

GLUTEN
FREE

2026

METRO CANTEENS

Canteen Menu

Making healthy choices for Australian schools

Metro Home Cooked Onsite Meals

Classic Mexican Nachos	\$7.50
Crunchy corn chips with light cheese sauce and salsa	
Penne Pasta	\$7.50
In Napolitani sauce	
Freshly Made Pizza	\$6.50
Assorted toppings	

Sandwiches & Wraps

Chicken Wrap	\$7.00
Chicken with lettuce and mayo	
Chicken Sandwich	\$6.00
Chicken with lettuce and mayo	
Ham & Cheese Sandwich	\$5.50
Ham, Cheese & Tomato Sandwich	\$5.50

Metropolitan Canteens menu has been certified and approved as fully Rite Bite compliant by the Food, Nutrition & Wellbeing Unit of the SA Department for Education.



Metropolitan Canteens SA uses local suppliers where possible and is committed to the 'Right Bite' Government initiative. No menu items rated Red are included in our menu.

For any assistance with online ordering, please call our office on (08) 8445 2100



EFTPOS
& CASH
AVAILABLE



Gluten Free products do not contain gluten as a listed ingredient, however they are prepared in kitchens containing gluten. Although we follow strict food handling procedures, there is always a risk of cross-contamination.