



GOLDEN GROVE HIGH SCHOOL
Metropolitan Canteens

Prices effective from January 2020



Sandwiches Rolls & Wraps

White/Wholemeal/Multigrain

Ingredients

Choose from Ham, Poached Chicken, Smoked Salmon, Turkey, Egg, Roast Beef, Lettuce, Tomato, Carrot, Cucumber, Beetroot, Onion, Avocado, Cranberry, Mustard, Mayo & Roast Vegetables.

Sandwiches		\$4.50
Rolls		\$5.50
Wraps	Half	\$4.50
Wraps	Whole	\$6.00
Focaccia		\$5.50

Salads

Salami Salad	\$5.50
Chicken Caesar	\$6.00
Greek Salad	\$5.50
Pasta Salad	\$5.00
Garden Salad	\$5.00

Fruit

Fresh Fruit (whole)	\$1.20
Fruit Salad	\$3.80
Yoghurt	\$2.70
Jelly	\$2.00
Cup of Grapes	\$1.50

Tray of hot chips & Gravy	\$4.00
Garlic Bread (Homemade)	\$1.00
Cheesy Garlic Bread (Homemade)	\$1.50
Wedges & Sour Cream & Sweet Chilli	\$4.50
Hot Chip Scoop (Oven Baked)	\$3.00
Choc or sprinkle donuts	\$3.00
Lamb or Chicken Yiros	\$6.00
Kransky Cheese	\$4.00
Snack Pack Cheese/Crackers/Grapes	\$3.00
Soup with bread roll	\$4.00

THE BAKERY	
All made on site (low fat)	
Various Cookies Homemade	\$1.50
Muffins Homemade	\$3.50
Slices Homemade	\$3.00
Banana Bread Slice Homemade	\$3.00



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

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

Burgers & Buns	
Chicken Schnitzel	\$5.50
Grilled Chicken	\$5.50
Cheeseburger	\$4.50
Beef	\$5.50
Vegetarian Burger	\$5.50
Fish Fillet Burger	\$5.50
Hot Dogs Plain with sauce	\$4.00
Hot Dogs with Cheese & Sauce	\$4.60
Chicken Tender Slider & Chips	\$6.00
Hot Chicken and Mayo Roll	\$5.00
Hash Brown Burger	\$4.00

MEAL SPECIALS ON ROTATION

Pasta Dishes

Penne Carbonara	\$5.50
Penne Bolognese	\$5.50
Vegetarian Shells	\$4.50
Beef Lasagne	\$5.50
Vegetarian Lasagne	\$5.50

Rice Dishes

Vegetarian Fried Rice	\$5.00
Special Fried Rice	\$5.50

Other Meals

Meatball Sub	\$6.00
Nachos	\$4.50
Roast Meat with Roast vegetables	\$5.80
Beef Stragonoff & Rice	\$6.00
Assorted Stir Fries	\$5.80
Singapore Noodles	\$5.80
Tuna Pasta Bake	\$5.50
Baked Potato with Toppings	\$5.50
Honey chicken & rice	\$5.80
Schnitzel Chips & Gravy	\$6.00
Honey Soy Stir Fry Veggies & Noodles	\$5.50
Butter Chicken & Rice	\$5.80

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

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

Canteen Price List

Prices effective from January 2020



VEGETARIAN & HALAL & GLUTEN FREE
OPTIONS AVAILABLE



Breakfast

Start your day with a good filling breakfast and early is a good time to pre order and pay for lunch to avoid the queues

Bacon and Egg Muffin	\$4.20
Egg Bacon & Sausage Wrap & Hash Brown	N/A
Breakie Box-Scrambled Egg, Bacon, H/Brown	\$4.50
Hash brown oven baked	\$1.00



Drinks

600ml Water	\$2.70
375ml Plain milk	N/A
300ml Plain Milk	N/A
600ml Flavoured Milk	\$4.80
375ml Flavoured Milk	\$3.90
300ml flavoured Milk	\$3.10
Up and Go Milk	\$2.80
Just Juice	N/A
Fruit Juice 350ml	N/A
Fruit Juice 500ml	\$4.50
Pepsi Range – Cans	\$2.50
Lipton Ice Tea	\$4.20
Supa Juice	\$3.30
Waterfords Flavoured Drinks	\$3.30



Ice Creams

Selection of Streets Ice creams available from canteen

Slushies Fruit Juice	small	\$2.00
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Crisps

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

MISCELLANEOUS

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

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