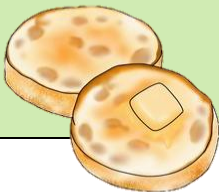
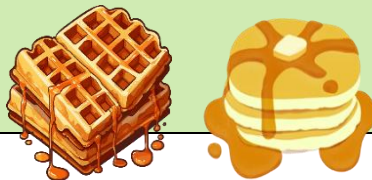
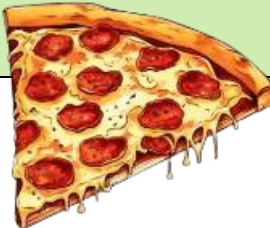


FLASCA Menu: 2026 Term 3 Week 2**Breakfast:**

Monday	Tuesday	Wednesday	Thursday	Friday
Toast with Jam, Honey, Vegemite, Butter, & a selection of cereals <u>Fruit Smoothies</u>	Toast with Jam, Honey, Vegemite, Butter, & a selection of cereals <u>English Muffins</u>	Toast with Jam, Honey, Vegemite, Butter, & a selection of cereals <u>Blueberry Muffins</u>	Toast with Jam, Honey, Vegemite, Butter, & a 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>Spaghetti Bolognese</u> <i>Suggested by Raphael M.</i> *Fresh fruit & veggies on the side* • Spaghetti • Mince beef • Cheese • Italian herbs • Passata <u>Vegetarian, dairy free & gluten free options available</u>	<u>Spinach and Ricotta Triangles</u> <i>Suggested by Krishna I.</i> *Fresh fruit & veggies on the side* • Spinach and ricotta triangles <u>Dairy free & gluten free options available</u>	<u>Yogurt Bowls</u> *Fresh fruit & veggies on the side* • Yogurt (Mango, vanilla & strawberry) • Nut free granola <u>Dairy free & gluten free options available</u>	<u>Pizza</u> <i>Suggested by Marcus G.</i> *Fresh fruit and veggies on the side* • Pizza bases • Cheese • Pizza sauce • Italian herbs • Pepperoni <u>Vegetarian, gluten free & dairy free options available</u>	<u>.Butter Chicken & Rice</u> <i>Suggested by Lyra F.</i> *Fresh fruit and veggies on the side* • Chicken breast • Rice • Butter chicken sauce • Three mix veggies <u>Vegetarian & gluten free options available</u>
				
Trail Mix	Cruskits	Trail Mix	Cheese & Crackers	Trail Mix