



Canteen Menu

Making healthy choices for Australian schools

Metro Home Cooked Onsite Meals - On Weekly Rotation

- ✔ **Classic Butter Chicken - 500ml** \$6.80
 Slow cooked lean chunks of chicken marinated in yoghurt and an array of herbs and spices served with fluffy white rice
- ✔ **Japanese Teriyaki Chicken - 500ml** \$6.80
 Juicy grilled chicken, marinated in Teriyaki sauce with steamed white rice.
- ✔ **Stir Fry - 500ml** \$6.80
 A vibrant mix of fresh seasonal vegetables, tender cuts of protein, and fragrant herbs tossed in a savory-sweet sauce with a hint of garlic and ginger. Served over a bed of jasmine rice or noodles for a satisfying, wholesome meal
- ✔ **Chicken Yiros** \$6.80
 Lean marinated tender chicken pieces with tomato, lettuce and of course finished off with garlic sauce
- ✔ **Gourmet Jacket Potato [V]** \$6.80
 A crispy, oven-baked potato piled high with melted cheddar and low fat sour cream. Perfectly seasoned and packed with flavor in every bite
- ✔ **Lasagne - 500ml** \$6.80
 Layers of rich meat sauce, creamy béchamel, and perfectly cooked pasta sheets, topped with melted mozzarella and Parmesan. Baked to golden perfection.
- ✔ **Beef Bolognese - 500ml** \$6.80
 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 Parmesan for an authentic Italian comfort dish.

✔ Green Foods ✔ Amber Foods
 [DF] Dairy Free | [V] Vegetarian | [VG] Vegan



Metro Delicious Salads

- ✔ **Garden Salad [V] [VG]** \$6.80
 Lightly dressed lettuce with tomato, cucumber, red onion, and seasonal greens. (Add chicken or falafel)
- ✔ **Tangy tomato pasta salad** \$6.80
 Al dente pasta tossed with diced capsicum, red onion, basil, and a zesty tomato vinaigrette. Finished with a sprinkle of Parmesan.
- ✔ **Pesto Chicken Pasta Salad** \$6.80
 Pesto marinated chicken, penne pasta, creamy mayo, cherry tomatoes and baby rocket
- ✔ **Metro Crunch Bowl** \$6.80
 Baked pieces of chicken fillet on a bed of fresh slaw and light corn chips and a dollop of lite mayo, super crunchy and super tasty
- ✔ **Vietnamese Noodle Salad** \$6.80
 A refreshing mix of rice noodles, crisp vegetables, and fresh herbs tossed in a zesty lime dressing. A light yet flavorful dish with a perfect balance of sweet, sour, and savory
- ✔ **Fresh Fruit Salad [V] [VG] [DF]** \$5.50
 Selection of diced fresh in season fruits

Oven Baked Hot Foods

- ✔ **Home Made Garlic Herb Bread [V]** \$2.00
- ✔ **Hot Chip Scoop [V]** \$4.00
- ✔ **Mini Nachos [V]** \$5.50
- ✔ **Chicken Nuggets [DF]** \$1.00
- ✔ **Wedges with Sour Cream & Sweet Chilli** \$5.00
- ✔ **Aranchini balls with metro dipping sauce** \$5.00



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Gourmet Burgers

- ✔ **Chicken Burger** \$6.50
 Chicken breast crumbed and baked with lettuce & mayonnaise
- ✔ **Beef Cheeseburger** \$6.50
 Lean homemade beef pattie with cheese and homemade burger sauce
- ✔ **Vegetarian Burger [V]** \$6.50
 Mixed vegetable pattie lightly crumbed with lettuce and mayonnaise
- ✔ **Chicken Cordon Bleu** \$6.50
 Chicken breast crumbed with lite ham, swiss cheese, lettuce and mayonnaise
- ✔ **The Metro** \$6.50
 Lean home made beef pattie with crispy bacon, caramelised onion, swiss cheese, lettuce and special made burger sauce
- ✔ **The Spicy Burger** \$6.50
 Spicy crumbed chicken with swiss cheese, lettuce and our special chilli sauce

Metro Healthy Flat breads

- ✔ **Chicken, cheese & light mayo** \$6.50
- ✔ **BLT (Bacon, lettuce & tomato)** \$6.50
- ✔ **Salami, tomato, cheese & lettuce** \$6.50

Hot Dogs

- ✔ **Plain or with Sauce** \$5.00
- ✔ **Cheese & Sauce** \$5.50
- ✔ **Loaded (Ham, cheese, sauce)** \$6.00

Mega Metro Toasted Subs 8"

- ✔ **Grilled Chicken & Mayo** \$6.50
- ✔ **Sweet Chilli Chicken** \$6.50
- ✔ **Meatball** \$6.50

Metro Bento Boxes

- ✔ **Mexican** \$7.00
 -Corn chips, salsa, caesar salad and a half chicken & cheese wrap
- ✔ **Mediterranean** \$7.00
 -Salami, tomato and cheese half wrap, tangy tomato pasta salad, hummus and souvlaki pita bread
- ✔ **Asian** \$7.00
 -Teriyaki chicken half wrap, Vietnamese noodle salad, cold roll and soy sauce
- ✔ **Vegetarian** \$7.00
 -Garden salad, cheese and salad half wrap, seasonal fruit and yogurt

Home Made Pastries

- ✔ **Classic Large Beef Pie** \$5.80
 Slow cooked lean chunks of beef with onion and an array of spices
- ✔ **Gourmet Sausage Roll** \$5.50
 Lean sausage mince with an array of spices with added finely chopped carrot and zucchini
- ✔ **Classic Large Pasties [V]** \$5.80
 Potato, carrot, pumpkin, onion and an array of spices
- ✔ **Classic Chicken & Veg Pie** \$5.80
 Slow cooked lean chunks of chicken with onion, corn, carrots and a creamy white sauce
- ✔ **Spinach and Ricotta Pastry [V]** \$5.80





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Sandwiches, Rolls & Wraps

Please note: Sandwiches, rolls, wraps and salads can be made fresh to order. Please have orders into the canteen by 9:30am to be ready for 1:00pm.

- ✔ Cheese & Vegemite Sandwich [V] \$4.00
- ✔ Ham & Cheese Sandwich \$4.50
- ✔ Chicken, Lettuce & Lite Mayo Sandwich \$4.80
- ✔ Cheese & Salad Sandwich [V] \$4.50
- Sandwiches (White/Wholemeal) \$5.80
- Rolls \$6.50
- Wraps \$6.50

✔ Ham, Cheese with Honey Mustard
Smoked ham, swiss cheese and honey mustard

✔ Roast Chicken, Bacon & Avo
Roast chicken breast, crispy bacon, swiss cheese, lettuce, onion and mayo

✔ Green Goddess Tuna Salad
Tuna mixed with lite mayo, red onion and lettuce

✔ Italian Salami
Salami, cheddar cheese, tomato with lettuce and creamy Italian dressing

✔ Classic Roast Beef
Roast beef, onion, sun-dried tomato, cheddar cheese, lettuce and mustard

✔ Chicken Schnitzel
Chicken breast schnitzel, coleslaw, cheese and lite mayo

Pizza Huge Range of Various Toppings/Flavours
✔ Freshly Made Pizza \$2.50



Krazy Krush Slushies 99% Fruit Juice

✔ Small - 250ml \$2.50

Drinks



- ✔ 600ml Spring Water \$2.80
- ✔ 250ml Flavoured Milk (Nippy's) \$3.50
- ✔ Up and Go \$3.50
- ✔ 250ml Fruit Juice (Unsweetened) \$3.00
- ✔ 475ml Flavoured Mineral Water Lite \$4.00
- ✔ 355ml Bare- Sparkling Water \$4.00
- ✔ 249ml Iced Tea (suger free) \$3.50

Snacks

- ✔ Seasonal Fresh Fruit \$1.50
- ✔ Mixed Berry Yoghurt Cup [V] \$4.50
- ✔ Home Made Cookies \$2.50
- ✔ Home Made Fruit Muffins \$4.00
- ✔ Broccoli and Cheese Bites \$3.00
- ✔ Nippy's Frozen Fruit Cup [V] [VG] [DF] \$2.00
- ✔ Fruit Salad [V] [VG] [DF] \$5.50
- ✔ Various Sushi & Cold Rolls From \$5.50
- ✔ Jelly Cups [V] [DF] \$3.00

DON'T FORGET! Don't forget you can place a custom lunch order of your choice before 8.30am!

Metropolitan Canteens menu has been certified and approved as fully Rite Bite compliant by the Food, Nutrition & Wellbeing Unit of the SA Department for Education.

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 AVAILABLE

For any assistance with online ordering, please call our office on (08) 8445 2100

