



FAITH MS/SS CAMPUS CANTEEN MENU TERM 4 2016

SNACKS

Fresh Fruit	.50
Seasonal fruit Salad	\$3.50
Watermelon	\$2.00
Yoghurt Berry Crunch	\$2.50
Veg Sticks, Dip, Cheese & Crackers	\$3.00
Muffins made fresh daily	\$2.00
Gluten Free Muffin	\$2.20
Popcorn	\$1.20
Red Rock Deli or Veg Chips	\$1.50

SMOOTHIES \$4.00 (pre-order)

Mango Tango ~ Mango, banana, coconut & coconut water \$4.00

Brekkie Berry ~ Berries, banana, oats, low fat milk) \$4.00

Choc Banana Energy ~ Banana, Milo, low fat milk \$4.00



DRINKS

Bottle Water 600ml	\$1.50
Plain Milk 300ml / 500ml	\$1.20/\$2.00
Flavoured Milk 250ml / 500ml	\$2.50/\$3.50
Ice Break 500ml	\$3.80
Boost Juices Varieties	\$3.20
Orchy Juice 375ml/ 500ml	\$2.80 / \$3.50
Fruit Juice Poppers 200ml	\$1.20

FOCACCIAS, WRAPS & SANDWICHES

Toasted Focaccia with Chicken Cheese & Pesto / Sweet Chilli / Mayo \$4.00

Salad Wrap with Chicken/Ham/Tuna/Cheese \$4.50

Chicken Caesar Salad Wrap \$5.50

Toasties ~ Assorted Varieties available

Assorted Fresh Sandwiches ~ Check out our Daily Selection



Gluten Free bread or Wraps available at extra charge

FRESH SALAD BOXES

Chicken Caesar Salad ~chicken, bacon, lettuce, croutons, egg, Parmesan cheese & Caesar dressing \$5.50

Ham Salad Box ~ Leg Ham, Salad Greens, Cherry Tomatoes, Cucumber, Carrot, Baby Beetroot & Italian Dressing \$5.00

Chicken Salad Box ~ Oven baked Chicken, Salad Greens, Cherry Tomatoes, Cucumber, Carrot, Baby Beetroot & Dressing \$5.00



Tuna or Cheese & Seasonal Salad \$5.00

HOT FOOD

Chicken Burger with Cheese & Mayo \$4.00

Homemade Pizzas \$2.80

Baked Potato w Bacon, Sour Cream & Coleslaw or Bolognaise & Cheese \$4.00

Spaghetti Bolognaise \$4.00

Nachos (corn chips, salsa & Grated Cheese)

Sour Cream .50 extra \$3.00

Cheese & Spinach Roll \$3.80

Assorted Pies & Sausage Rolls available

DAILY SPECIALS

Mon ~ Beef Burger \$4.00

Tues ~ Meatball Sub \$4.00

Wed ~ Seasoned Potato Wedges \$4.00

Thurs ~ Assorted Sushi rolls \$2.90ea

Fri ~ Crispy Chicken Wrap \$4.00

Online Ordering available at www.ouronlinecanteen.com.au



Faith Lutheran College is committed to providing healthy fresh food for our Students & Staff.

Open Monday - Friday
Canteen Convenor ~ Angie Taylor
3820 5545 / canteen@flcr.qld.edu.au