



Metropolitan Canteens WA Menu





SANDWICHES & WRAPS

White/Wholemeal/Multigrain/Gluten Free

Chicken, roast beef, egg, salad etc

Sandwiches	From \$5.00
Wraps - whole	\$6.50

SALAD

Greek		\$6.50
Chicken pasta		\$6.50
Roast vegetable		\$6.50
Chicken Caesar		\$6.50
Moroccan chicken		\$6.50
Healthy snack packs		\$5.00

FRUIT & YOGHURT

Watermelon cup	\$3.50
Greek yoghurt with berries	\$3.50
Chia yoghurt with berries	\$3.50

DAILY SPECIALS

New specials every Term - all \$7.00

Monday: Nut free satay sticks with rice

Tuesday: Burgers (veg option)

Wednesday: Chicken noodle stir-fry (veg option)

Thursday: Paninis (veg option)

Friday: Mexican beef nachos (veg option)

THE BAKERY

All made on site (low fat)

Cookies	\$2.50
Muffins	\$3.50
Homemade Brownie	\$3.50
Homemade Sausage Rolls	\$5.00

BURGERS & BUNS

Chicken schnitzel roll	\$6.50
Beef and gravy roll	\$5.50
Hot Dog with sauce	\$4.50
Meatball sub with cheese	\$5.50
Chicken sliders (2)	\$6.50

HOT FOOD

Potato wedges	\$4.00
Chicken nuggets (5) (GF)	\$4.50
Traveller pie	\$6.00
Garlic bread	\$4.00
Pasta of the day (veg option)	\$7.00
Chicken katsu with rice	\$7.00
Cheesies	\$2.50
Arancini balls (GF)	\$2.00

COLD DRINKS

600ml water	\$2.50
Up and Go	\$3.50
300ml flavoured milk	\$3.50
600ml flavoured 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

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