



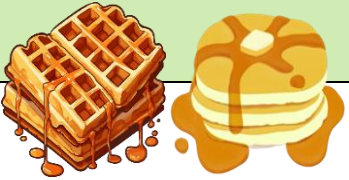







14.10.24

FLASCA Menu: Week 1 Term 4

Breakfast:

Monday	Tuesday	Wednesday	Thursday	Friday
Toast with Jam, Honey, Vegemite, Butter A selection of cereals <u>Fruit smoothies</u>	Toast with Jam, Honey, Vegemite, Butter A selection of cereals <u>Crumpets</u>	Toast with Jam, Honey, Vegemite, Butter A selection of cereals <u>Fruit smoothies</u>	Toast with a either Jam, Honey, Vegemite, Butter selection of cereals <u>Jam scrolls</u>	Toast with a either Jam, Honey, Vegemite, Butter A selection of cereals <u>Waffles or pancakes</u>
				

Afternoon Tea:

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Yogurt and granola</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Yogurt (mango, strawberry, vanilla & coconut-dairy free) • Nut-free granola • Fresh fruit <u>Suggested by Maia T</u> <u>Gluten free options available</u>	<u>Pesto pasta</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Pasta • Nut-free pesto sauce • Shredded cheese for topping <u>Suggested by Indira K</u> <u>Gluten free options available</u>	<u>Nachos</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Corn chips • Beef mince • Black beans, mild salsa, taco seasoning, onion & capsicum • Shredded cheese <u>Suggested by Charlotte R, Benny G & Sayana C</u> <u>Vegetarian & gluten free options available</u>	<u>Butter chicken</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Basmati rice • Chicken breast • Butter chicken sauce • Mixed veggies & onion <u>Suggested by Jooah K</u> <u>Vegetarian & gluten free options available</u>	<u>Dumplings</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Mix assortment of dumplings • Veggie dumplings • Soy sauce for topping <u>Suggested by Una T</u> <u>Vegetarian & gluten free options available</u>
				
Cruskits	Trail mix	Pita & dip	Trail mix	Cruskits