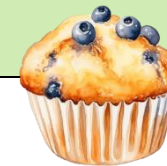


FLASCA Menu:

Breakfast:

Monday	Tuesday	Wednesday	Thursday	Friday
Toast with Jam, Honey, Vegemite, Butter A selection of cereals <u>PUPIL FREE DAY</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>Yogurt and fruit</u>	Toast with a either Jam, Honey, Vegemite, Butter A selection of cereals <u>Make your own muffins</u>	Toast with a either Jam, Honey, Vegemite, Butter A selection of cereals <u>Crepes</u>



Afternoon Tea:

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Granola and yogurt</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Granola (nut-free) • Vanilla, strawberry and peach/mango yogurt • Fresh fruit <u>Suggested by Frida G</u> <u>Dairy free options available</u>	<u>Beef Nachos</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Beef mince and taco seasoning • Black beans, onions and salsa • Shredded cheese <u>Suggested by Lexi H</u> <u>Vegetarian & gluten free options available</u>	<u>Chicken fried rice</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Rice • Chicken breast • Soy sauce, ginger and garlic • Mixed vegetables and onion <u>Suggested by Jooah K</u> <u>Vegetarian & gluten free options available</u>	<u>Pizza scrolls</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Puff pastry • Tomato paste • Shredded cheese • Italian herbs • Ham <u>Suggested by Bea G</u> <u>Dairy free, vegetarian & gluten free options available</u>	<u>Fish and chips</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Fish fingers • Chips • Tomato and BBQ sauce <u>Suggested by Anthony K</u> <u>Vegetarian & gluten free options available</u>

