

Salad Bar

Garden Salad	\$4.50
Caesar Salad	\$5.00
Chicken Caesar	\$5.00
Greek Salad	\$5.00
Tuna Salad	\$5.00
Thai Salad	\$5.00
Antipasta Salad	\$5.00



Sandwich Bar – Club 320

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

Sandwich Bar – Club 370

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

Single Cut Rolls – add \$0.80/Double Cut Rolls – add \$1.60

Baguettes, Foccacias and Wraps with assorted fillings from \$4.60



Burger Bar – All \$4.40

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	+\$1.50
250ml juice	+\$1.50
375ml flavoured milk	+\$2.50

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) from \$2.80
Homemade cookies, cakes and muffins (all low fat) from \$1.60

A selection of approved Ice creams is available from freezer



Metropolitan Canteens

Price List

Prices effective from October 2009

Drinks

600ml Water	\$2.10
600ml Plain Milk	\$2.10
375ml Plain Milk	\$1.50
600ml Skimmer Milk	\$2.20
375ml Flavoured Milk	\$3.00
Soy Milk (low fat)	\$2.50
Up and Go Milk	\$2.50
Just Juice	\$1.80
Fruit Juice 250ml	\$2.10

Snacks

Dip Pack	\$4.50
Sushi	from \$3.00
Dried Fruit Mix	\$2.90
Sultanas	\$1.10
Fresh Fruit (whole)	\$1.00
Fruit Salad small	\$2.60
Fruit Salad large	\$3.40
Yoghurt	from \$2.20
Red Rock Potato Crisps 28gm	\$1.30
Vege Chips 28gm	\$1.30

Breakfast Menu

Available from 8-00am

Cereal and Milk	\$2.20
Ham and Egg Roll	\$3.50
Ham and Egg Muffin	\$3.50
Raisin Toast	\$1.40