



FRASER COAST  
ANGLICAN COLLEGE

# Canteen Menu

## Primary School

### 2025

*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

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

## **INSTRUCTIONS**

All Canteen orders this year can be done online through the MSC **Online Ordering System**. This was introduced into the College in the latter part of 2024 and we are hoping everyone will be able to access and navigate their way around MSC without too much trouble.

**If there are any problems please contact the IT Department.** [IT@fcac.qld.edu.au](mailto:IT@fcac.qld.edu.au)

## **IMPORTANT NOTICE:**

Please remember that the cut off time for Canteen orders is **7.45 am** on the day of required order.



# Primary School Menu 2025



## Fresh Fruit and Salads

Piece of Seasonal Fruit	<b>V G/F</b>	\$ 1.00
Watermelon Tub	<b>V G/F</b>	\$ 3.00
Frozen Grapes	<b>V G/F</b>	\$ 1.00
Frozen Orange	<b>V G/F</b>	\$ 1.00
Apple Slinky	<b>V G/F</b>	\$ 1.00

Salad Bowl <i>(No Meat)</i>	<b>V G/F</b>	\$ 6.50
Meat and Salad Bowl	<b>G/F</b>	\$ 7.50
BBQ Pulled Pork and Slaw Salad		\$ 6.50
Chicken Ceasar Salad		\$ 6.50

## Sandwiches & Wraps

Vegemite or Jam	<b>V</b>	\$ 2.50
Cheese, Egg or Ham		\$ 3.50
Ham and Cheese		\$ 4.00
Ham, Cheese and Tomato		\$ 4.50
Egg and Lettuce	<b>V</b>	\$ 4.00
Chicken & Cheese		\$ 4.50
Toasting of Sandwich		\$ 0.50

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

Italian Bmt sub		\$ 5.00
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
½ Chicken Ceasar Wrap		\$ 3.00
Chicken Ceasar Wrap		\$ 6.00

## Snacks and Treats

Snack Box		
<i>(Cheese, Carrot, Dip &amp; Crackers)</i>	<b>V G/F</b>	\$ 5.50
Corn Chips with Guacamole Salsa		\$ 5.00
Assorted Potato Chips (27gm)		\$ 1.50
Popcorn		\$ 1.20
Home Baked Cookie		\$ 1.50
Home Baked Fruit Muffin		\$ 2.50
Brownie		\$ 3.00
Hot Snack Apple Pie		\$ 3.00
Gingerbread		\$ 2.50

**V** Vegetarian

**G/F** Gluten Free

## Hot Food

Garlic Bread		\$ 1.50
Chicken Crackles <i>(5 per pack)</i>		\$ 3.50
Gluten Free Chicken Crackles	<b>G/F</b>	\$ 4.00
Dim Sims & soy sauce <i>(each)</i>		\$ 1.50
Beef Burger <i>(Lettuce, Tomato &amp; Cheese)</i>		\$ 5.50
Chicken Burger		\$ 6.50
½ Hot Dog with Sauce		\$ 2.00
Hot Dog with Sauce		\$ 4.00
Beef Pie		\$ 5.00
Lite Mini Beef Pie <i>(each)</i>		\$ 1.20
Lite Sausage Roll		\$ 3.50
Cheese and Bacon Sausage Roll		\$ 4.50
Gluten Free Sausage Roll	<b>G/F</b>	\$ 4.50
Mini Ham & Pineapple Pizza		\$ 3.50
Small Pasta Bolognaise		\$ 3.00
Large Pasta Bolognaise		\$ 5.00
Small G/F Pasta Bolognaise	<b>G/F</b>	\$ 4.00
Large G/F Pasta Bolognaise	<b>G/F</b>	\$ 6.00
Sauce Sachet		\$ 0.50

## Meat Free Menu

Veggie Burger		
<i>(Lettuce, Tomato &amp; Tomato Relish)</i>	<b>V G/F</b>	\$ 6.50
Cauliflower Crackles	<b>V</b>	\$ 3.50
Spinach and Fetta Roll	<b>V</b>	\$ 4.00
Veggie Dim Sim <i>(each)</i>	<b>V</b>	\$ 1.50
Loaded Wedges	<b>V</b>	\$ 5.00
Falafel Kebab	<b>V</b>	\$ 6.50

## Drinks

600ml Water		\$ 2.00
250ml Pop Top Juice 100%		\$ 2.50
300ml Full Cream Milk		\$ 2.50
300ml Flavoured Milk		\$ 3.00
Juice Bomb <i>(various flavours)</i>		\$ 3.00

## Ice Creams (LUNCH 2 ONLY)

Zooper Doopers		\$ 0.50
Jelly <i>(Small)</i>		\$ 1.50
Jelly and Custard <i>(Small)</i>		\$ 2.00
Frozen Yoghurt		\$ 3.00
Lemonade Icy Twist		\$ 2.00
Vanilla Ice Cream Tub	<b>G/F</b>	\$ 2.00
Mini Calippo		\$ 1.50
Paddle Pop Ice Cream		\$ 2.20
Birthday Bucket		

*(A bucket of Zooper Doopers for the whole class) \$ 0.50 per child*

# 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

## Pie Day Friday

Steak, Cheese and Bacon / Creamy Chicken / Creamy Veggie \$ 6.00

