
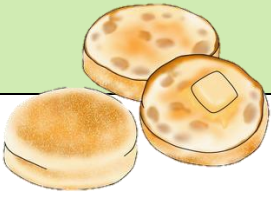

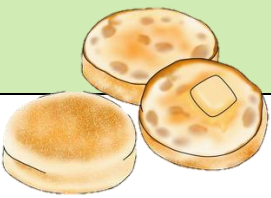
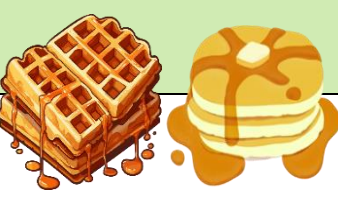

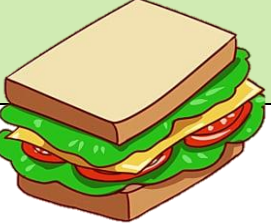





FLASCA Menu: Week 4 Term 1

Breakfast:

Monday	Tuesday	Wednesday	Thursday	Friday
Toast with Jam, Honey, Vegemite, Butter selection of cereals Fruit Smoothies	Toast with Jam, Honey, Vegemite, Butter selection of cereals English Muffins	Toast with Jam, Honey, Vegemite, Butter selection of cereals Fruit Smoothies	Toast with Jam, Honey, Vegemite, Butter selection of cereals English Muffins	Toast with Jam, Honey, Vegemite, Butter A selection of cereals Waffles or pancakes
				

Afternoon Tea:

Monday	Tuesday	Wednesday	Thursday	Friday
Butter Chicken *Fresh fruit on the side* <ul style="list-style-type: none"> • Rice • Chicken breast • Butter chicken sauce • Ginger & garlic • Onion & mix of veggies Vegetarian & gluten free options available	Sandwich Bar *Fresh fruit on the side* <ul style="list-style-type: none"> • Wholemeal bread • Lettuce, tomato, carrot & pickles • Ham • Sliced cheese • Array of sauces Vegetarian & gluten free options available	Spaghetti Bolognese *Fresh fruit on the side* <ul style="list-style-type: none"> • Pasta • Passata & tomato paste • Minced beef • Italian herbs & garlic • Onion & carrot • Shredded cheese Vegetarian & gluten free options available	Veggie Nachos *Fresh fruit on the side* <ul style="list-style-type: none"> • Corn chips • Mild salsa • Taco seasoning • Capsicum & corn kernels • Shredded cheese Gluten free options available	Yogurt and granola *Fresh fruit on the side* <ul style="list-style-type: none"> • Yogurt – Mango, strawberry, vanilla, coconut (dairy/gluten free) • Nut-free granola Gluten free options available
				
Trail Mix	Cruskits	Trail Mix	Cruskits	Cheese & Crackers