



METROPOLITAN CANTEENS

CANTEEN PRICE LIST FROM 30th JANUARY 2006

(includes GST where applicable)



COLD FOOD

Salad plate (no meat)	\$3.50
Salad plate with chicken/ham/beef turkey/tuna	\$4.40
Tossed salad	from \$2.00
Pasta salad	\$1.60
Rice salad	\$1.60
Potato salad	\$1.80
Fresh fruit (whole)	\$0.50
Fruit salad	small \$1.80
Fruit salad	large \$2.20
Small fruit plate	from \$2.00
Yogurt	\$1.60
Jelly	\$1.20
Fruche	\$2.00
Potato crisps 50g	\$1.70
Potato crisps 30g	\$0.90
Vegie chips	\$1.70
Muesli/Health Bars	\$2.30
Sandwiches & Rolls	S/w S/c roll
(White/wholemeal/multigrain)	
Chicken & avocado	\$2.80 \$2.90
Chicken salad	\$2.80 \$2.90
Chicken, lettuce & mayo	\$2.70 \$2.80
Turkey salad	\$2.90 \$3.00
Turkey, lettuce & cranberry	\$2.70 \$2.80
Ham salad	\$2.60 \$2.70
Beef salad	\$2.60 \$2.70
Salad	\$2.40 \$2.50
Curried egg & lettuce	\$2.40 \$2.50
Tuna & lettuce	\$2.50 \$2.60
Tuna salad	\$2.60 \$2.70
Ham, cheese & tomato	\$2.40 \$2.50
Ham & cheese or tomato	\$2.20 \$2.30
Cheese & tomato	\$2.10 \$2.20
Tomato & onion	\$2.10 \$2.20
Vegemite or peanut butter	\$1.40 \$1.50
Plain buttered roll	\$0.80
D/cut	\$0.80 extra
Gourmet open sandwich	\$3.40
Lapinja, baguette, focaccia, lavash with assorted fillings	from \$3.00

Cakes

Apple/Apricot Crumble	\$2.30
Apple Pie	\$2.50
Apple Roll	\$1.80
Cake Slice (Choc/Coral/Coffee)	\$1.90
Berliner	\$2.10
Carrot & Walnut Slice	\$1.90
Cookies	\$2.50
Custard Tart	\$2.30
Donut Iced/Jam	\$1.90
Finger Bun	\$1.60
Kitchener Bun	\$2.30
Lamington	\$2.00
Muffin (Regular/Lite)	\$2.00
Nut Bun	\$2.10
Rock Cake	\$2.10
Sweet Delight	\$1.90
Vanilla Slice	\$2.30

(Selection may vary subject to availability)

HOT FOOD

Chicken schnitzelburger	\$3.50
Fishburger	\$3.20
Vegieburger	\$3.20
Hamburger	\$3.20
Cheeseburger -mini	\$2.00
Sweet chilli chicken roll	\$3.30
Roast beef roll with gravy	\$3.30
Hot chicken & mayo roll	\$3.30
Pizza -homemade	\$2.40
Lasagne -homemade	\$3.40
Pasta -homemade	\$3.00
Baked potato	from \$3.20
Better Bite pie (low fat)	\$2.50
Pie (plain)	\$2.50
Pie (flavoured)	\$2.70
Pasty	\$2.50
Giant sausage roll	\$2.50
Small sausage roll	\$1.80
Hot dog	\$2.20
Hot dog with cheese & onion	\$2.60
Hot dog with cheese & bacon	\$2.80
<u>Grilled or oven baked</u>	
Chiko roll	\$1.70
Spring roll	\$1.70
Dim sim	\$0.60
Hash brown triangle	\$0.40
Hash brown oval	\$0.60
Chicken nugget	\$0.40
Potato cake	\$0.80
Wedges (cup)	\$2.40
Wedges (bag)	\$2.70
Chicken & wedges	\$3.90
Fish & wedges	\$3.90
1/4 chicken (roasted)	\$2.50
Piece of fish (grilled)	\$2.00
Soup -homemade	\$1.50

VEGETARIAN

A variety of vegetarian items are available	
Some examples include:	
Wholemeal vegetarian pasty	\$2.80
Vegetable lasagne	\$3.20
Spinach & cheese roll	\$2.90
Pumpkin & Fetta Triangle	\$2.90
Thai Triangle	\$2.90
Chicken & Veg Parcel	\$2.90
Ricotta & Spinach Pie	\$2.90
Spinach & Tomato Quiche	\$2.90
Vegetarian Quiche	\$2.90
Vegie Wheel	\$2.60
Lentil Roll	\$2.60

A variety of confectionery and ice creams are available from the canteen.

BREAKFAST

Available from 8.00am.	
Egg & bacon muffin	\$2.40
Egg & bacon roll	\$2.40
Croissant with ham & cheese	\$2.40
Toasted sandwich from	\$1.70
Hash brown oval	\$0.60
Raisin Toast	\$0.50
Cereal with milk	\$2.00
Fresh fruit	\$0.50

DRINKS

Fresh Fruit Juice (Berri) 500ml	\$2.30
Fresh Fruit Juice (Berri) 300ml	\$1.70
Fruitful 400ml	\$2.40
Harmonics/Multi V 300ml	\$1.90
Multi V 400ml	\$2.00
Juice Bar 250ml	\$2.50
Daily Squeeze 500ml	\$1.70
Just Juice 250ml	\$1.20
Prima fruit drink 250ml	\$1.00
Kyneton Mineral Waters 500ml	\$2.20
Spring Valley Juice L/L 300ml	\$1.90
Water Cool Ridge 600ml	\$1.60
Water Twist 600ml	\$1.90
Whole milk (plain) 600ml	\$1.40
Whole milk (plain) 375ml	\$0.90
Skimmer milk 600ml	\$1.50
FU flavoured milk 600ml	\$2.70
FU flavoured milk 375ml	\$2.00
Big M L/L milk 500ml	\$2.70
Big M L/L milk 250ml	\$1.80
600ml carbonated	\$2.40
390ml carbonated	\$1.90
Gatorade	\$2.40
Oasis	\$2.40
Coffee, tea, hot chocolate	\$1.40

DAILY SPECIALS

Advertised specials are available daily.

Some examples include:

Satay Chicken & Rice	Tacos
Potato Bake	Yiros
Special Fried Rice	Wraps
Creamy Salmon Pasta	Ravioli
Thai Green Curry	Nachos
Chicken Risotto	
Tortellini Alla Pana	

