



FRASER COAST
ANGELICAN COLLEGE

Canteen Menu

Secondary 2023

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 and staff may place an order for their lunch at the Canteen no later than 8:30am each morning or this can also be done via Online Ordering. Orders may include salad tubs or orders that may have particular dietary requirements eg. Salad Box without egg, meat or vegetarian and G/F options, most times we can cater 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.

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| • Small Plain Milk | \$2.50 |
| • Small Flavoured Milk | \$3.00 |
| • Up and Go | \$3.00 |
| • 100% Fruit Juice 500mls | \$4.50 |
| • 1 or 2 Slices of Raisin Toast | \$1.50/\$ 3.00 |
| • 1 or 2 Slices of Jam/Vegemite Toast | \$1.00/\$ 2.00 |
| • Toastie | \$4.50 |
| • Watermelon Tubs | \$4.50 |
| • Hot Drinks (Coffee/Hot Chocolate) | \$4.50 |
| • Hash Browns (When available) | . 60 cents |

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



Secondary School Menu 2023

Fresh Fruit

Piece of Seasonal Fruit V G/F	\$2.00
Watermelon Tub V G/F	\$4.50

Salads (Pre-Order Only)

Salad Bowl (No Meat) V G/F	\$6.50
Chicken or Ham and Salad Bowl G/F	\$7.50
Large Salads available	\$8.50

Snack Box – Cheese/Carrot/Dip & Crackers V G/F	\$5.50
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Sandwiches & Wraps

Assorted Sandwiches from	\$4.00
Vegetarian Wrap V	\$5.00
½ Chicken/Ham and Salad Wrap	\$3.00
Chicken/Ham and Salad Wrap	\$6.00

Drinks

Hot Drinks	\$4.50
600ml Water	\$2.00
1 Litre Water	\$3.50
G – Active Water	\$4.50
Pop Top Juice 250mls	\$2.50
100% Fruit Juice 500mls	\$4.50
Small Flavoured Milk	\$3.00
Large Flavoured Milk	\$4.50
Dare Milk Drinks (Seniors Only)	\$5.00
Large Iced Tea	\$4.50

Hot Food

Garlic Bread V	\$1.50
Chicken Crackles (5 per pack)	\$3.50
Dim Sims & Soy Sauce (each)	\$1.50
Small Pasta Bolognese	\$4.00
Large Pasta Bolognese	\$5.00
Junior Burger	\$5.50
Chicken Burger	\$6.50
Hot Dog with Sauce	\$4.00

Beef Pie	\$5.00
Sausage Roll	\$3.50

Spinach & Fetta Roll V	\$4.50
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Sauce Sachet	\$0.50
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Treats and Cakes

Jelly (Small)	\$1.50
Jelly and Custard (Small)	\$2.00
Home Baked Cookie	\$1.50
Home Baked Muffin	\$2.50
Assorted Potato Chips (27gm)	\$1.50
Popcorn	\$1.20
Home Baked Lamingtons	\$3.00
Various Home Baked Slices	\$3.00
Ice blocks and Ice-creams from	\$0.50

V	Vegetarian
G/F	Gluten Free

Monday Special

Mexican
Beef
Burrito
\$6.50

Toastie Tuesday

Assorted
Toastie's
\$4.50

Wednesday

Sushi
\$4.50
G/F

Thursday Special

BLT Burger
Bacon,
Lettuce &
Tomato
\$6.50

Friday Special

WRAPS \$6.50
BBQ Pork
Chili Chicken
Roast Vegie **V**