



Metropolitan Canteens WA


Prices effective from Jan 2025

SANDWICHES & WRAPS

White/wholemeal/Multigrain/Gluten Free

Sandwiches	\$5.00
Wraps - Whole	\$6.00

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

Fresh Fruit (whole)	\$1.50
Fruit Salad Bowl	\$5.00
Watermelon cup	\$2.50
Greek Yoghurt with berries	\$3.50

THE BAKERY

All made on site (low fat)

Cookies	\$2.50
Muffins	\$2.50
Homemade Brownie	\$3.50
Sausage Rolls	\$5.00
Low fat cheesecake	\$5.00

BURGERS & BUNS

Chicken Schnitzel	\$6.00
Peri Peri chicken burger	\$6.50
Cheeseburger	\$5.50
Hamburger & salad	\$6.50
Beef/chicken and gravy roll	\$5.50
Vegetarian Burger	\$6.00
Hot Dog with sauce	\$4.50
Hot Dog with sauce and cheese	\$5.00
Meatball sub with cheese	\$5.50
Chicken sliders (2)	\$6.50
Turkish bread varieties	\$7.00

DAILY SPECIALS

New specials every Term

All \$7.00

Monday: Penne meatballs in Napoli sauce
 Tuesday: Butter chicken with basmati rice
 Wednesday: Chicken noodle stir-fry (vege option)
 Thursday: Mexican Beef nachos (vege option)
 Friday: Fish and wedges with tartare

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	\$5.00
Vegetarian Nachos	\$5.00
Pizza slice	\$4.00
Garlic bread	\$4.00
Special fried rice	S \$4.00 L \$6.00
Pasta of the day	S \$4.50 L \$7.00
Chicken katsu with rice	\$7.00



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COLD DRINKS

600ml water	\$2.50
Up and Go	\$3.50
300ml flavoured Milk	\$3.50
500ml milk	\$5.00
Poppers	\$2.50
Mineral Waters	\$4.50
Lipton Iced tea	\$4.50
Gatorade	\$5.00
Aloe Vera juice's	\$5.00

CRISPS

Red Rock Potato Crisps 28gm	\$2.50
Red rock potato crisps 45gm	\$3.50

SNACK FOODS

Jelly Cup	\$2.50
Chocolate mousse	\$3.00

ICE CREAMS

Zooper Doopers	\$1.00
Snowtime fruits	\$1.00
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
Milo cup	\$5.00