



Canteen Menu

WIRREANDA SECONDARY SCHOOL 2021

Metro Large Home Cooked Onsite Meals - On Rotation

- ✓ Classic Butter Chicken \$5.90
Slow cooked lean chunks of chicken marinated in yoghurt and an array of herbs and spices served with fluffy white rice
- ✓ Tuna Pasta Bake \$5.90
Chunks of fresh Tuna mixed with Penne Pasta mixed into a creamy white sauce with Corn, Onion and Garlic and of course a crunchy topping.
- ✓ Classic Mexican Nachos \$4.50
Crunchy corn chips with light cheese sauce and salsa
- ✓ Special Metro Fried Rice \$5.00
Fluffy white rice with generous amounts of Ham, Chicken, Egg, Onion, Carrots, Peas, and of course Garlic
- ✓ Singapore Noodles \$5.90
Rice Noodles with Pork and Chicken in Oyster Sauce and stock with Egg, Bean Sprouts, Bell Peppers, Onion and an array of spices
- ✓ Chicken or Lamb Yiros \$5.90
Lean marinated tender Chicken or Lamb pieces with Cheese, Tomato, Lettuce and of course finished off with Garlic Sauce.
- ✓ Beef Lasagne \$5.50
Fresh layers of pasta sheets infused with lean minced beef, Alfredo sauce and finished off with parmesan
- ✓ Vegetarian Lasagne \$5.00
Fresh layers of pasta sheets infused with Pumpkin, Zucchini, Capsicum, Eggplant, diced Tomato's with a delicious Napolitana sauce
- ✓ Satay Chicken and Noodles \$5.90
Chicken pieces marinated in a delicious Satay sauce with Capsicum and Hokkien Noodles

✓ Green Foods GF Gluten Friendly VG Vegan
✓ Amber Foods V Vegetarian DF Dairy Free

Metro Mega Large Salads

- ✓ Falafel Salad \$6.00
Lightly dressed lettuce with tomato, cucumber, red onion, capsicum and carrot
- ✓ Greek Salad \$6.00
Lightly dressed lettuce with tomato, cucumber, red onion, olives, fetta and Chicken
- ✓ Pesto Chicken Pasta Salad \$6.00
Pesto marinated chicken, penne pasta, creamy mayo, cherry tomato, baby rocket sprinkled with parmesan
- ✓ Egg Salad \$6.00
Egg mixed with fresh Lettuce, Cheese, Cucumber and Carrot. Super healthy and super tasty.
- ✓ Fresh Fruit Salad \$4.50
Selection of diced fresh in season fruits
- **Small Salads Available \$4.50

Oven Baked Hot Foods

- ✓ Home Made Garlic Bread \$0.80
- ✓ Hot Chip Scoop \$3.00
- ✓ Hash Brown \$1.00
- ✓ Mini Hash Brown Triangle \$0.50
- ✓ Wedges with Sour Cream & Sweet Chilli \$5.00



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Standard Burgers

- ✓ Chicken Schnitzel \$5.80
Chicken breast crumbed with lettuce & mayonnaise
- ✓ Grilled Chicken \$5.80
Grilled Breast of Chicken, lettuce, tomato & light mayonnaise
- ✓ Cheeseburger \$4.50
Lean homemade Beef Pattie with Cheese, homemade burger sauce & mustard
- ✓ Fillo Fish Burger \$5.80
Lightly crumbed fillet of fish with tomato, lettuce & tartare sauce
- ✓ Vegetarian Burger \$5.80
Mixed vegetable Pattie lightly crumbed with lettuce & mayonnaise

Gourmet Burgers

- ✓ Chicken Cordon Bleu \$5.90
Chicken breast crumbed with Crispy Bacon, Swiss Cheese, lettuce & mayonnaise
- ✓ The Metro \$5.90
Lean home made Beef Pattie with Crispy Bacon, Caramelised Onion, Swiss Cheese, lettuce & special made burger sauce
- ✓ Southern Style Chicken \$5.90
Lightly Crumbed Chicken breast with, Swiss Cheese, Tomato lettuce & creamy Aioli sauce
- ✓ The Spicy Burger \$5.90
Lean Home Made Beef Pattie with, Swiss Cheese, Onion Rings and our special BBQ and Salsa sauce

Hot Dogs

- ✓ Plain or with sauce \$4.20
- ✓ Cheese & sauce \$4.60
- ✓ Cheese, bacon & onion \$5.00

- ✓ Green Foods
- ✓ Amber Foods
- GF Gluten Friendly
- V Vegetarian
- VG Vegan
- DF Dairy Free

Subs

- ✓ Grilled Chicken & Mayo \$5.00
- ✓ Sweet Chilli Chicken \$5.00
- ✓ Meatball \$5.00

Croissants

- ✓ Plain \$3.50
- ✓ Cheese \$4.00
- ✓ Cheese & tomato \$4.50
- ✓ Ham & cheese \$5.00
- ✓ Ham, tomato & cheese \$5.00

Home Made Pastries

- ✓ Classic Large Beef Pie \$5.00
Slow cooked lean chunks of beef in curry with fresh Mushroom
- ✓ Classic Large Sausage Roll \$4.00
Lean Sausage Mince with an array of spices with added finely chopped Carrot and Zucchini
- ✓ Spinach & Ricotta Triangle \$4.00
Potato, Carrot, Pumpkin, Onion and an array of spices
- ✓ Classic Chicken and Veg Pie \$5.00
Slow cooked lean chunks of Chicken with Onion, Corn, Carrots and a creamy white sauce
- ✓ Classic Large Pasties \$4.50
Potato, Carrot, Pumpkin, Onion and an array of spices



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Sandwiches, Rolls & Wraps

White/Wholemeal/ Multigrain

Please note: All sandwiches, rolls, wraps and salads can be made fresh to order. Please have orders into the canteen by 10:30am to be ready for 1:00pm.

Choose from: Ham, Chicken, Bacon, Tuna, Egg, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Beetroot, Spanish onion, Avocado, Cranberry, Mustard, Mayonnaise, Cream Cheese & Vegemite

Sandwiches

- ✓ 3x fillings \$4.50
- ✓ 5x fillings \$5.50

Rolls

- ✓ 3x fillings \$5.50
- ✓ 5x fillings \$5.90

Wraps

- ✓ 3x fillings \$5.00
- ✓ 5x fillings \$6.00

Pizza (Huge Range of Various Toppings/Flavours)

- ✓ Freshly Made Pizza Slices \$2.00
- ✓ Freshly Made Pizza Scrolls \$2.20

Breakfast Bar

- ✓ Classic Bacon / Egg Muffin \$4.50
- ✓ Egg / Bacon / Sausage Wrap \$5.00
- ✓ Metro Breakie Box \$5.00
Scrambled Egg / Bacon / Hash Brown

Krazy Krush Slushies

99% Fruit Juice

- ✓ Small \$2.00
- ✓ Medium \$3.00

- ✓ Green Foods GF Gluten Friendly VG Vegan
- ✓ Amber Foods V Vegetarian DF Dairy Free

Drinks

- ✓ 600ml Spring Water \$2.80
- ✓ 250ml Flavoured Milk \$3.00
- ✓ 600ml Flavoured Milk \$4.50
- ✓ 250ml Fruit box \$2.50
- ✓ 500ml Fruit Juice \$4.00
Unsweetened
- ✓ 600ml Flavoured Mineral Water \$4.00

Snacks

- ✓ Seasonal Fresh Fruit \$2.00
- ✓ Jelly Cup \$2.00
- ✓ Chocolate Mousse \$2.00
- ✓ Home Made Cookies \$3.00
- ✓ Home Made Muffins \$4.00
- ✓ Potato Crisps 28gm \$2.00
- ✓ Nippy's Frozen Fruit Cup \$1.00
- ✓ Soft Serve Yoghurt Cup \$3.50
- ✓ Corntos \$1.00
- ✓ Selection of **Streets** Ice Creams

Metropolitan Canteens SA uses local suppliers where possible and is committed to the 'Right Bite' Government initiative. No menu items rated Red are included in our menu. We have many more menu selections. Halal & gluten free options available.

EFTPOS & CASH PAYMENTS AVAILABLE



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