
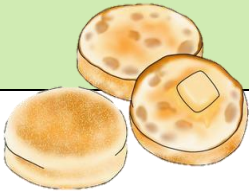


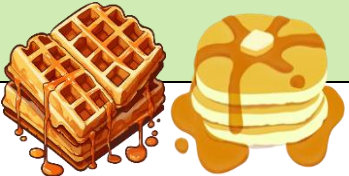







FLASCA Menu: Week 3 Term 4

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>English muffins</u> | Toast with Jam, Honey, Vegemite, Butter A selection of cereals <u>Vegemite or jam scrolls</u> | Toast with a either Jam, Honey, Vegemite, Butter selection of cereals <u>Fruit smoothies</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>Pizza</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Pizza bases Tomato paste & Italian herbs Ham Shredded cheese Suggested by Yindi p Vegetarian & gluten free options available | <u>Rice and honey soy chicken</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Rice Chicken breast Honey soy sauce, ginger & garlic Frozen mix of vegetables & onion Suggested by Andres BA & Lauren W Vegetarian & gluten free options available | <u>Pesto Pasta</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Pasta Nut-free pesto sauce & garlic Shredded cheese for topping Suggested by Orla YR Gluten free options available | <u>Nachos</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Plain corn chips Black beans, mild salsa & taco seasoning Onion, garlic & capsicum Shredded cheese Suggested by Sophie C & Alyse B Gluten free options available | <u>Homemade sausage rolls</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Beef mince Puff pastry Onion, carrot & garlic Tomato & BBQ sauce Suggested by Sohrab R Vegetarian & gluten free options available |
|  |  |  |  |  |

Cruskits

Trail mix

Cruskits

Pita & dip

Jatz and cheese