

**GLUTEN  
FREE**

**2024**

**METRO CANTEENS**

# Canteen Menu

Making healthy choices for Australian schools

## Metro Home Cooked Onsite Meals

Classic Mexican Nachos \$6.00

Crunchy corn chips with light cheese sauce and salsa

Penne Pasta \$6.00

In Napolitani sauce

Freshly Made Pizza \$5.00

Assorted toppings

## Sandwiches & Wraps

Chicken Wrap \$6.50

Chicken with lettuce and mayo

Chicken Sandwich \$5.50

Chicken with lettuce and mayo

Ham & Cheese Sandwich \$5.00

Ham, Cheese & Tomato Sandwich \$5.00

## Burgers

Beef Cheeseburger \$6.50

Lean homemade beef pattie with cheese and homemade burger sauce

Chicken Tender \$6.50

Chicken tenders crumbed and baked with lettuce and mayo

## Hot Dogs

Plain or with Sauce \$5.20

Cheese & Sauce \$5.50

## Oven Baked Hot Foods

Classic Sausage Roll \$5.00

Lean sausage mince with a array of spices with added finely chopped carrot and zucchini

Chicken Nuggets \$1.20

Chicken Tenders \$2.00

**EFTPOS  
& CASH  
AVAILABLE**



Metropolitan Canteens menu has been certified and approved as fully Rite Bite compliant

by the Food, Nutrition & Wellbeing Unit of the

SA Department for Education.

  
Government of South Australia  
**Wellbeing SA**



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.

For any assistance with online ordering, please call our office on (08) 8445 2100



Gluten Free products do not contain gluten as a listed ingredient, however they are prepared in kitchens containing gluten. Although we follow strict food handling procedures, there is always a risk of cross-contamination.