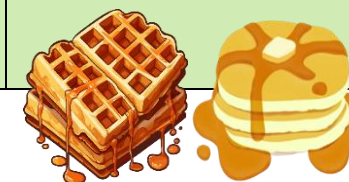


FLASCA Menu: Week 6 Term 1

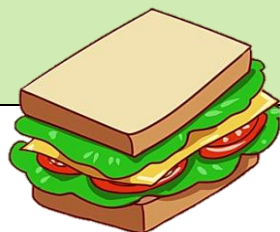
Breakfast:

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 Hot cross buns (suggested in children's meeting)	Toast with Jam, Honey, Vegemite, Butter selection of cereals Fruit Smoothies	Toast with Jam, Honey, Vegemite, Butter selection of cereals Yogurt Bowls	Toast with Jam, Honey, Vegemite, Butter A selection of cereals Waffles or pancakes



Afternoon Tea:

Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich Bar (Suggested by Mimi T-K M) *Fresh fruit on the side* <ul style="list-style-type: none"> • Wholemeal bread • Lettuce, tomato, pickles & carrot • Ham & cheese slices • 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 • 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 • Black beans, taco seasoning & mild salsa • Corn kernels & capsicum • Shredded cheese Gluten free options available	Teriyaki chicken & rice *Fresh fruit on the side* <ul style="list-style-type: none"> • Rice • Chicken breast • Teriyaki sauce, ginger & garlic • Mixed veggies Vegetarian & gluten free options available	Yogurt & granola *Fresh fruit on the side* <ul style="list-style-type: none"> • Array of yogurt flavours – vanilla, mango, strawberry and coconut (diary free) • Nut-free granola Gluten free options available



Trail Mix

Cruskits

Trail Mix

Cruskits

Cheese & Crackers