

Salad Bar

Garden Salad
Caesar Salad
Chicken Caesar
Greek Salad
Tuna Salad



Sandwich Bar – Club 380

Ham and Cheese	Cheese and Tomato
Tomato and Onion	Beef and Gherkin
Salad, Egg and Lettuce	Tuna Salad
Tuna and Lettuce	

Sandwich Bar – Club 400

Chicken & Avocado	Ham Salad
Chicken Lettuce and Mayo	Beef Salad
Turkey Salad	Turkey and Cranberry
Smoked Salmon/Cream Cheese	

Single Cut Rolls

Baguettes, Foccias and Wraps with assorted fillings



Burger Bar –

Hamburger	Grilled Chicken Burger
Vegie Burger	Grilled Fish Burger
Chicken and Mayo Roll	Sweet Chilli Chicken Roll
Roast Beef Roll	

Lunch Orders

Lunch orders are welcome.
Please order before the end of recess

Daily Specials*

Monday – American



Tuesday - Mexican



Wednesday - Italian



Thursday - Asian



Friday - Greek



*See daily bulletin/menu board for all specials

Meal Deals – Buy more and Save

Buy any Daily Special and add
600ml water
200ml juice
375ml flavoured milk

Buy 5 meal deals and receive your sixth one FREE !!!
(See your manager for Rewards Card)



Look for **Vegetarian** options in the
Special Vegetarian Section of the Bain Marie

Pies, pasties and sausage rolls (all low fat)
Cookies, cakes and muffins (all low fat)

A selection of approved Ice creams is available
from the freezer



Metropolitan Canteens Sample Menu

Drinks

600ml Water
600ml Flavoured Milk
Smart Water
600ml Flavoured Milk
375ml Flavoured Milk
Prima Juice
Gatorade
Just Juice
Fruit Juice 500ml

Snacks

Dip Pack
Dried Fruit Mix
Sultanas
Fresh Fruit (whole)
Fruit Salad
Fruit Custard
Yoghurt
Red Rock Potato Crisps 50gm
Smiths Chips 50gm

Breakfast Menu

Available from 8am

Cereal and Milk
Bacon and Egg Roll
Bacon and Egg Muffin
Raisin Toast