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

All Junior School Orders are placed using a paper bag system.

Orders are written out at home by parents/caregivers and placed in the appropriate lunch box in each classroom.

Orders must be received by the canteen no later than 8:45am each morning.

Instructions

- Students' will need separate paper bags for “first break” and “second break” orders.
- Please label each bag with: Student Name, Class, First or Second Break, Menu Selection and; Payment type.
- Do not use staples or sticky tape on bags as this can tear and weaken the bag. The student’s order is placed into these bags for collection.
- Student orders are to be placed in the canteen boxes in classrooms at the beginning of each day for delivery to the canteen before 8:45am.
- Paper bags may be purchased at most supermarkets. You may also include an extra 10c with your order and the canteen will provide a paper bag.

Example of Canteen Ordering

<table>
<thead>
<tr>
<th>First Break</th>
<th>2C</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lite Beef Pie</td>
<td>$3.50</td>
<td></td>
</tr>
<tr>
<td>Fruit Salad Tub</td>
<td>$3.00</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$6.50</strong></td>
<td></td>
</tr>
<tr>
<td>Smart Card #</td>
<td>001234</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Second Break</th>
<th>2C</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>½ Ham &amp; Salad Wrap</td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td>300ml Plain Milk</td>
<td>$1.50</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>$4.00</strong></td>
<td></td>
</tr>
<tr>
<td>Smart Card #</td>
<td>001234</td>
<td></td>
</tr>
</tbody>
</table>

There may be times, due to stock availability, that we may have to substitute an item(s) for an “in stock” product(s).
### Junior School Menu 2016

#### Fresh Fruit and Salads
- Piece of Seasonal Fruit: $1.00
- Watermelon Slice: $1.00
- Fruit Salad Tub: $3.00
- Salad Bowl (No Meat): $4.00
- Meat and Salad Bowl: $4.50

#### Hot Food
- Chicken Crackles (5 per pack): $2.50
- Chicken Fillet Roll: $3.80
- Garlic Bread: $1.50
- Homemade Pasta Bolognaise: $3.00
- ½ Hot Dog with Sauce: $1.50
- Hot Dog with Sauce: $3.00
- Lasagne (Beef or Vegetable): $4.00
- Junior Burger: $3.50
- Lite Beef Pie: $3.50
- Lite Mini Beef Pie (each): $1.20
- Lite Sausage Roll: $2.80
- Mini Ham & Pineapple Pizza: $2.50
- Tomato Sauce Sachet: $0.30

#### Sandwiches
- Vegemite or Jam: $2.50
- Cheese, Egg or Ham: $3.00
- Ham and Cheese: $3.50
- Ham, Cheese and Tomato: $4.00
- Egg and Lettuce: $3.50
- Chicken/Ham and Salad: $4.50
- Toasting of Sandwich: $0.50

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

#### Wraps
- ½ Chicken/Ham and Salad Wrap: $2.50
- Chicken/Ham and Salad Wrap: $4.50

#### Treats and Cakes
- Assorted Potato Chips (27gm): $1.30
- Popcorn: $1.20
- Home Baked Cookie: $1.20
- Home Baked Fruit Muffin: $2.00
- Hot Snack Apple Pie: $2.00
- Gingerbread: $2.80

#### Drinks
- 100% Popper Juice: $2.00
- 600ml Water: $1.50
- 300ml Full Cream Milk: $1.50
- 300ml Flavoured Milk: $2.50
- Small Ice Tea: $2.20
- Small Quench: $2.20

#### Lunch Two Only Treats
- Ovalteenies: $1.00
- Frozen Yoghurt: $2.20
- Lemonade Icy Twist: $1.20
- Jelly and Custard (Small): $1.20
- Mini Calippo: $1.00
- Paddle Pop Ice Cream: $1.80
- Vanilla Ice Cream Tub (GF): $1.20

### Monday Meal Deal
- Mini Chicken Wrap (Chicken, lettuce, cheese and mayonnaise) + Popper + Watermelon Slice: $5.00

### Tuesday Special
- Homemade Fried Rice (Gluten Free): $3.50

### Wednesday Special
- Sushi (Assorted Varieties): $4.50

### Thursday Special
- Beef & Bacon Burger OR Chicken Burger (With Lettuce, Cheese & Mayonnaise): $4.50

### Friday Meal Deal
- Mini Pizza (Ham & Pineapple) + Popper + Watermelon Slice: $5.00

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Healthy Choice
Moderately Healthy Choice
Sometimes Choice

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