



Canteen Menu

Making healthy choices for Australian schools

Metro Home Cooked Onsite Meals - On Rotation

- ✓ **Classic Butter Chicken - 350ml** \$5.50

Slow cooked lean chunks of chicken marinated in yoghurt and an array of herbs and spices served with fluffy white rice
- ✓ **Japanese Teriyaki Chicken - 350ml** \$5.50

Chicken marinated in Teriyaki sauce with sticky rice, edamame, salad with Kewpie mayonnaise
- ✓ **Sweet Chilli Quesadillas** \$6.50

Light soft tortilla wrapped with chicken and light cheese and sweet chilli sauce toasted to perfection
- ✓ **Singapore Noodles - 350ml** \$5.50

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** \$6.50

Lean marinated tender chicken pieces with cheese, tomato, lettuce, of course finished off with garlic sauce
- ✓ **Siracha Chicken Nibbles - 350ml** \$5.50

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 [V]** \$6.50

Fresh layers of pasta sheets infused with pumpkin, zucchini, capsicum, eggplant, diced tomatoes with a delicious napolitana sauce
- ✓ **Penne Carbonara - 350ml** \$5.50

Penne pasta in our creamy sauce with generous portions of bacon with egg and parmesan
- Larger serves - 500ml** \$6.50



Metro Delicious Salads

- ✓ **Falafel Salad [V] [VG]** \$6.50

Lightly dressed lettuce with tomato, cucumber, red onion, capsicum and carrot
- ✓ **Roasted Pumpkin & Quinoa Salad [V] [VG]** \$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 [V] [VG] [DF]** \$5.50

Selection of diced fresh in season fruits

Oven Baked Hot Foods

- ✓ **Home Made Garlic Bread [V]** \$2.50
- ✓ **Hot Chip Scoop [V]** \$4.00
- ✓ **Spinach & Fetta Frittata [V]** \$4.00
- ✓ **Chicken Nuggets [DF]** \$0.90
- ✓ **Wedges with Sour Cream & Sweet Chilli** \$5.00
- ✓ **Honey Soy Chicken Drumstick & Rice** \$5.00

✓ **Green Foods** ✓ **Amber Foods**
 [DF] Dairy Free | [V] Vegetarian | [VG] Vegan



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Standard Burgers 4" Bun

- ✓ Chicken Tender \$6.00
Chicken tenders crumbed and baked with lettuce & mayonnaise
- ✓ Grilled Hamburger \$6.00
Grilled lean beef mince, lettuce and tomato
- ✓ Beef Cheeseburger \$6.00
Lean homemade beef pattie with cheese and homemade burger sauce
- ✓ Fillo Fish Burger \$6.00
Lightly crumbed fillet of fish with tomato, lettuce and tartare sauce
- ✓ Vegetarian Burger [V] \$6.00
Mixed vegetable pattie lightly crumbed with lettuce and mayonnaise

Gourmet Mega 5" Burgers

- ✓ Chicken Cordon Bleu \$6.50
Chicken breast crumbed with lite ham, swiss cheese, lettuce and mayonnaise
- ✓ The Metro \$6.50
Lean home made beef pattie with crispy bacon, caramelised onion, swiss cheese, lettuce and special made burger sauce
- ✓ Kentucky Metro Chicken (KMC) \$6.50
Kentucky style crumbed baked chicken breast with lettuce and light mayonnaise
- ✓ The Spicy Burger \$6.50
Lean homemade beef pattie with swiss cheese, onion rings and our special BBQ and salsa sauce

Hot Dogs

- ✓ Plain or with Sauce \$5.00
- ✓ Cheese & Sauce \$5.20



Mega Metro Toasted Subs 8"

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

Metro Healthy Stir-Fries - On Rotation

- ✓ Honey Soy Chicken - 350ml \$5.50
- ✓ Spicy Mango Chicken - 350ml \$5.50
- ✓ Tofu & Vegetable [V] [VG] - 350ml \$5.50
- ✓ Chicken Mie Goreng - 350ml \$5.50

Home Made Pastries

- ✓ Classic Large Beef Pie \$5.50
Slow cooked lean chunks of beef with onion and an array of spices
- ✓ Classic Sausage Roll \$5.00
Lean sausage mince with an array of spices with added finely chopped carrot and zucchini
- ✓ Classic Large Pasties [V] \$5.50
Potato, carrot, pumpkin, onion and an array of spices
- ✓ Classic Chicken & Veg Pie \$5.50
Slow cooked lean chunks of chicken with onion, corn, carrots and a creamy white sauce
- ✓ Spinach and Ricotta Triangle [V] \$4.50





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



- Krazy Krush Slushies** 99% Fruit Juice
- ✓ Small - 250ml \$2.00

- Drinks**
- ✓ 600ml Spring Water \$2.80
- ✓ 250ml Flavoured Milk (Nippy's) \$3.50
- ✓ Up and Go \$3.00
- ✓ 250ml Fruit Juice (Unsweetened) \$2.80
- ✓ 475ml Flavoured Mineral Water Lite \$4.80

- Snacks**
- ✓ Seasonal Fresh Fruit \$1.50
- ✓ Mixed Berry Yoghurt Cup [V] \$4.50
- ✓ Home Made Cookies \$2.50
- ✓ Home Made Fruit Muffins \$4.00
- ✓ Homemade Trifle [V] \$3.00
- ✓ Nippy's Frozen Fruit Cup [V] [VG] [DF] \$1.50
- ✓ Fruit Salad [V] [VG] [DF] \$5.50
- ✓ Various Sushi & Cold Rolls From \$5.50
- ✓ Jelly Cups [V] [DF] \$3.00

DON'T FORGET! Don't forget you can place a custom lunch order of your choice before 8.30am!

Metropolitan Canteens menu has been certified and approved as fully Rite Bite compliant by the Food, Nutrition & Wellbeing Unit of the SA Department for Education.

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.

EFTPOS & CASH AVAILABLE

For any assistance with online ordering, please call our office on (08) 8445 2100

