



FRASER COAST  
ANGELICAN COLLEGE

**Canteen Menu**  
**Middle/Senior**  
**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](mailto:admin@fcac.qld.edu.au) .

# Lunch Orders

Middle/Senior Students may place an order for their lunch at the cafeteria no later than 8:30 am each morning. Orders may include salad tubs or orders that may have particular dietary requirements eg. Salad Box without an egg or cheese. We will endeavour to do the best we can for all students who have individual requirements.

## Breakfast Menu

Fraser Coast Anglican College Cafeteria will be open between 8:00 am – 8:25 am each morning for the following items.

- |                                  |         |
|----------------------------------|---------|
| • Small Plain Milk               | \$ 1.50 |
| • Small Flavoured Milk           | \$ 3.00 |
| • Up and Go                      | \$ 3.00 |
| • 100% Fruit Juice               | \$ 3.50 |
| • 2 Slices of Raisin Toast       | \$ 2.00 |
| • 2 Slices of Jam/Vegemite Toast | \$ 1.50 |
| • Toastie                        | \$ 4.00 |
| • Hash Browns                    | \$ 0.60 |
| • Fruit Salad Tub                | \$ 4.50 |
| • Yoghurt Berry Crunch           | \$ 3.50 |



# Middle/Senior School Menu 2019



## Fresh Fruit

Piece of Seasonal Fruit	<b>V</b>	<b>G/F</b>	\$ 1.20
Yoghurt Berry Crunch	<b>V</b>	<b>G/F</b>	\$ 3.50
Fruit Salad Tub	<b>V</b>	<b>G/F</b>	\$ 4.50
Watermelon Tub	<b>V</b>	<b>G/F</b>	<b>\$ 3.50</b>

## Salads (Orders Only)

Salad Bowl (No Meat)	<b>V</b>	<b>G/F</b>	\$ 4.50
Meat and Salad Bowl	<b>G/F</b>		\$ 5.50
Chicken Caesar Salad			\$ 6.50
Fish and Salad Bowl			\$ 6.50
Veggie Pack* Cheese, Carrot, Dip & Crackers			\$ 4.00

## Sandwiches & Wraps

Assorted Sandwiches	from	\$3.80
½ Chicken/Ham and Salad Wrap		\$ 2.50
Chicken/Ham and Salad Wrap		\$ 5.00

## Drinks

<b>600ml Water</b>	<b>\$ 2.00</b>
750ml Water	\$ 2.50
G – Active Water	\$ 4.20
Mineral Water	\$ 3.50
100% Fruit Juice	\$ 3.50
Small Flavoured Milk	\$ 3.00
Large Flavoured Milk	\$ 4.20
Iced Break ( <b>seniors only</b> )	\$ 4.20
Large Iced Tea	\$ 4.20

## Hot Food

Chicken Crackles (5 per pack)	\$ 3.00
Dim Sims & soy sauce each	\$ 1.20
Small Homemade Pasta Bolognaise	\$ 3.50
Large Homemade Pasta Bolognaise	\$ 4.50
Junior Burger	\$ 4.50
Chicken Burger	\$ 5.50
Hot Dog \$3.50 <b>Add Cheese</b>	<b>\$ 4.00</b>
Lite Beef Pie	\$ 4.20
Lite Sausage Roll	\$ 3.00
Beef Lasagne	\$4.50
Vegetable Lasagne	\$4.50
Gourmet Pies	\$4.80
Sauce Sachet	.40

## Treats and Cakes

Jelly (Small)	\$ 1.00
Jelly and Custard (Small)	\$ 1.30
Home Baked Cookie	\$ 1.20
Home Baked Muffin	\$ 2.00
Gingerbread	\$ 2.00
Assorted Potato Chips (27gm)	\$ 1.40
Popcorn	\$ 1.20
Home Baked Lamingtons	\$ 2.80
Various Home Baked Slices	\$ 2.80
Ice blocks and Ice-creams from	\$ 0.60

<b>V</b>	Vegetarian
<b>G/F</b>	Gluten Free

### Monday Special

#### Toasted Wrap

BBQ Pork

Chili Chicken

Roast Vegie **V**  
\$ 5.00

### Tuesday Special

Chicken Leg  
& Wedges

\$ 4.50

Pizza Slices  
\$ 3.50

### Wednesday Special

Sushi

Fried Rice

\$ 4.00 **G/F**

### Thursday Special

Beef & Bacon  
Burger  
Chicken Burger

Fish Burger  
\$ 5.50

### Friday Special

Fish & Chips.  
Pumpkin/Sweet  
Potato/Spinach  
& Fetta Salad

\$ 4.50

