



FRASER COAST
ANGELICAN COLLEGE

Canteen Menu

Secondary 2022

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

Secondary 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.

Gluten free options are also available, these orders need to be placed at opening time, which is 8am. If you choose to bring your own bread or wrap from home, we can certainly place some filling in it for you.

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 \$ 2.00
- Small Flavoured Milk \$ 3.00
- Up and Go \$ 3.00
- 100% Fruit Juice \$ 3.50
- 2 Slices of Raisin Toast \$ 3.00
- 2 Slices of Jam/Vegemite Toast \$ 2.00
- Toastie \$ 4.00
- Hash Browns \$ 0.60
- Fruit Salad Tub \$ 4.50
- Hot Drinks (Coffee/Hot Chocolate) \$4.00

(There may be times throughout the year where stock is unavailable and we will do our best to substitute.)

Secondary School Menu 2022



Fresh Fruit

Piece of Seasonal Fruit	V	G/F	\$ 1.50
Yoghurt Berry Crunch	V	G/F	\$4.00
Fruit Salad Tub	V	G/F	\$ 4.50
Watermelon Tub	V	G/F	\$ 4.00

Salads (Orders Only)

Salad Bowl (No Meat)	V	G/F	\$ 6.00
Chicken / Ham and Salad Bowl		G/F	\$ 7.00
Large Salads available			\$8.50

Snack Box – Cheese/Carrot/Dip & Crackers	V		\$ 4.50
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Sandwiches & Wraps

Assorted Sandwiches from			\$3.80
Vegetarian Wrap	V		\$4.50
½ Chicken/Ham and Salad Wrap			\$ 2.80
Chicken/Ham and Salad Wrap			\$ 5.50

Drinks

600ml Water			\$ 2.00
1 Litre Water			\$ 3.50
G – Active Water			\$ 4.50
Mineral Waters			\$ 4.00
100% Fruit Juice			\$ 3.50
Small Flavoured Milk			\$ 3.00
Large Flavoured Milk			\$ 4.50
Iced Break (seniors only)			\$ 5.00
Large Iced Tea			\$ 4.50

Hot Food

Garlic Bread		\$1.50
Chicken Crackles (5 per pack)		\$ 3.50
Dim Sims & soy sauce	each	\$ 1.30
Small Pasta Bolognese / Carbonara		\$ 4.00
Large Pasta Bolognese / Carbonara		\$ 5.00
Junior Burger		\$ 4.50
Chicken Burger		\$ 5.50
Hot Dog with Sauce		\$ 3.50

Beef Pie		\$ 4.50
Lite Sausage Roll		\$ 3.50

Vegetable Lasagne	V	\$ 5.50
Spinach & Fetta Roll	V	\$ 4.50

Sauce Sachet		.50
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Treats and Cakes

Jelly (Small)		\$ 1.00
Jelly and Custard (Small)		\$ 1.50
Home Baked Cookie		\$ 1.40
Home Baked Muffin		\$ 2.00
Assorted Potato Chips (27gm)		\$ 1.50
Popcorn		\$ 1.20
Home Baked Lamingtons		\$ 2.80
Various Home Baked Slices		\$ 2.80
Ice blocks and Ice-creams	from	\$ 0.50

V	Vegetarian
G/F	Gluten Free

Monday Special

**Mexican
Beef
Burrito**

\$5.00

Toastie Tuesday

**Assorted
Toastie's**

\$4.00

Wednesday

Sushi

\$4.00

G/F

Thursday Special

**Beef & Bacon
Burger
\$6.00
Wedges**

\$3.50

Friday Special

WRAPS \$5.00

BBQ Pork

Chicken Chili

Roast Vegie **V**

