

### 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