



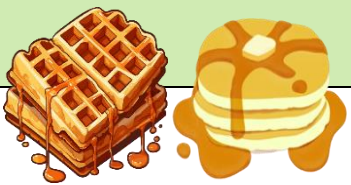



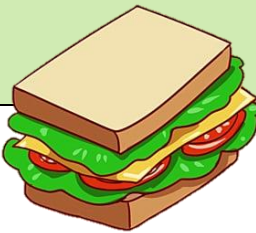



**FLASCA Menu: Week 2 Term 1**

**Breakfast:**

Monday	Tuesday	Wednesday	Thursday	Friday
Toast with Jam, Honey, Vegemite, Butter selection of cereals <b><u>Yogurt &amp; granola</u></b>	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>Hot cross buns</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>Chicken teriyaki &amp; rice</u></b> *Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Chicken breast</li> <li>• Teriyaki sauce, ginger, garlic</li> <li>• Rice</li> <li>• Carrot &amp; cucumber sticks</li> </ul> <b><u>Vegetarian &amp; gluten free options available</u></b>	<b><u>Veggie nachos</u></b> *Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Corn chips</li> <li>• Capsicum, black beans, mild salsa</li> <li>• Taco seasoning, shredded cheese</li> </ul> <b><u>Gluten free options available</u></b>	<b><u>Spaghetti Bolognese</u></b> *Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Pasta</li> <li>• Beef mince</li> <li>• Tomato paste, passata, Italian herbs, carrot, onion</li> <li>• Shredded cheese</li> </ul> <b><u>Vegetarian &amp; gluten free options available</u></b>	<b><u>Sandwich bar</u></b> *Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Bread rolls</li> <li>• Ham &amp; cheese slices</li> <li>• Lettuce, tomato &amp; pickles</li> <li>• Array of sauces</li> </ul> <b><u>Vegetarian &amp; gluten free options available</u></b>	<b><u>Sausages &amp; chips</u></b> *Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Beef sausages</li> <li>• Potato chips</li> <li>• Array of sauces</li> <li>• Carrot &amp; cucumber sticks</li> </ul> <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>