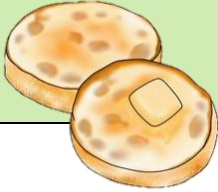



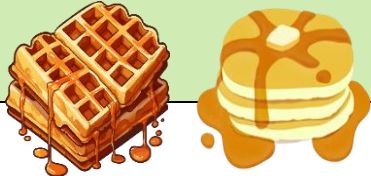







**FLASCA Menu: 2026 Term 2 Week 7**

**Breakfast:**

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

**Afternoon Tea:**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Sandwich Bar</b>  *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> <li>• Bread</li> <li>• Cheese</li> <li>• Tomato</li> <li>• Lettuce</li> <li>• Carrots</li> <li>• Pickles</li> <li>• Tomato Sauce</li> <li>• Mustard</li> <li>• BBQ Sauce</li> </ul> Vegetarian, dairy free & gluten free options available	<b>Yogurt Bowls</b>  *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> <li>• Yogurt (Mango, vanilla &amp; strawberry)</li> <li>• Nut free granola</li> </ul> Vegetarian, gluten free & dairy free options available	<b>Spaghetti Bolognese</b>  *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> <li>• Pasta</li> <li>• Beef mince</li> <li>• Shredded veggies</li> <li>• Passata</li> </ul> Gluten free, dairy free & vegetarian options available	<b>Chicken schnitzel</b> (Suggested by Liam L.)  *Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Chicken Schnitzel</li> <li>• Rice</li> </ul> Vegetarian, Dairy Free & Gluten Free options available	<b>Enchiladas</b>  *Fresh fruit on the side* <ul style="list-style-type: none"> <li>• Mince beef or beans</li> <li>• Tortillas</li> <li>• Cheese</li> <li>• Passata</li> </ul> Vegetarian & gluten free options available
				
<b>Trail Mix</b>	<b>Cruskits</b>	<b>Trail Mix</b>	<b>Cheese &amp; Crackers</b>	<b>Trail Mix</b>