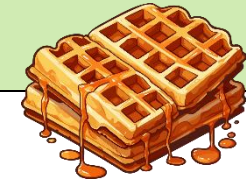
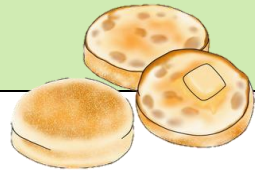


09.09.24

FLASCA Menu:

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>Fruit smoothies</u>	Toast with a either Jam, Honey, Vegemite, Butter selection of cereals <u>Jam scrolls</u>	Toast with a either Jam, Honey, Vegemite, Butter A selection of cereals <u>Waffles</u>



Afternoon Tea:

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Chicken nuggets and veggie sticks</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Chicken nuggets (plant-based chicken nuggets for veggies) Tomato and BBQ <u>Suggested by Orla YR</u> <u>Vegetarian & gluten free options available</u>	<u>Granola and yogurt</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Nut-free granola Different varieties of yogurt (peach & mango, strawberry, vanilla & coconut – dairy free) <u>Suggested by Frida G</u> <u>Gluten free options available</u>	<u>Pesto pasta</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Pasta Nut-free pesto sauce Shredded cheese <u>Suggested by Indira K & Benny G</u> <u>Gluten free options available</u>	<u>Honey Soy chicken & rice</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Chicken breast Honey soy sauce & ginger and garlic Rice Frozen veggies <u>Suggested by Alyse B & Sophie C</u> <u>Vegetarian & gluten free options available</u>	<u>Pancakes for arvo tea</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Flour, milk, sugar, butter, baking powder, vanilla essence Honey and jam for topping <u>Suggested by Max M & William R</u> <u>Gluten free options available</u>

