Sandwiches Rolls & Wraps
White/wholemeal/Multigrain

Ingredients
Choose from Ham, Poached Chicken, Smoked Salmon, Turkey, Egg, Roast beef, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Beetroot, Onion, Avocado with Cranberry, Mustard, Mayo & Roast Vegetables.

Sandwiches $4.00
Rolls $4.50
Wraps Half $3.50
Wraps Whole $6.00
Focaccia Grilled $6.00

Salads
Pasta & Rice Salad $4.50 $6.00
Chicken Caesar $4.50 $6.00
Greek Salad $4.50 $6.00
Thai Salad $4.50 $6.00
Tuna Salad $4.50 $6.00
Beef Salad $4.50 $6.00

Fruit Fruit (whole) $1.20
Fruit Salad small $3.80
Fruit Salad large $4.50
Yoghurt $2.50
Jelly $1.80

From our Resident Nutritionist Stephanie Wearne
From BodygoodFood
Web: www.bodygoodfood.com.au

Berry & Oat Muffins $3.00
Banana & Coconut Bread (Homemade) $3.50
Corn & Bacon Fritters $3.00
Quinoa Salad $5.00
Vietnamese Chicken Salad $5.50
Roast Beef Wrap with spinach, Relish $6.00
Red Onion & Mustard $6.00
Mexican Bean Pots with guacamole, Sour Cream & Cheese $5.00
Muesli Slice (Homemade) $3.50
Energy Balls (Homemade) $2.00
Rice Paper Rolls (2 medium) $3.50
Sushi variety $3.00 ea

Metropolitan Canteens
Prices effective from January 2016

THE BAKERY
All made on site (low fat)

Sausage Rolls $3.50
Spinach & Ricotta Rolls $4.00
Quiche $3.50
Pasties $3.50
Pies $3.50
Pies Commercial $4.20

Croissant $3.00
Croissant Ham & Cheese $4.00
Croissant Cheese & Tomato $3.50

Burgers & Buns

Chicken Schnitzel $5.00
Grilled Chicken $5.00
Cheeseburger $4.00
Beef $5.00
Hot Roast Beef & Gravy $5.00
Vegetarian Burger $4.50
Fish Fillet Burger $5.00
Hot Dogs Plain with sauce $3.30
Hot Dogs with Cheese & Sauce $3.60
MEAL SPECIALS

Pasta Dishes
Penne Carbonara $5.00
Penne Bolognese $5.00
Vegetarian Shells $4.00
Beef Lasagne $5.00
Vegetarian Lasagne $5.00

Rice Dishes
Vegetarian Fried Rice $3.50
Special Fried Rice $4.00
Steamed Rice with Asian Greens $4.50

Other Meals
Roast Meat with Roast vegetables $5.50
Singapore Noodles $5.00
Baked Potato with Toppings $4.50

Many more varieties will be available during the course of the year such curries and casseroles. Also Yiros

Canteen Price List
Prices effective from January 2016

VEGETARIAN & HALAL & GLUTEN FREE OPTIONS AVAILABLE

Breakfast
Available from 8-00am
Cereal and Milk ..Full Cream or Skim $2.50
Bacon and Egg Roll $4.00
Bacon and Egg Muffin $4.00
Scrambled Egg Wrap $4.80
Egg Bacon & Sausage Wrap& Hash Brown $5.00
Croissant Ham & Cheese $4.00

Drinks
600ml Water $2.50
600ml Plain Milk $2.30
375ml Plain milk $1.70
300ml Plain Milk $1.20

DRINKS
Continued

600ml Flavoured Milk $4.00
375ml Flavoured Milk $3.50
300ml flavoured Milk $2.80
Up and Go Milk $2.50
Just Juice $2.00
Fruit Juice 200ml $2.50
Fruit Juice 350ml $3.20
Fruit Juice 500ml $3.70

Ice Creams
Selection of approved ices available from canteen

Slushies
Fruit Juice small $2.00
Large $3.50

Crisps
Red Rock Potato Crisps 28gm $1.80
Vege Chips 27gm $1.80

MISCELLANEOUS

Breakfast
Start your day with a good filling breakfast and early is a good time to pre order and pay for lunch to avoid the queues.

Other snacks
such as Dim Sims Hash Browns, Spring Rolls, Mini Chicken Drumsticks & Nuggets will be available on a rotating basis from time to time.

Check the school Bulletin and other Canteen Notice Boards for daily specials