



# METROPOLITAN CANTEENS

## SENIOR

PRICE LIST COMENCING JULY 2005



### SALADS

	\$
Salad Plate no Meat	3.50
Salad Plate with chicken/ham	
Beef/turkey/tuna	4.50
Tossed Salad	2.50
Pasta Salad	2.50
Rice salad	2.50
Potato Salad	2.50
Fruit salad	small 2.00
Fruit salad	large 2.50

### SANDWICHES & ROLLS

(white/wholemeal/multigrain)

ALL SANDWICHES	2.80
ALL ROLLS	3.00
Beef & Salad	
Cheese & Tomato	
Chicken & Avocado	
Chicken & Salad	
Chicken, Lettuce & Mayo	
Curried Egg & Lettuce	
Egg & Lettuce	
Ham & Cheese	
Ham & Salad	
Ham & tomato	
Ham & Cheese & tomato	
Ham Cheese & Pickles	
Salad	
Tomato & Onion	
Tuna & lettuce	
Tuna & Salad	
Turkey & Salad	
Turkey, Lettuce & cranberry	
Vegemite or Peanut Butter	
Cheese	
Buttered only	

### VEGETARIAN

A variety of vegetarian items are available.  
Some examples include

	\$
Cornish vegetarian pasties	2.50
Vegetarian Lasagne – homemade	3.00
Spinach & Cheese Roll	2.80
Vegetarian Quiche	2.70
Spinach Quiche	2.70

### DAILY SPECIALS

Advertised Specials are available daily

Some examples include:

Satay Chicken & Rice	Souvlakis
Potato Bake	Wraps
Special Fried Rice	Sushi
Creamy Salmon Pasta	Ravioli
Thai Green Curry Chicken	Risotto
Tortellini Alla Panna	Nachos

### HOT FOOD

	\$
Chicken Schnitzel burger	3.50
Hamburger Lot	3.50
Hamburger	3.00
Mini Cheese Burger	2.00
Chicken Burger	3.00
Sweet Chili Chicken Roll	3.00
Roast Beef Roll with Gravy	3.00
Hot Chicken & Mayo roll	3.00
Pizza - homemade slice	2.50
Lasagne - homemade	3.50
Pasta - homemade	3.50
Baked Potato	from 3.00
Pie	2.50
Pastie	2.50
Giant Sausage Roll	2.30
Small Sausage Roll	2.00
Hot Dog	2.20
Hot Dog with Cheese & Onion	2.30
Hot Dog with Cheese & Bacon	2.50
Chicko Roll, Spring Roll	
2.20	
Dim Sim	.70
Hash Brown Oval	.70
Chicken Nugget	.50
Potato Cake	.70
Chicken & Chips	4.50
¼ Chicken	2.80
Piece of Fish	2.80
Soup – Homemade	2.00

2005 MENU & PRICES