



FRASER COAST  
ANGELICAN COLLEGE

**Canteen Menu**  
**Secondary School**  
**2024**

*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

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.

- Small Plain Milk \$ 2.50
- Small Flavoured Milk \$ 3.00
- Up and Go \$ 3.00
- 100% Fruit Juice \$ 4.50
- Real Fruit Smoothie \$ 6.00
- Assorted Cereal and Milk \$ 3.50
- 1 or 2 Slices of Raisin Toast \$ 1.50 / \$ 3.00
- 1 or 2 Slices of Jam/Vegemite Toast \$ 1.00 / \$ 2.00
- Bacon, Egg and Hashbrown Burrito \$ 6.50
- Sausage, Egg and BBQ Sauce Burger \$ 5.00
- Hash Browns (When Available) \$ 1.00
- Watermelon Tubs \$ 4.50
- Hot Drinks (Coffee/Hot Chocolate) \$ 4.50

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



# Secondary School Menu 2024



## Fresh Fruit

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

## Salads (Orders Only)

Salad Bowl (No Meat)	<b>V</b> <b>G/F</b>	\$ 6.50
Chicken / Ham and Salad Bowl	<b>G/F</b>	\$ 7.50
Large Salads available		\$ 8.50
BBQ Pulled Pork and Slaw Salad		\$ 7.50

## Sandwiches & Wraps

Assorted Sandwiches ( <b>G/F</b> available) from		\$ 4.00
Vegetarian Wrap	<b>V</b>	\$ 5.00
½ Chicken or Ham and Salad Wrap		\$ 3.00
Chicken or Ham and Salad Wrap		\$ 6.00
½ BBQ Pulled Pork and Slaw Wrap		\$ 3.00
BBQ Pulled Pork and Slaw Wrap		\$ 6.00

## Drinks

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

## To be ordered Online Only

Small G/F Pasta Bolognese	<b>G/F</b>	\$ 4.00
Large G/F Pasta Bolognese	<b>G/F</b>	\$ 6.00
Gluten Free Sausage Roll	<b>G/F</b>	\$ 5.00
Veggie Burger		
(Lettuce, Tomato & Tomato Relish)	<b>V</b>	\$ 6.50

## Hot Food

Garlic Bread		\$ 1.50
Chicken Crackles (5 per pack)		\$ 3.50
Cauliflower Crackles	<b>V</b>	\$ 3.50
Dim Sims & soy sauce (each)		\$ 1.50
Spring Rolls (3 per pack)		\$ 3.50
Beef Burger (Lettuce, Tomato & Cheese)		\$ 5.50
Chicken Burger		\$ 6.50
Hot Dog with Sauce		\$ 4.00
Beef Pie		\$ 5.00
Sausage Roll		\$ 3.50
Cheese and Bacon Sausage Roll		\$ 4.50
Small Pasta Bolognese		\$ 3.00
Large Pasta Bolognese		\$ 5.00
Cob of Corn (w butter and salt)		\$ 3.00
Sauce Sachet		\$ 0.50

## Snacks and Treats

Snack Box		
(Cheese, Carrot, Dip & Crackers)	<b>V</b> <b>G/F</b>	\$ 5.50
Corn Chips with Guacamole Salsa		\$ 5.00
Assorted Potato Chips (27gm)		\$ 1.50
Popcorn		\$ 1.20
Jelly (Small)		\$ 1.50
Jelly and Custard (Small)		\$ 2.00
Home Baked Cookie		\$ 1.50
Home Baked Muffin		\$ 2.50
Various Home Baked Slices		\$ 3.00
Brownie		\$ 3.00
Lollie bags		\$ 2.00
Ice blocks and Ice-creams	from	\$ 0.50

**V** Vegetarian

**G/F** Gluten Free

# DAILY SPECIALS

## Mexican Monday

Beef Nachos / Pulled Pork Burritos \$ 6.50

## Taco Tuesday

BBQ Pulled Pork and Slaw / Meat, Tomato, Lettuce and Cheese \$ 4.00 each

Mexican Beans, Tomato, Lettuce and Cheese \$ 4.00 each

## Wing it Wednesday

5 Honey BBQ Chicken Wings \$ 4.00

## Sushi Thursday

Sushi **G/F** \$ 4.50

## Loaded Potatoes Friday

Bolognaise and Cheese / Pulled Pork and Slaw / Beans and Cheese  
All with sour cream \$ 6.50

There will also be daily chef's specials available in the canteen warmers