



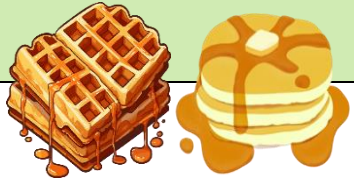




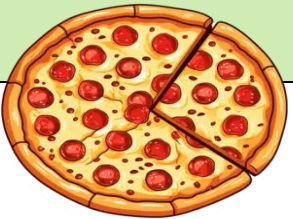


**FLASCA Menu: Week 3 Term 1**

**Breakfast:**

Monday	Tuesday	Wednesday	Thursday	Friday
Toast with Jam, Honey, Vegemite, Butter selection of cereals <b><u>Fruit smoothies</u></b>	Toast with Jam, Honey, Vegemite, Butter selection of cereals <b><u>English muffins</u></b>	Toast with Jam, Honey, Vegemite, Butter selection of cereals <b><u>Yogurt bowls</u></b>	Toast with Jam, Honey, Vegemite, Butter selection of cereals <b><u>Fruit smoothies</u></b>	Toast with Jam, Honey, Vegemite, Butter A selection of cereals <b><u>Waffles or pancakes</u></b>
				

**Afternoon Tea:**

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Sushi bowls</u></b> *Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Rice</li> <li>• Chicken or tuna</li> <li>• Edamame, cucumber &amp; carrot</li> <li>• Seaweed</li> <li>• Soy sauce</li> </ul>	<b><u>Yogurt &amp; fruit</u></b> *Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Yogurt in an array of flavours</li> <li>• Coconut dairy free yogurt</li> <li>• Nut-free granola</li> </ul>	<b><u>Mac &amp; cheese</u></b> *Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Maccaroni pasta</li> <li>• Cauliflower</li> <li>• Shredded cheese</li> <li>• Flour, milk, butter – roux</li> <li>• Breadcrumbs</li> </ul>	<b><u>Meatballs &amp; pita</u></b> *Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Beef meatballs</li> <li>• Wholemeal pita bread</li> <li>• Array of dips and sauces</li> <li>• Cucumber and carrot sticks</li> </ul>	<b><u>Pizza</u></b> *Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Pizza bases</li> <li>• Tomato paste</li> <li>• Italian herbs</li> <li>• Shredded cheese</li> <li>• Ham</li> </ul>
<b><u>Vegetarian &amp; gluten free options available</u></b>	<b><u>Gluten free options available</u></b>	<b><u>Gluten free options available</u></b>	<b><u>Vegetarian &amp; gluten free options available</u></b>	<b><u>Vegetarian &amp; gluten free options available</u></b>
				
<b>Cruskits</b>	<b>Trail Mix</b>	<b>Cruskits</b>	<b>Trail Mix</b>	<b>Cheese &amp; Crackers</b>