



FRASER COAST
ANGLICAN COLLEGE

Canteen Menu

Secondary 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 .

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.

- | | |
|-------------------------------------|---------|
| • Granola and Yoghurt | \$ 4.50 |
| • 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 |
| • Bacon, Egg and Hashbrown Burrito | \$ 6.50 |
| • Sausage, Egg and BBQ Sauce Burger | \$ 5.00 |
| • Hash Browns | \$ 1.00 |
| • Watermelon Tubs | \$ 3.00 |

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



Secondary School Menu 2025



Fresh Fruit

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

Salads (Orders Only)

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

Sandwiches & Wraps

Italian Bmt sub		\$ 5.00
Assorted Sandwiches (G/F available) from		\$ 4.00
Vegetarian Wrap	V	\$ 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		\$ 3.50
Chicken Ceasar Wrap		\$ 6.50

Drinks

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 (Seniors only)		\$ 5.00
Large Iced Tea		\$ 4.50
Juice Bombs		\$ 3.00
Aloe Chills		\$ 4.50

To be ordered Online Only

Small G/F Pasta Bolognese	G/F	\$ 4.00
Large G/F Pasta Bolognese	G/F	\$ 6.00
Gluten Free Sausage Roll	G/F	\$ 5.00
Gluten Free Chicken Crackles	G/F	\$ 4.50

Hot Food

Garlic Bread	\$ 1.50
Chicken Crackles (5 per pack)	\$ 3.50
Dim Sims & soy sauce (each)	\$ 1.50
Beef Burger (Lettuce, Tomato & Cheese)	\$ 6.00
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
Sauce Sachet	\$ 0.50

Meat Free Menu

Veggie Burger			
(Lettuce, Tomato & Tomato Relish)	V	G/F	\$ 6.50
Cauliflower Crackles	V		\$ 4.50
Spinach and Fetta Roll	V		\$ 4.00
Veggie Dim Sim (each)	V		\$ 1.50
Loaded Wedges	V		\$ 5.00
Falafel Kebab	V		\$ 7.00

Snacks and Treats

Snack Box		
(Cheese, Carrot, Dip & Crackers)	V G/F	\$ 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		\$ 2.00
Home Baked Muffin		\$ 2.50
Various Home Baked Slices		\$ 3.00
Brownie		\$ 3.50
Lollie bags		\$ 2.50
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

Pie Day Friday

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

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

