



FAITH MS/SS CAMPUS CANTEEN MENU TERM 1 2017

SNACKS

Fresh Fruit	.60
Seasonal fruit Salad	\$3.60
Watermelon	\$2.00
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
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