



## Metropolitan Canteens WA Menu

### SANDWICHES & WRAPS

#### White/wholemeal/Multigrain/Gluten Free

chicken, smoked salmon, roast beef, egg, salad etc

|               |             |
|---------------|-------------|
| Sandwiches    | From \$5.00 |
| Wraps - Whole | \$6.50      |

### SALAD

|                     |        |
|---------------------|--------|
| Garden salad        | \$6.00 |
| Chicken Pasta Salad | \$7.00 |
| Chicken Caesar      | \$7.00 |
| Thai Beef salad     | \$7.00 |
| Healthy Snack Packs | \$5.00 |



### Fruit and yoghurt

|                            |        |
|----------------------------|--------|
| Fruit Salad Bowl           | \$5.00 |
| Watermelon cup             | \$3.50 |
| Greek Yoghurt with berries | \$3.50 |

### THE BAKERY

#### All made on site (low fat)

|                         |        |
|-------------------------|--------|
| Cookies                 | \$2.50 |
| Muffins                 | \$2.50 |
| Homemade Brownie        | \$3.50 |
| Home Made Sausage Rolls | \$5.00 |

### BURGERS & BUNS

|                             |        |
|-----------------------------|--------|
| Chicken Schnitzel & Salad   | \$6.50 |
| Peri Peri chicken burger    | \$6.50 |
| Hamburger & salad           | \$6.50 |
| Beef/chicken and gravy roll | \$5.50 |
| Vegetarian Burger           | \$6.00 |
| Hot Dog with sauce          | \$4.50 |
| Meatball sub with cheese    | \$5.50 |
| Chicken sliders (2)         | \$6.50 |
| Turkish bread varieties     | \$6.50 |

### DAILY SPECIALS

#### New specials every Term

#### All \$7.00

|                                                 |
|-------------------------------------------------|
| Monday: Fried Rice (veg option)                 |
| Tuesday: Fish & Wedges                          |
| Wednesday: Chicken noodle stir-fry (veg option) |
| Thursday: Butter chicken with basmati rice      |
| Friday: Mexican Beef nachos (veg option)        |

### SUSHI VARIETY

POA

Made on selected day's

### HOT FOOD

|                         |                    |
|-------------------------|--------------------|
| Potato Wedges           | \$4.00             |
| Chicken Nuggets (5)     | \$4.50             |
| Loaded Wedges           | \$5.00             |
| Traveller pie           | \$6.00             |
| Garlic bread            | \$4.00             |
| Pasta of the day        | S \$4.50/ L \$7.00 |
| Chicken katsu with rice | \$7.00             |
| Cheesies                | \$2.50             |
| Arancini Balls (GF)     | \$2.00             |





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### COLD DRINKS

|                          |        |
|--------------------------|--------|
| 600ml water              | \$2.50 |
| Up and Go                | \$3.50 |
| 300ml flavoured Milk     | \$3.50 |
| 600ml Milk               | \$5.00 |
| Poppers                  | \$2.50 |
| Juice Bombs              | \$3.50 |
| Mineral Waterford's      | \$4.50 |
| No Sugar Lipton Iced tea | \$4.50 |
| No Sugar Gatorade        | \$5.00 |
| Aloe Vera juice's        | \$4.50 |

### SNACK FOODS

|                            |        |
|----------------------------|--------|
| Jelly Cup                  | \$2.50 |
| Chocolate mousse (low fat) | \$3.00 |

### ICE CREAMS

|                      |        |
|----------------------|--------|
| Frozen juice cups    | \$1.50 |
| Icy pole             | \$2.00 |
| Ice cream cups       | \$2.00 |
| Lifesaver            | \$3.00 |
| Mini drumstick       | \$3.00 |
| Frosty fruit stack   | \$3.50 |
| Froyo frozen yoghurt | \$3.00 |