



FRASER COAST
ANGELICAN COLLEGE

Canteen Menu

(Junior)
2019

Enriching Body, Mind & Spirit

Volunteers

In order to provide our college community with in-house cooked nutritional and affordable meals we rely upon the assistance of **Volunteers**, we are always in need of more members of our community to volunteer their time (even for an hour or two in the morning). Our volunteers play an important role in our cafeteria, we appreciate any assistance offered and would like to invite anyone who may be interested to pop into the cafeteria for a chat or to telephone the cafeteria on 07 4197 9303. Enquiries may also be made at reception or via email at admin@fcac.qld.edu.au .

Lunch Orders

All Junior School Orders are placed using a paper bag system.

Orders are written out at home by parents/caregivers and placed in the appropriate lunch box in each classroom.

Orders must be received by the canteen no later than 9:00am each morning.

Instructions

- Students' will need **separate** paper bags for "**first break**" and "**second break**" orders.
- Please label each bag with:- Student Name
Class
First or Second Break
Menu Selection and;
Payment type.
- Do not use **staples** or sticky tape on bags as this can tear and weaken the bag. The student's order is placed into these bags for collection.
- Student orders are to be placed in the canteen boxes in classrooms at the beginning of each day for delivery to the canteen before 9:00am.
- Paper bags may be purchased at most supermarkets. You may also include an extra 10c with your order and the canteen will provide a paper bag.

Example of Canteen Ordering



There may be times, due to stock availability, that we may have to substitute an item(s) for an "in stock" product(s).

Prep – Year 5

| | |
|------------|-------------|
| V | Vegetarian |
| G/F | Gluten Free |

Fresh Fruit and Salads

| | | |
|-------------------------|--------------|---------|
| Piece of Seasonal Fruit | G/F | \$ 1.20 |
| Watermelon Tub | G/F | \$ 3.50 |
| Fruit Salad Tub | G/F | \$ 4.50 |
| Salad Bowl | V G/F | \$ 4.50 |
| Salad Bowl with Meat | G/F | \$ 5.50 |

Sandwiches

| | | |
|------------------------|----------|---------|
| Vegemite or Jam | V | \$ 2.50 |
| Cheese, Egg or Ham | | \$ 3.50 |
| Ham and Cheese | | \$ 3.80 |
| Ham, Cheese and Tomato | | \$ 4.00 |
| Egg and Lettuce | V | \$ 3.80 |
| Chicken/Ham and Salad | | \$ 5.00 |
| Toasting of Sandwich | | \$ 0.50 |

(Sandwiches will be on Wholemeal, Multi Grain or White bread unless specified on your order)

Wraps

| | |
|------------------------------|---------|
| ½ Chicken/Ham and Salad Wrap | \$ 2.50 |
| Chicken/Ham and Salad Wrap | \$ 5.00 |

Treats and Cakes

| | |
|------------------------------|---------|
| Assorted Potato Chips (27gm) | \$ 1.40 |
| Popcorn | \$ 1.20 |
| Home Baked Cookie | \$ 1.20 |
| Home Baked Fruit Muffin | \$ 2.00 |
| Hot Snack Apple Pie | \$ 2.20 |
| Gingerbread | \$ 2.00 |

| | |
|-------------------|---------|
| <u>Paper Bags</u> | \$ 0.10 |
|-------------------|---------|

Hot Food

| | |
|-------------------------------|---------------------------------|
| Chicken Crackles (5 per pack) | \$ 3.00 |
| Dim Sim & Soy Sauce (each) | \$ 1.20 |
| Garlic Bread | V \$ 1.50 |
| Homemade Pasta Bolognaise | \$ 3.50 |
| ½ Hot Dog with Sauce | \$ 1.80 |
| Hot Dog with Sauce | \$3.50 add Cheese \$4.00 |
| Beef Lasagne | \$ 4.50 |
| Junior Burger | \$ 4.50 |
| Lite Beef Pie | \$ 4.20 |
| Lite Mini Beef Pie (each) | \$ 1.20 |
| Lite Sausage Roll | \$ 3.00 |
| Mini Ham & Pineapple Pizza | \$ 3.00 |
| Spinach and Fetta Roll | V \$ 4.00 |
| Tomato Sauce Sachet | .40 |

Drinks

| | |
|--|---------|
| 100% Popper Juice | \$ 2.00 |
| 600ml Water | \$ 2.00 |
| 300ml Full Cream Milk | \$ 1.50 |
| 300ml Flavoured Milk (choc/strawberry) | \$ 3.00 |
| Small Quench | \$ 3.00 |

Lunch Two Only Treats

| | |
|---------------------------|----------------|
| Paddle Pop | \$ 1.80 |
| Zooper Doopers | \$ 0.60 |
| Frozen Yoghurt | \$ 2.50 |
| Lemonade Icy Twist | \$ 1.40 |
| Jelly \$1.00 with custard | \$ 1.30 |
| Mini Calippo | \$ 1.00 |

| | |
|-----------------------|--------------------|
| Vanilla Ice Cream Tub | G/F \$ 1.50 |
|-----------------------|--------------------|

Monday Special

Toasted Wraps

Chicken Sweet

Chilli

BBQ Pork

Roast Vegetable

\$5.00 V

Tuesday Special

Oven Baked

Chicken Leg

&

Wedges

\$ 4.50

Wednesday Special

Special

Fried Rice

Sushi **G/F**

\$ 4.00

Thursday Special

Beef & Bacon
Burger

Chicken Burger

Fish Burger

\$ 5.50

Friday Meal Deal

Fish & Chips

+

Popper

+

Watermelon Slice

\$ 7.00