince with an array of spices with added finely chopped Carrot and Onion
- ✓ Classic Large Pasties ..... \$4.20  
Potato, Carrot, Pumpkin, Parsnip, Onion and an array of spices
- ✓ Spinach & Ricotta roll ..... \$4.20
- ✓ Traveller Beef Pie ..... \$4.20



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## Sandwiches, Rolls & Wraps

### White/Wholemeal/ Multigrain

Please note: All sandwiches, rolls, wraps and salads can be made fresh to order. Please have orders into the canteen by 10:30am to be ready for 1:00pm.

Choose from: Ham, Chicken, Turkey, Bacon, Tuna, Egg, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Beetroot, Spanish onion, Avocado, Cranberry, Cheese, Mustard, Mayonnaise, Cream Cheese & Vegemite

### Sandwiches

- ✓ 3x fillings ..... \$4.50
- ✓ 5x fillings ..... \$5.50

### Rolls

- ✓ 3x fillings ..... \$5.50
- ✓ 5x fillings ..... \$5.90

### Wraps

- ✓ 3x fillings ..... \$5.00
- ✓ 5x fillings ..... \$5.50

## Pizza (Range of Various Toppings / Flavours)

- ✓ Freshly Made Pizza Slices (ham&pineapple) or (ham) \$2.00
- ✓ Freshly Made Pizza Slice (cheese).....\$1.50
- ✓ Freshly Made Garlic Bread.....\$1.00

## Breakfast Bar

- ✓ Classic Bacon / Egg Muffin ..... \$4.80
- ✓ Egg / Bacon / Sausage Wrap ..... \$5.00
- ✓ Metro Breakie Burger ..... \$5.50  
Egg / Bacon / Hash Brown / Cheese / Tomato Sauce

## Krazy Krush Slushies

99% Fruit Juice

- ✓ Small ..... \$2.00
- ✓ Medium ..... N/A

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## Drinks

- ✓ 600ml Spring Water ..... \$2.50
- ✓ 250ml Flavoured Milk ( long Life) ..... \$3.00
- ✓ 500ml Flavoured mil (fresh) ..... \$4.50
- ✓ 200ml Fruit Box ..... \$2.40
- ✓ 350ml Fruit Juice ..... \$3.60
- 375ml Cans of soft drink ..... \$2.50
- ✓ 600ml Flavoured Mineral Water ..... \$4.20

## Snacks

- ✓ Seasonal Fresh Fruit..... \$1.20
- ✓ Jelly Cup ..... \$2.00
- ✓ Chocolate Mousse (Thursday & Friday only) ..... \$2.00
- ✓ Home Made Cookies..... \$1.00
- ✓ Home Made Muffins ..... \$3.80
- ✓ Potato Crisps 28gm ..... \$2.00
- ✓ Nippy's Frozen Fruit Cup..... N/A
- ✓ Soft Serve Yoghurt Cup ..... \$3.50
- ✓ Corntos..... \$1.00
- ✓ Selection of **Streets** Ice Creams

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. We have many more menu selections. Halal & gluten free options available.

**EFTPOS & CASH PAYMENTS AVAILABLE**



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