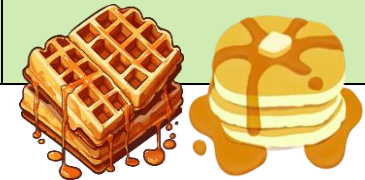


FLASCA Menu: Vacation Care & Start of T1

Breakfast:

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Vacation Care</u>	<u>Vacation Care</u>	<u>Vacation care</u>	Toast with Jam, Honey, Vegemite, Butter selection of cereals <u>Fruit smoothies</u>	Toast with Jam, Honey, Vegemite, Butter A selection of cereals <u>Waffles or pancakes</u>



Afternoon Tea:

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Veggie Nachos</u> *Fresh fruit on the side* <ul style="list-style-type: none"> • Corn chips • Capsicum, black beans, mild salsa • Taco seasoning, shredded cheese <u>Gluten free options available</u>	<u>Butter chicken & rice</u> *Fresh fruit on the side* <ul style="list-style-type: none"> • Chicken • Butter chicken sauce mild, onion, mixed veggies • Ginger garlic • Rice <u>Vegetarian & gluten free options available</u>	<u>Mini burgers</u> *Fresh fruit on the side* <ul style="list-style-type: none"> • Bread roll • Beef & veggie patties • Lettuce, tomato, pickles and cheese slices • Array of sauces <u>Vegetarian & gluten free options available</u>	<u>Yogurt & Fruit</u> *Fresh fruit on the side* <ul style="list-style-type: none"> • Yogurt – strawberry, vanilla, peach & mango, coconut • Nut-free granola <u>Gluten & dairy free options available</u>	<u>Pizza scrolls</u> *Fresh fruit on the side* <ul style="list-style-type: none"> • Puff pastry • <u>Tomato paste, shredded cheese, Italian herbs</u> <u>Gluten free options available</u>



Cruskits



Trail Mix



Cruskits



Trail Mix



Cheese & Crackers