



# Canteen Menu

Making healthy choices for Australian schools

## Metro Home Cooked Onsite Meals - On Rotation

- ✓ **Classic Butter Chicken** \$6.00

Slow cooked lean chunks of chicken marinated in yoghurt and an array of herbs and spices served with fluffy white rice
- ✓ **Japanese Teriyaki Chicken** \$6.00

Chicken marinated in Teriyaki sauce with sticky rice, edamame, salad with Kewpie mayonnaise
- ✓ **Classic Mexican Nachos** \$6.00

Crunchy corn chips with light cheese sauce and salsa
- ✓ **Sweet Chilli Quesadillas** \$6.00

Light soft tortilla wrapped with chicken and light cheese and sweet chilli sauce toasted to perfection
- ✓ **Singapore Noodles** \$6.00

Rice noodles with pork and chicken in oyster sauce and stock with egg, bean sprouts, bell peppers, onion and an array of spices
- ✓ **Chicken Yiros** \$6.00

Lean marinated tender chicken pieces with cheese, tomato, lettuce, of course finished off with garlic sauce
- ✓ **Siracha Chicken Nibbles** \$6.00

Chicken pieces marinated in honey Siracha, baked and served on a bed of fluffy basmati rice with a dollop of chipotle and garnished with spring onion
- ✓ **Vegetarian Lasagne** \$6.00

Fresh layers of pasta sheets infused with pumpkin, zucchini, capsicum, eggplant, diced tomatoes with a delicious napoletana sauce
- ✓ **Penne Carbonara** \$6.00

Penne pasta in our creamy sauce with generous portions of bacon with egg and parmesan

## Metro Delicious Salads

- ✓ **Falafel Salad** \$6.50

Lightly dressed lettuce with tomato, cucumber, red onion, capsicum and carrot
- ✓ **Roasted Pumpkin & Quinoa Salad** \$6.50

Butternut pumpkin roasted until soft and tender, tossed with quinoa, lemon Juice, coriander and salt and pepper
- ✓ **Pesto Chicken Pasta Salad** \$6.50

Pesto marinated chicken, penne pasta, creamy mayo, cherry tomato, baby rocket sprinkled with parmesan
- ✓ **KMC Crunch Bowl** \$6.50

Baked pieces of kentucky chicken fillet on a bed of fresh slaw and light corn chips and a dollop of Kewpie mayo, super crunchy and super tasty
- ✓ **Fresh Fruit Salad** \$5.00

Selection of diced fresh in season fruits

## Oven Baked Hot Foods

- ✓ **Home Made Garlic Bread** \$0.80
- ✓ **Hot Chip Scoop** \$3.80
- ✓ **Spinach & Fetta Frittata** \$4.00
- ✓ **Chicken Nuggets** \$0.80
- ✓ **Wedges with Sour Cream & Sweet Chilli** \$5.50
- ✓ **Honey Soy Chicken Drumstick & Rice** \$4.80
- ✓ **Freshly Made Pizza Scrolls** \$2.20

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





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## Standard Burgers 4" Bun

- ✓ Chicken Tender \$5.00  
Chicken tenders crumbed and baked with lettuce & mayonnaise
- ✓ Grilled Hamburger \$5.00  
Grilled lean beef mince, lettuce and tomato
- ✓ Beef Cheeseburger \$5.00  
Lean homemade beef pattie with cheese and homemade burger sauce
- ✓ Fillo Fish Burger \$5.00  
Lightly crumbed fillet of fish with tomato, lettuce and tartare sauce
- ✓ Vegetarian Burger \$5.00  
Mixed vegetable pattie lightly crumbed with lettuce and mayonnaise

## Gourmet Mega 5" Burgers

- ✓ Chicken Cordon Bleu \$6.00  
Chicken breast crumbed with crispy bacon, swiss cheese, lettuce and mayonnaise
- ✓ The Metro \$6.00  
Lean home made beef pattie with crispy bacon, caramelised onion, swiss cheese, lettuce and special made burger sauce
- ✓ Kentucky Metro Chicken (KMC) \$6.00  
Kentucky style crumbed baked chicken breast with lettuce and light mayonnaise
- ✓ The Spicy Burger \$6.00  
Lean homemade beef pattie with swiss cheese, onion rings and our special BBQ and salsa sauce

## Hot Dogs

- ✓ Plain or with Sauce \$4.80
- ✓ Cheese & Sauce \$5.00
- ✓ Cheese, Bacon & Sauce \$5.50



## Mega Metro Toasted Subs 8"

- ✓ Grilled Chicken & Mayo \$6.20
- ✓ Sweet Chilli Chicken \$6.20
- ✓ Meatball \$6.20

## Croissants

- ✓ Plain \$3.50
- ✓ Cheese \$4.00
- ✓ Cheese & Tomato \$4.50
- ✓ Ham & Cheese \$4.50
- ✓ Ham, Tomato & Cheese \$5.00

## Home Made Pastries

- ✓ Classic Large Beef Pie \$5.00  
Slow cooked lean chunks of beef with onion and an array of spices
- ✓ Classic Sausage Roll \$4.00  
Lean sausage mince with an array of spices with added finely chopped carrot and zucchini
- ✓ Classic Large Pasties \$5.00  
Potato, carrot, pumpkin, onion and an array of spices
- ✓ Classic Chicken & Veg Pie \$5.00  
Slow cooked lean chunks of chicken with onion, corn, carrots and a creamy white sauce
- ✓ Spinach and Ricotta Triangle \$4.00





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## Sandwiches, Rolls & Wraps

White/Wholemeal/ Multigrain

Please note: 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.

- ✓ Cheese & Vegemite Sandwich \$4.00
- ✓ Ham & Cheese Sandwich \$4.50
- ✓ Chicken, Lettuce & Lite Mayo Sandwich \$4.50
- ✓ Cheese & Salad Sandwich \$4.50

- Sandwiches \$5.50
- Rolls \$6.00
- Wraps \$6.00

✓ Turkey & Cranberry  
Turkey, swiss cheese, lettuce, cucumber and cranberry

✓ 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, celery, parsley and lettuce

✓ Italian Salami  
Salami, cheddar cheese, tomato with rocket and creamy Italian dressing

✓ Classic Roast Beef  
Roast beef, onion, sun-dried tomato, cheddar cheese, baby spinach and mustard

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



## Pizza Huge Range of Various Toppings/Flavours

- ✓ Freshly Made Pizza Slices \$2.20

## Krazy Krush Slushies 99% Fruit Juice

- ✓ Small \$2.00
- ✓ Medium \$3.00

## Drinks

- ✓ 600ml Spring Water \$2.90
- ✓ 600ml Flavoured Milk (Classic) \$4.80
- ✓ 250ml Flavoured Milk (Nippy's) \$3.20
- ✓ Up and Go \$3.00
- ✓ 300ml Fruit Juice (Unsweetened) \$3.00
- ✓ 475ml Flavoured Mineral Water \$3.60

## Snacks

- ✓ Seasonal Fresh Fruit \$1.50
- ✓ Mixed Berry & Passionfruit Cheesecake Cup \$4.00
- ✓ Chocolate Mousse \$2.50
- ✓ Home Made Cookies \$3.50
- ✓ Home Made Muffins \$3.50
- ✓ Homemade Trifle \$3.00
- ✓ Nippy's Frozen Fruit Cup \$1.20
- ✓ Fruit Salad \$5.00
- ✓ Various Sushi & Cold Rolls From \$5.50
- ✓ 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.*

