



BIRDWOOD HIGH SCHOOL
Metropolitan Canteens

Prices effective from January 2020



Sandwiches Rolls & Wraps

White/wholemeal/Multigrain

Ingredients

Choose from Ham, Chicken, Turkey, Egg, Roast beef, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Beetroot, Onion, Avocado, Cranberry, Mustard, Mayo & Roast Vegetables.

Sandwiches		\$4.20
Rolls		\$5.20
Wraps	Half	\$4.00
Wraps	Whole	\$5.20
Focaccia		\$5.50

Salads

Pasta Salad	\$4.20
Chicken Caesar	\$5.20
Greek Salad	\$5.20
Thai Salad	\$5.20

Fruit

Fresh Fruit (whole)	\$1.20
Fruit Salad	\$4.00
Yoghurt	\$3.00
Jelly	\$2.00
Mousse	\$2.00
Custard	\$2.00

Scrolls	\$2.00
Vegie Bake	\$5.00
Garlic Bread (Homemade)	\$2.00
Various Scrolls	\$4.00
Lamb or Chicken Yiros	\$5.00
Cold Rolls (2 medium)	\$5.00
Sushi variety	\$3.30ea
Soup with bread roll	\$3.80

<u>THE BAKERY</u>	
<u>All made on site (low fat)</u>	
Various Cookies Homemade	\$2.00
Cake Slices Homemade	\$3.00
Muffins Homemade	\$4.00
Slices Homemade	\$3.00
Banana Bread Homemade	\$3.90



THE BAKERY

Continued

All made on site (low fat)

Sausage Rolls (Homemade) SM	\$2.50
Spinach & Ricotta	\$4.00
Quiche + Salad	\$5.50
Pies homemade	\$5.00

Croissant		\$3.30
Croissant	Ham & Cheese	\$4.50
Croissant	Cheese & Tomato	\$4.50
Home Made Pizza Slice		\$2.00

Burgers & Buns

Chicken Schnitzel	\$5.00
Grilled Chicken	\$5.00
Cheeseburger	\$4.50
Beef	\$5.00
Vegetarian Burger	\$5.00
Fish Fillet Burger	\$5.00
Hash Brown Burger	\$4.50
Hot Dogs Plain with sauce	\$4.00
Hot Dogs with Cheese & Sauce	\$4.50
Hot Chicken and Mayo Roll	\$5.00

MEAL SPECIALS ON ROTATION

Pasta Dishes

Penne Carbonara	\$5.00
Penne Bolognese	\$5.00
Vegetarian Shells	\$4.50
Beef Lasagne	\$5.00
Vegetarian Lasagne	\$5.00

Rice Dishes

Vegetarian Fried Rice	\$4.00
Special Fried Rice	\$4.20

Other Meals

Meatball Subs	\$5.00
Curried Sausages	\$5.00
Assorted Stir Fries	\$5.00
Cottage Pie	\$5.00
Tuna Pasta Bake	\$5.00
Baked Potato with Toppings	\$5.00
Bangers & Mash	\$5.00
Schnitzel Chips & Gravy	\$5.00
Butter Chicken & rice	\$5.00

Many more varieties will be available during the course of the year such curries and casseroles.

**METROPOLITAN CANTEENS IS COMMITTED TO
THE 'RIGHT BITE' GOVERNMENT INITIATIVE**

Canteen Price List

Prices effective from January 2020



**VEGETARIAN & HALAL & GLUTEN FREE
OPTIONS AVAILABLE**



Drinks

600ml Water	\$2.00
Up and Go Milk	\$3.00
300ml Nippy's Long life Juice	\$2.60
Fruit Juice 300ml UNSWEETENED	\$3.00
Fruit Juice 500ml UNSWEETENED	\$4.00
Lipton Ice Tea	\$4.20
Nippy's Flavoured Mineral Water	\$3.60



Ice Creams

Selection of Streets Ice creams available from canteen

Slushies small \$2.00

Crisps

Vege Chips 27gm \$2.00