
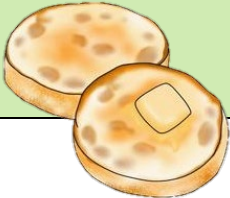


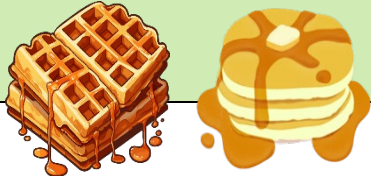



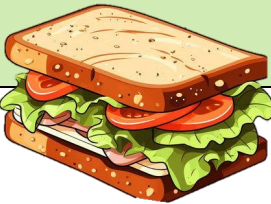



**FLASCA Menu: 2026 July Vacation Care Week 1**

**Breakfast:**


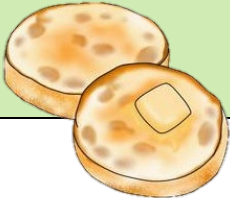


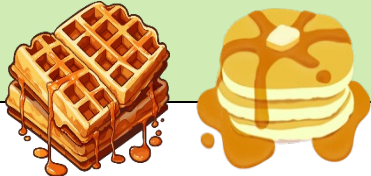
| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
| Toast with Jam, Honey, Vegemite, Butter, & a selection of cereals<br><b><u>Fruit Smoothie</u></b> | Toast with Jam, Honey, Vegemite, Butter, & a selection of cereals<br><b><u>English Muffins</u></b> | Toast with Jam, Honey, Vegemite, Butter, & a selection of cereals<br><b><u>Oatmeal Bowls</u></b> | Toast with Jam, Honey, Vegemite, Butter, & a selection of cereals<br><b><u>Fruit Smoothie</u></b> | Toast with Jam, Honey, Vegemite, Butter, & a selection of cereals<br><b><u>Waffles or pancakes</u></b> |
|                  |                   |               |                |                     |

**Afternoon Tea:**






| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| <b><u>Enchiladas</u></b><br><br>*Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Tortillas</li> <li>• Beef mince</li> <li>• Passata</li> <li>• Beans</li> <li>• Cheese</li> </ul> | <b><u>Yogurt Bowls</u></b><br><br>*Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Yogurt (Mango, vanilla &amp; strawberry)</li> <li>• Nut free granola</li> </ul> | <b><u>Japanese Curry &amp; Chicken Katsu</u></b><br><br>*Fresh fruit and veggies on the side* <ul style="list-style-type: none"> <li>• Rice</li> <li>• Japanese curry sauce</li> <li>• Potatoes &amp; carrots</li> <li>• Chicken Katsu</li> </ul> | <b><u>Sandwich Bar</u></b><br><br>*Fresh fruit & veggies on the side* <ul style="list-style-type: none"> <li>• Bread</li> <li>• Ham and/or cheese</li> <li>• Tomatoes and/or lettuce</li> <li>• Ketchup or vegan mayo</li> </ul> | <b><u>Kebabs</u></b><br><br>*Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Lamb/chicken kebabs</li> <li>• Pita bread</li> <li>• Tzatziki dip</li> <li>• Capsicum, onions and tomatoes</li> </ul> |
| <b><u>Vegetarian, Dairy Free &amp; Gluten Free options available</u></b><br><br>                                 | <b><u>Dairy Free &amp; Gluten Free options available</u></b><br><br>                              | <b><u>Vegetarian, dairy free &amp; gluten free options available</u></b><br><br>  | <b><u>Vegetarian, Dairy Free &amp; Gluten Free options available</u></b><br><br>  | <b><u>Vegetarian, dairy free &amp; gluten free options available</u></b><br><br>  |
| <b>Trail Mix</b>  | <b>Cheese &amp; Crackers</b>   | <b>Trail Mix</b>  | <b>Cruskits</b>  | <b>Trail Mix</b>   |

**FLASCA Menu: 2026 July Vacation Care Week 2**

**Breakfast:**

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| Toast with Jam, Honey, Vegemite, Butter, & a selection of cereals<br><b>Fruit Smoothie</b> | Toast with Jam, Honey, Vegemite, Butter, & a selection of cereals<br><b>English Muffins</b> | Toast with Jam, Honey, Vegemite, Butter, & a selection of cereals<br><b>Oatmeal Bowls</b> | Toast with Jam, Honey, Vegemite, Butter, & a selection of cereals<br><b>Fruit Smoothie</b> | Toast with Jam, Honey, Vegemite, Butter, & a selection of cereals<br><b>Waffles or pancakes</b> |
|           |            |        |         |              |

**Afternoon Tea:**

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| <b>Sushi Bowls</b><br><br>*Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Rice</li> <li>• Nori</li> <li>• Tuna and/or chicken katsu</li> <li>• Carrots and/or cucumbers</li> </ul> | <b>Meatball Subs</b><br><br>*Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Bread Rolls</li> <li>• Passata</li> <li>• Cheese</li> <li>• Tomatoes or lettuce</li> <li>• Ketchup</li> </ul> | <b>Yogurt Bowls</b><br><br>*Fresh fruit and veggies on the side* <ul style="list-style-type: none"> <li>• Yogurt (Mango, vanilla &amp; strawberry)</li> <li>• Nut free granola</li> </ul> | <b>Tacos</b><br><br>*Fresh fruit & veggies on the side* <ul style="list-style-type: none"> <li>• Tortilla</li> <li>• Minced beef and/or beans</li> <li>• Tomatoes and/or lettuce</li> <li>• Cheese</li> <li>• Guacamole</li> </ul> | <b>Spaghetti Bolognese</b><br><br>*Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Spaghetti</li> <li>• Passata</li> <li>• Mince beef</li> <li>• Cheese</li> </ul> |
| <u>Vegetarian, Dairy Free &amp; Gluten Free options available</u>   | <u>Dairy Free &amp; Gluten Free options available</u>  | <u>Vegetarian, dairy free &amp; gluten free options available</u>   | <u>Vegetarian, Dairy Free &amp; Gluten Free options available</u>  | <u>Vegetarian, dairy free &amp; gluten free options available</u>  |
|    |   |   |   |   |

**Trail Mix**

**Cheese & Crackers**


**Trail Mix**

**Cruskits**

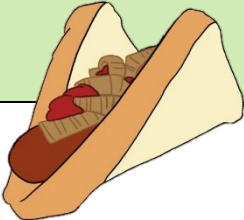
**Trail Mix**

**FLASCA Menu: 2026 July Pupil Free Day/Term 3 Week 1**

**Breakfast:**

| Monday  | Tuesday                     | Wednesday | Thursday | Friday |
|---|-----------------------------|-----------|----------|--------|
| Toast with Jam, Honey, Vegemite, Butter, & a selection of cereals<br><b>Fruit Smoothie</b><br> | <b><u>Term 3 Week 1</u></b> |           |          |        |

**Afternoon Tea:**

| Monday   | Tuesday                     | Wednesday | Thursday | Friday |
|--|-----------------------------|-----------|----------|--------|
| <b>Sausage Sizzle</b><br><br>*Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Bread</li> <li>• Sausage</li> <li>• Onions</li> <li>• Ketchup or BBQ Sauce</li> </ul><br><b><u>Vegetarian, Dairy Free &amp; Gluten Free options available</u></b><br> | <b><u>Term 3 Week 1</u></b> |           |          |        |

**Trail Mix**