



BIRDWOOD HIGH SCHOOL Metropolitan Canteens

Prices effective from 10th August 2020



Please note some items are
unavailable



Sandwiches Rolls Wraps & Focaccia White/wholemeal/Multigrain

Ingredients

Choose from Ham, Chicken, Turkey, Egg, Roast beef, Lettuce, Tomato, Carrot, Cucumber, Beetroot, Onion, Avocado, Cranberry and Mayo

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

Salads

| | |
|----------------|--------|
| Chicken Caesar | \$5.20 |
| Garden Salad | \$4.20 |

Salads Term 1 & 4

| | |
|------------------|--------|
| Pasta Salad | \$4.20 |
| Coleslaw | \$4.20 |
| Potato Salad | \$4.20 |
| Salad Bowl Combo | \$5.50 |

(Chose 3 salads from Pasta, Potato, Slaw or Garden)

Fruit Term 1 & 4 Only

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|--|--------|
| Fresh Fruit (whole) | \$1.20 |
| Fruit Salad Tub | \$4.00 |
| Jelly (flavour is what we have that day) | \$2.00 |
| Chocolate Mousse | \$2.00 |
| Garlic Bread (homemade) | \$2.00 |
| Puff Dog | \$4.50 |
| Croissant Ham & Cheese | \$4.50 |
| Croissant Cheese & Tomato | \$4.50 |
| Small Pizza | \$3.00 |
| Ham & Pine or Bacon & cheese | |
| Sausage Roll (homemade) | \$2.50 |
| Pie (commercial) | \$4.50 |
| Baked Spud with Hamm, Cheese & Pine | \$5.00 |
| Nuggets 6 for | \$5.00 |
| Hashbrown | \$1.50 |

THE BAKERY

All made on site (low fat)

| | |
|--------------------------|--------|
| Various Cookies Homemade | \$2.00 |
| Cake Slices Homemade | \$3.00 |
| Muffins Homemade | \$4.00 |
| Cookie Homemade | \$2.00 |

Burgers & Buns

| | |
|--------------------------------|--------|
| Chicken Schnitzel | \$5.00 |
| Cheeseburger | \$4.50 |
| Beef Burger | \$5.00 |
| Hash Brown Burger | \$5.00 |
| Hot Dogs plain with sauce | \$4.00 |
| Hot Dogs with cheese & sauce | \$4.50 |
| Junior Dog plain with sauce | \$2.00 |
| Junior Dog with cheese & sauce | \$2.50 |

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



Metropolitan Canteens

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Ice Creams

Zoopa Doopa

\$0.50



Crisp

Red Rock Potato Crisps 28gm

\$2.00

Vege Chips 27gm

\$2.00



Drinks

| | |
|-------------------------------------|--------|
| 600ml Water | \$2.00 |
| 250ml flavoured Milk Nippy's | \$3.00 |
| Up and Go Milk | \$3.00 |
| Strawberry, chocolate or banana | |
| 250ml Nippy's Juice Box | \$2.60 |
| Apple, Orange or Apple/Blackcurrent | |

MEAL SPECIALS ON ROTATION

\$5.00

MONDAY

Butter Chicken or Carbonara

TUESDAY

Spaghetti Bolognese or Fried Rice

WEDNESDAY

Butter Chicken, Curry Sausages or Bangers & Mash

THURSDAY

Spaghetti Bolognese or Tuna Mornay

FRIDAY

Butter Chicken or Mac N Cheese

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



Anything ordered outside of this menu will be substituted with something of the same value. Colours for Jelly and Zoopa Doopa is lucky dip.

BIRDWOOD HIGH SCHOOL