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

Middle/Senior Students may place an order for their lunch at the cafeteria no later than 8:30 am each morning. Orders may include salad tubs or orders that may have particular dietary requirements eg. Salad Box without an egg or cheese. We will endeavour to do the best we can for all students who have individual requirements.

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 $ 1.50
- Small Flavoured Milk $ 2.50
- Up and Go $ 2.50
- 100% Fruit Juice $ 3.00
- 2 Slices of Raisin Toast $ 2.00
- 2 Slices of Jam/Vegemite Toast $ 1.50
- Ham and Cheese Toasted Sandwich $ 4.00
- Piece of Seasonal Fruit $ 1.00
- Fruit Salad Tub $ 3.00
### Middle/Senior School Menu 2016

#### Fresh Fruit
- Piece of Seasonal Fruit $1.00
- Watermelon Slice $1.00
- Fruit Salad Tub $3.00

#### Hot Food
- Chicken Crackles *(5 per pack)* $2.50
- Chicken Fillet Roll $3.80
- Small Homemade Pasta Bolognaise $3.00
- Large Homemade Pasta Bolognaise $4.00
- Garlic Bread $1.50
- Hot Dog with Sauce $3.00
- Junior Burger $3.50
- Lite Beef Pie $3.50
- Lite Sausage Roll $2.80

#### Salads *(Orders Only)*
- Salad Bowl *(No Meat)* $4.00
- Large Salad Bowl *(No Meat)* $5.50
- Meat and Salad Bowl *(Ham or Chicken)* $4.50
- Large Meat and Salad Bowl *(Ham or Chicken)* $6.00
- Chicken Caesar Salad Bowl $6.50

#### Sandwiches & Wraps
- Assorted Sandwiches from $3.50
- Panini’s *(Various Fillings)* $4.00
- ½ Chicken/Ham and Salad Wrap $2.50
- Chicken/Ham and Salad Wrap $4.50

#### Drinks
- 600ml Water $1.50
- 750ml Water $2.00
- Flavoured Water $3.30
- Mineral Water $3.50
- 100% Fruit Juice $3.00
- Small Flavoured Milk $2.50
- Large Flavoured Milk $3.80
- Small Iced Tea $2.20
- Large Iced Tea $3.50
- Small Quench $2.20
- 100% Fruit Juice $3.00
- Home Baked Cookie $1.20
- Home Baked Muffin $2.00
- Ovalteenies $1.00
- Gingerbread $2.80
- Assorted Potato Chips (27gm) $1.30
- Popcorn $1.20
- Home Baked Lamingtons $2.60
- Various Home Baked Slices $2.60
- Ice blocks and Ice-creams from $1.00

#### Orders or Select Days Only
- Lasagne *(Beef or Vegetable)* $4.00
- Toasting of Sandwich $0.50

#### Treats and Cakes
- Jelly (Small) $1.00
- Jelly and Custard *(Small)* $1.20
- Home Baked Cookie $1.20
- Home Baked Muffin $2.00
- Ovalteenies $1.00
- Gingerbread $2.80
- Assorted Potato Chips (27gm) $1.30
- Popcorn $1.20
- Home Baked Lamingtons $2.60
- Various Home Baked Slices $2.60
- Ice blocks and Ice-creams from $1.00

### Specials

**Monday Special**
- Steamed Dim Sims
- 90c Each

**Tuesday Special**
- Homemade Fried Rice *(GF)* $3.50
- Toasted Chicken Chilli Twist $4.20

**Wednesday Special**
- Sushi $4.50

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

**Friday Special**
- Pizza Quarters $3.50