



# Metropolitan Canteens

## Junior School Lunch Order Menu

Prices effective from January 2017



### Salads

Garden Salad	\$5.00
Chicken Caesar	\$5.00
Greek Salad	\$5.00
Thai Salad	\$5.00
Tuna Salad	\$5.00
Pasta Salad	\$4.50



### Sandwiches

Ham and Cheese, Cheese and Tomato, Salad, Egg and Lettuce, Tuna Salad, Tuna and Lettuce, Cheese and Gherkin, Chicken & Avocado, Ham Salad, Chicken Lettuce and Mayo, Chicken Salad, Beef Salad, Turkey Lettuce and Cranberry, Turkey Salad, Smoked Salmon/Cream Cheese	\$4.50
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<b>Focaccia</b> (any filling)	\$6.50
<b>Wrap</b> (any filling)	Half \$3.90
	Whole \$6.50



### Hot Foods

Grilled Chicken Burger	\$5.50
Hamburger	\$5.50
Fish Burger	\$5.50
Vegie Burger	\$5.50
Chicken and Mayo Roll	\$5.50
Sweet Chilli Chicken Wrap	\$5.50
Small Grilled Chicken Burger	\$4.30
Cheeseburger	\$4.30
Hot Dog with Sauce	\$4.00
Hot Dog with Cheese & Sauce	\$4.50
Mini hot dog with Sauce	\$2.50
Mini hot dog with Cheese & Sauce	\$2.80
Pasta Bolognaise	\$4.50
Pizza – Ham & Pineapple or Supreme	\$4.20
½ Pizza	\$2.50
<u>Oven Baked</u>	
Wedges	\$4.20
Chiko Roll	\$2.50
Chicken Nugget	\$0.90
Fish Finger	\$1.50
Spring Roll	\$1.00
<u>Low Fat</u>	
Beef Traveller Pie	\$4.00
Aussie Sausage Roll	\$4.00



### Meal Packs - All \$6.00

<u>Cheeseburger Pack</u>	Cheeseburger, apple, orange juice
<u>Chickenburger Pack</u>	Small chickenburger, apple, orange juice
<u>Hot Dog Pack</u>	Hot dog, apple, orange juice
<u>Salad Pack</u>	Cheese salad, apple, orange juice
<u>Wrap Pack</u>	1/2 chicken salad wrap, apple, orange juice



### Drinks

Water 600ml	\$2.70
Chocolate milk 375ml	\$3.90
Strawberry milk 375ml	\$3.90
Up and Go Vanilla 250ml	\$2.80
Up & Go Chocolate 250ml	\$2.80
Up & Go Strawberry 250ml	\$2.80
Just Juice 200ml	\$2.20
Fruit Juice 350ml	\$3.50
Fruit Juice 500ml	\$4.00



### Cold Food/Snacks

Fresh Fruit (whole)	\$1.20
Fruit Salad small	\$4.20
Fruit Salad large	\$5.00
Yoghurt	\$3.00
Jelly	\$2.00
Muffins (homemade)	\$2.80
Cookies (homemade)	\$1.20
Red Rock/Vege Chips 27g	\$2.00

### Daily Special – All \$5.00

<b>Monday only</b>	Macaroni Cheese
<b>Tuesday only</b>	Chicken Parmigiana & Wedges
<b>Wednesday only</b>	Beef or Vegetarian Lasagne
<b>Thursday only</b>	Nachos
<b>Friday only</b>	Fried Rice & Veg Spring Rolls

Please place lunch orders by 9.30 am  
Ice creams not available with lunch orders