



METROPOLITAN CANTEENS
WILLIAM RUTHVEN SECONDARY COLLEGE
CANTEEN MENU FEBRUARY 2023



SANDWICHES

Chicken, Lettuce & Mayo	\$6.00
Chicken & Avocado	\$6.00
Ham, Cheese & Tomato	\$6.00
Ham or chicken cheese salad	\$6.00
Ham & Salad	\$6.00

Cheese and Salad	\$6.00
Egg & Lettuce	\$5.50
Ham & cheese	\$5.50
Other Assorted Varieties Available	

* Rolls add \$1.00

* Wraps add \$1.00

SALAD PLATES	\$6.00
Sushi (1 st – 4 th term)	\$3.50

FOCACCIAS

Cheese & Gourmet Salad	\$8.00
Ham & Gourmet Salad	\$8.00
Chicken & Avocado	\$8.00

Drinks

Flavoured Milk - 600ml	\$4.50
Soft Drink Bottle -large	\$4.50

Soft Drink Bottle -small	\$3.50
Soft Drink Can	\$2.50
Gatorade	\$4.50
Iced Tea	\$4.50

Fruit Juice bottled	\$4.00
Juice Box	\$2.50
Flavoured Mineral Water Bottle	\$3.50

Sauce sachets	\$0.50
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Assorted Icy Poles & Ice Creams	vary
Smartie Cookies	\$5.00

HOT FOOD

Chicken Parma	\$7.00
Chicken Schnitzel & mayo	\$7.00
Chicken Burger	\$7.00
Fish Burger	\$6.00
Egg & Bacon Roll	\$6.00
Vegie burgers	\$7.00
Long Sweet Chilli Roll	\$6.00
Cheese burger	\$6.00
Souvlaki	\$7.00
Spinach & Ricotta Roll (Homemade)	\$2.50
Sweet Chilli Wrap - small	\$3.50
Noodles – chicken / beef	\$3.50
Hot Dog and sauce inc halal	\$5.00
Steamed Dim Sim or air-fried	\$1.50
Hash Brown potato cakes	\$1.50
Chicken Nugget	\$0.80
Chilli Chicken Tender	\$2.50
Sausage Rolls (Homemade)	\$2.50
Halal Pie	\$6.00
Pasties wholemeal vegetarian	\$6.00
Quiche -	\$6.50
Pizza – Hawaiian - BBQ Chicken	\$3.00
Pizza - margarita	\$2.50
Pasta varieties Small (homemade)	\$3.50
Pasta varieties Large (homemade)	\$5.00
Small Pizza's 5inch -ex BBQ	
Chicken, vegetarian	\$6.00
Garlic Bread	\$2.00
Nachos	\$5.00
Wedges	\$4.00

Small Pizza's 5inch -ex BBQ	
Chicken, vegetarian	\$6.00

Various Cakes & Slices	\$4.50
Various Cream Cakes	\$5.00
Donuts	\$3.00

Assorted fruit salad boxes -	
Large	\$5.00
small	\$3.50

Assorted Potato Chips	\$3.00
Red Rock Deli Chips	\$3.00

*Please note: 98% off the meat products are Halal .. excluding Hot dogs (unless requested)
some items may not be available due to natural disasters hopefully everything will settle down soon.*