



Metropolitan Canteens

Prices effective from January 2021



Nuggets	.80c each
Tray of hot chips & Gravy	\$4.50
Garlic Bread (Homemade)	\$1.50
Hot Chip Scoop (Oven Baked)	\$3.50
Pizza Subs	\$3.50
Soup with bread roll term 2&3	\$4.00

THE BAKERY	
All made on site (low fat)	
Various Cookies Homemade	\$1.00



THE BAKERY	
All made on site (low fat)	
Sausage Rolls	\$4.00
Spinach & Ricotta	\$4.00
Pies Commercial	\$5.00

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

Burgers & Buns

Chicken Schnitzel	\$6.00
Grilled Chicken	\$6.00
Cheeseburger	\$6.00
Spicy chicken burger	\$6.00
Beef	\$6.00
Vegetarian Burger	\$6.00
Fish Fillet Burger	\$6.00
Hot Dogs Plain with sauce	\$4.50
Hot Dogs with Cheese & Sauce	\$5.00
Hot Chicken and Mayo Roll	\$5.00
Hash Brown Burger	\$5.00

DAILY SPECIALS

MONDAY'S	PASTA'S	SMALL \$3.50	lg \$5.50
TUESDAY'S	NACHO'S	\$ 5.00	
WEDNESDAY'S	FISH & CHIPS	\$5.50	
THURSDAY'S	CHICKEN AB'S	\$5.50	
FRIDAY'S	BUTTER CHICKEN AND RICE	SMALL \$4.00	LARGE \$6.50

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

Check the school Bulletin and other Canteen Notice Boards for daily specials

Canteen Price List



Sandwiches Rolls & Wraps

White/wholemeal/Multigrain

Ingredients

Choose from Ham, Poached Chicken, Egg, Lettuce, Tomato, Carrot, Cucumber, Beetroot, Onion, Avocado, Mustard, Mayo.

Sandwiches		\$5.00
Rolls		\$5.50
Wraps	Half	\$4.00
Wraps	Whole	\$6.00
Focaccia		\$5.50

Salads

Lettuce, tomato, cucumber, carrot with a dressing

CHICKEN

EGG

HAM

CHEESE

Large salads \$6.00

Small Salads \$4.00

Fruit

Fresh Fruit (whole) \$1.50

Yoghurt \$2.00

Jelly \$2.00

PLYMPTON INTERNATIONAL COLLEGE

Prices effective from January 2021

Drinks

600ml Water	\$2.50
350ml Flavoured Milk	\$3.50
275ml flavoured Milk	\$2.50
Up and Go Milk	\$2.80
Just Juice	\$2.50
Glee	\$3.00



Ice Creams

Selection of Streets Ice creams available from canteen

Slushies Fruit Juice	small	\$2.50
	Large	\$3.50

Crisps

Red Rock Potato Crisps 28gm	\$2.00
Vege Chips 27gm	\$2.00

Other snacks: Dim Sims, Hash Browns, Spring Rolls, Mini Chicken Drumsticks & Nuggets (all oven baked) will be available on a rotating basis from time to time