



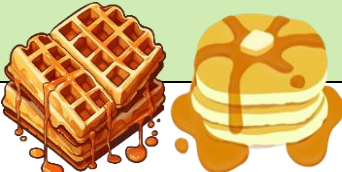







FLASCA Menu: Week 2 Term 4

Breakfast:

Monday	Tuesday	Wednesday	Thursday	Friday
Toast with Jam, Honey, Vegemite, Butter A selection of cereals Fruit smoothies	Toast with Jam, Honey, Vegemite, Butter A selection of cereals Cheese toasties	Toast with Jam, Honey, Vegemite, Butter A selection of cereals Frozen yogurt drops	Toast with a either Jam, Honey, Vegemite, Butter selection of cereals Fruit smoothies	Toast with a either Jam, Honey, Vegemite, Butter A selection of cereals Waffles or pancakes
				

Afternoon Tea:

Monday	Tuesday	Wednesday	Thursday	Friday
Sausages & hot chips *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Beef sausages • Veggie sausages for vegetarians • Hot chips • Carrot & cucumber • Tomato & BBQ sauce Suggested by Isabel C Vegetarian & gluten free options available	Sushi bowls *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Sushi rice • Tofu, tuna & chicken • Edamame, cucumber & carrot • Seaweed • Soy sauce Suggested by Sohrab R Vegetarian & gluten free options available	Red sauce pasta *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Pasta • Tomato paste, passata & Italian herbs • Onion & carrot • Shredded cheese for topping Suggested by Charlotte L Gluten free options available	Yogurt & granola *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Yogurt of varies flavours (strawberry, vanilla, mango & coconut) • Nut free granola Suggested by Georgia KC Gluten free options available	Pizza scrolls *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Puff pastry • Tomato paste • Italian herbs • Shredded cheese Suggested by Eva S Gluten free options available
				
Cruskits	Trail mix	Cruskits	Pita & dip	Jatz and cheese