



# Playford International College

## Metropolitan Canteens Menu



Prices effective February 2018

### Sandwiches, Rolls & Wraps

(white/wholemeal/multi-grain)

Choose from

Ham, Poached Chicken, Smoked Salmon, Turkey, Egg, Roast Beef, Roast Vegetables, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Beetroot, Onion, Avocado, Cranberry, Mustard or Mayo

Sandwiches		\$4.50
Rolls		\$5.50
Wraps	Half \$3.90	Full \$6.50
Focaccia (Grilled)		\$6.50

### Salads

	Small	Large
Pasta & Rice	\$5.00	\$6.50
Chicken Caesar	\$5.00	\$6.50
Tuna	\$5.00	\$6.50
Beef	\$5.00	\$6.50
Greek	\$5.00	\$6.50
Thai	\$5.00	\$6.50

### Fresh Fruit

Piece		\$1.20
Fruit Salad	Small \$4.20	Large \$5.00
Yoghurt		\$3.00
Jelly		\$2.00

### The Bakery

(all made on site - low fat)

Cookies		from \$1.20
Muffins		\$2.80
Sausage Rolls		from \$4.50
Pies (commercial)		from \$4.00
Pasties (commercial)		from \$4.00
Croissant	Cheese & Tomato	\$3.90
	Ham and Cheese	\$4.40

### Burgers & Buns

Hot Dogs	with Sauce	\$4.00
	with Cheese & Sauce	\$4.50
Cheeseburger		\$4.50
Beef Burger		\$5.50
Vegetarian Burger		\$5.50
Fish Fillet Burger		\$5.50
Grilled Chicken Burger		\$5.50
Hot Roast Beef & Gravy Roll		\$5.50
Chicken Schnitzel Roll		\$5.50
Bacon and Egg Roll		\$4.40
Egg, Bacon & Sausage Wrap plus Hash Brown		\$5.50

### Daily Specials

from \$5.50

### Hot Foods

<b>Pasta Dishes</b>	from	\$4.50 - \$5.50
<i>Penne Carbonara, Bolognese, Vegetarian, Beef or Vegetarian Lasagne</i>		
<b>Other Meals</b>		
Singapore Noodles		\$5.50
Baked Potato with Toppings		\$5.50
Roast Meat & Roast Vegetables		\$6.00

### Snacks

Dim Sims		\$1.00
Hash Browns		\$1.00
Spring Rolls		\$0.40
Chicken Nuggets		\$0.40

(all oven baked) available on a rotating basis.

### Drinks

Water	600ml \$2.70	750ml \$3.40
Milk 600ml	Plain \$2.50	Flavoured \$4.40
Up & Go Milk		\$2.80
Fruit Juice	250ml \$2.20	500ml \$4.00

*Vegetarian, Halal and Gluten Free Option Available*