## Metro Canteens - Tuckshop Price List
As of 10 January 2014  (includes GST where applicable)

### Sandwiches and Salads

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad</td>
<td>$2.40</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.60</td>
</tr>
<tr>
<td>Egg</td>
<td>$2.60</td>
</tr>
<tr>
<td>Curried Egg</td>
<td>$2.70</td>
</tr>
<tr>
<td>Chicken</td>
<td>$2.00</td>
</tr>
<tr>
<td>Turkey</td>
<td>$2.20</td>
</tr>
<tr>
<td>Tuna</td>
<td>$2.80</td>
</tr>
</tbody>
</table>

### AS A ADD ON

- Tomato, lettuce, cucumber, carrot onion
  - $0.20 each
- Salad cucumber tomato carrot lettuce
  - $1.00
- Cheese
  - $0.60
- Avocado
  - $0.60
- Pineapple
  - $0.50
- Beetroot
  - $0.50
- Egg
  - $0.20
- Mayo
  - $0.20
- Cranberry
  - $0.20
- Sweet Chilli
  - $0.40
- Sour Cream
  - As a extra sour cream, salsa, each
  - $0.30

### Panini, Wrap, Roll

- As a extra baked beans or bacon each
  - $0.50
- 6" Pizza (Ham & Cheese; Ham & Pineapple)
  - $3.10
- Pizza Slice assorted flavours
  - $2.00
- Beef Pie
  - $2.50
- Baked Wedges (cup)
  - $3.00
- Potato Top Pie
  - $4.00
- Sausage roll
  - $2.60
- Vegemite & Cheese Scrolls
  - $2.20
- P/C Tomato or BBQ Sauce
  - $0.20

### Treats and Snacks

- Low fat muffins
  - $2.00
- Hello Panda Cookie
  - $1.20
- CHIPS
  - RED ROCK - honey soy, sea salt
  - $1.50
- SMITHS - BBQ
  - $1.40
- Sakatases BBG
  - $1.20
- Banana chips
  - $1.20
- Crunch Attack Pack
  - (carrot, celery, cucumber, crackers & hommus)
  - $3.50
- Saos’ with vegemite
  - $0.80

### Drinks

<table>
<thead>
<tr>
<th>Description</th>
<th>Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>350ml</td>
<td>$2.00</td>
</tr>
<tr>
<td>Focus Water</td>
<td>Small</td>
<td>$2.30</td>
</tr>
<tr>
<td></td>
<td>Large</td>
<td>$2.70</td>
</tr>
<tr>
<td>Whole milk</td>
<td>300ml</td>
<td>$1.40</td>
</tr>
<tr>
<td>Breaka</td>
<td>300ml</td>
<td>$2.50</td>
</tr>
<tr>
<td>Oak</td>
<td>600ml</td>
<td>$3.60</td>
</tr>
<tr>
<td>Chocolate, strawberry, iced coffee and banana</td>
<td>$2.80</td>
<td></td>
</tr>
<tr>
<td>Daily Juice</td>
<td>500ml</td>
<td>$3.80</td>
</tr>
<tr>
<td>Berri Juice</td>
<td>350ml</td>
<td>$3.10</td>
</tr>
<tr>
<td>Berri Pop Top</td>
<td>250ml</td>
<td>$2.20</td>
</tr>
<tr>
<td>Just Juice</td>
<td>200ml tetra pack</td>
<td>$2.00</td>
</tr>
<tr>
<td>Aroona</td>
<td>200ml</td>
<td>$2.30</td>
</tr>
<tr>
<td>Gatorade</td>
<td></td>
<td>$4.60</td>
</tr>
</tbody>
</table>

### Ice Blocks

- Available for grade 3 to 12 only at lunch time
- Calippo Mini
  - $1.00
- Paddle Pop
  - banana, chocolate, rainbow
  - $2.00
- Lemonade Twist
  - $1.30
- Bulla Vanilla Ice Cream
  - $1.80
- Bulla Frozen Yoghurt
  - Mango, passionfruit, raspberry
  - $2.30
- Paddle Pop
  - hero or villain
  - $2.60
- Zopper Dooper
  - $0.50

### Salad plates (with meat)

- chicken/ham/beef/turkey
- salami/tuna or egg
  - $5.00
- Salad plate (no meat)
  - $4.00

### Sandwiches (White/Wholemeal)

<table>
<thead>
<tr>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sushi – sweet chilli chicken, veg</td>
<td>$2.80</td>
</tr>
<tr>
<td>teriyaki chicken, California, tuna</td>
<td></td>
</tr>
<tr>
<td>(Wednesday, Thursday &amp; Friday only)</td>
<td></td>
</tr>
<tr>
<td>Fresh fruit (whole) red apples, green apples, oranges</td>
<td>$0.80</td>
</tr>
<tr>
<td>Fruit salad small</td>
<td>$3.00</td>
</tr>
<tr>
<td>Fruit salad large</td>
<td>$3.40</td>
</tr>
<tr>
<td>Fruit salad &amp; yoghurt</td>
<td>$3.00</td>
</tr>
<tr>
<td>Flavoured yoghurt cups</td>
<td>$2.40</td>
</tr>
<tr>
<td>- mango, passionfruit, raspberry</td>
<td></td>
</tr>
<tr>
<td>Jelly cups - red, green</td>
<td>$1.00</td>
</tr>
<tr>
<td>Jelly &amp; custard cups</td>
<td>$2.00</td>
</tr>
<tr>
<td>Custard cup</td>
<td>$2.00</td>
</tr>
</tbody>
</table>