



Canteen Menu

Metro Large Home Cooked Onsite Meals - On Rotation.

- ✓ **Classic Butter Chicken** \$5.80
Slow cooked lean chunks of chicken marinated in yoghurt and an array of herbs and spices served with fluffy white rice
- ✓ **Chicken Yiros**..... \$5.80
Lean marinated tender chicken pieces with cheese, tomato, lettuce and finished with Garlic Sauce.
- ✓ **Classic Mexican Nachos**..... \$5.00
Crunchy corn chips with light cheese sauce and salsa
- ✓ **Special Metro Fried Rice** \$5.00
Fluffy white rice with generous amounts of ham, chicken, egg, onion, carrots, peas and garlic
- ✓ **Spicy Tomato and Veg Pasta** \$5.80
Penne pasta mixed into a creamy tomato sauce with tossed fresh veggies and an array of herbs and spices with a hint of chilli.
- ✓ **Roast of the day**..... \$5.80
Sliced tender roast meat with fresh oven roasted vegies.
- ✓ **Beef Lasagne**..... \$5.50
Fresh layers of pasta sheets infused with lean minced beef, Alfredo sauce and finished off with parmesan
- ✓ **Vegetarian Lasagne**..... \$5.00
Fresh layers of pasta sheets infused with pumpkin, zucchini, capsicum, eggplant, diced tomatoes with a delicious Napolitano sauce
- ✓ **Penne Bolognese** \$5.80
Select lean mince and penne pasta with a zesty pasta sauce plus select herbs and spices and topped with cheese.

Metro Mega Large Salads

- ✓ **Chicken Salad** \$5.50
Fresh marinated chicken with lettuce, tomato, cucumber and drizzled with tasty dressing.
- ✓ **Greek Salad** \$5.50
Lightly dressed lettuce with tomato, cucumber, red onion, olives, fetta and chicken
- ✓ **Chicken Caesar Salad**..... \$5.50
Fresh chicken, lettuce, cheese, bacon pieces, croutons and dressing.
- ✓ **Marinated Beef Salad** \$5.50
Tasty marinated beef, cucumber, red onion, cherry tomato, roasted red capsicum with tossed leafy greens.
- ✓ **Fresh Fruit Salad** \$4.50
Selection of diced fresh in season fruits

Oven Baked Hot Foods

- ✓ Home made garlic bread.....\$1.50
- ✓ Hot chip scoop.....\$3.00
- ✓ Hash brown.....\$1.00
- ✓ Puff dogs.....\$3.50
- ✓ Wedges with sour cream & sweet chilli.....\$3.80





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GLENUNGA INTERNATIONAL HIGH 2021

Standard Burgers

- ✓ Chicken Schnitzel \$5.50
Chicken breast crumbed with tomato, lettuce & mayonnaise.
- ✓ Grilled Chicken \$5.50
Grilled breast of chicken, lettuce, tomato and light mayo.
- ✓ Cheeseburger \$5.50
Lean homemade beef patty with cheese, homemade burger sauce & mustard
- ✓ Fillo Fish Burger \$5.50
Lightly crumbed fillet of fish with tomato, lettuce & tartare sauce
- ✓ Vegetarian Burger \$5.50
Mixed vegetable patty lightly crumbed with lettuce & mayonnaise

Gourmet Burgers

- ✓ Chicken Cordon Bleu \$5.80
Chicken breast crumbed with crispy bacon, swiss cheese, lettuce & mayonnaise
- ✓ The Metro..... \$5.80
Lean home made beef patty with crispy bacon, caramelised onion, swiss cheese, lettuce, tomato & special made burger sauce
- ✓ Southern Style Chicken \$5.80
Lightly crumbed chicken breast with swiss cheese, caramelised onion, tomato lettuce & creamy aioli sauce
- ✓ The Spicy Burger \$5.80
Lean home made beef patty with swiss cheese, onion rings and our special BBQ and salsa sauce

Hot Dogs

- ✓ Plain or with sauce \$4.00
- ✓ Cheese & sauce..... \$4.50
- ✓ Cheese, bacon & sauce \$5.00

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

Subs

- ✓ Grilled chicken & mayo \$5.00
- ✓ Sweet chilli chicken..... \$5.00
- ✓ Meatball \$5.00

Croissants

- ✓ Plain \$3.50
- ✓ Cheese..... \$4.00
- ✓ Cheese & tomato \$4.50
- ✓ Ham & cheese..... \$4.50
- ✓ Ham, tomato & cheese \$4.80

Home Made Pastries

- ✓ Classic Beef Pie \$5.50
Slow cooked lean chunks of beef with onion & an array of spices
- ✓ Classic Sausage Roll \$4.00
Lean sausage mince with an array of spices with added finely chopped Carrot
- ✓ Classic Large Pasty \$4.50
Fresh pieces of potato, carrot, pumpkin, onion and an array of spices.
- ✓ Classic Chicken and Veg Pie \$5.50
Slow cooked lean chunks of chicken with onion, corn, carrots and a creamy white sauce
- ✓ Vegetarian Quiches \$4.50
Freshly made healthy and delicious quiches.





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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, Spanish onion, Cranberry, Cheese, Mustard, Mayonnaise, Cheese & Vegemite

Sandwiches

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

Rolls

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

Wraps

- ✓ 3x fillings \$5.50
- ✓ 5x fillings \$6.50

Pizza (Huge Range of Various Toppings/Flavours)

- ✓ Freshly Made Pizza Slices \$3.00
- ✓ Freshly Made Pizza Scrolls.....\$2.50

Breakfast Bar

- ✓ Classic Bacon / Egg Burger \$5.50
- ✓ Egg / Bacon / Sausage Wrap \$5.80
- ✓ Metro Brekkie Box \$5.50
Egg / Bacon / Hash Brown / Toast

Krazy Krush Slushies

99% Fruit Juice

- ✓ Small \$2.00
- ✓ Medium \$3.00

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

Drinks

- ✓ 600ml Spring Water \$2.70
- ✓ 250ml Flavoured Milk..... \$3.00
- ✓ 375ml Flavoured Milk (Nippys)..... \$3.90
- ✓ Up and Go \$2.80
- ✓ 500ml Fruit Juice \$4.00
Unsweetened
- ✓ 600ml Flavoured Mineral Water (Nippys).....\$4.00

Snacks

- ✓ Seasonal Fresh Fruit.....\$2.00
- ✓ Jelly Cup\$2.00
- ✓ Chocolate Mousse\$2.50
- ✓ Home Made Cookies.....\$3.00
- ✓ Home Made Large Muffins.....\$4.00
- ✓ Potato Crisps 45gm\$2.50
- ✓ Nippy's Frozen Fruit Cup.....\$1.20
- ✓ Soft Serve Yoghurt Cup\$3.00
- ✓ 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



Making healthy choices for Australian schools