
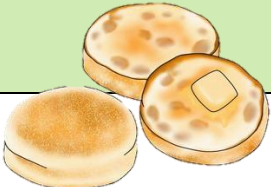


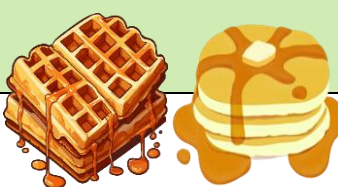




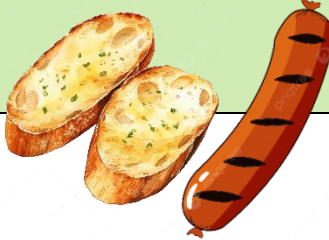


FLASCA Menu: Week 5 Term 1**Breakfast:**

Monday	Tuesday	Wednesday	Thursday	Friday
Toast with Jam, Honey, Vegemite, Butter selection of cereals <u>Fruit Smoothies</u>	Toast with Jam, Honey, Vegemite, Butter selection of cereals <u>English Muffins</u>	Toast with Jam, Honey, Vegemite, Butter selection of cereals <u>Fruit Smoothies</u>	Toast with Jam, Honey, Vegemite, Butter selection of cereals <u>Hot cross buns (suggested in children's meeting)</u>	Toast with Jam, Honey, Vegemite, Butter A selection of cereals <u>Waffles or pancakes</u>
				

Afternoon Tea:

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Chicken Udon Stir-fry</u> <u>(Suggested in children's meeting)</u> *Fresh fruit on the side* <ul style="list-style-type: none"> • Udon noodles • Chicken breast • Teriyaki sauce • Frozen veggies • Garlic ginger 	<u>Yogurt & granola</u> *Fresh fruit on the side* <ul style="list-style-type: none"> • Array of yogurt flavours – vanilla, mango, strawberry and coconut (diary free) • Nut-free granola 	<u>Ravioli Pasta</u> <u>(Suggested in children's meeting)</u> *Fresh fruit on the side* <ul style="list-style-type: none"> • Beef ravioli • Passata & tomato paste • Italian herbs, garlic, onion & carrot • Shredded cheese 	<u>Sushi bowls</u> *Fresh fruit on the side* <ul style="list-style-type: none"> • Rice • Seaweed & edamame • Tuna & shredded chicken • Soy & sweet chilli sauce 	<u>Sausages & Garlic bread</u> <u>(Suggested in children's meeting)</u> *Fresh fruit on the side* <ul style="list-style-type: none"> • Beef sausages/plant based • Garlic bread • Cucumber & carrot sticks
<u>Vegetarian & gluten free options available</u>	<u>Gluten free options available</u>	<u>Vegetarian & gluten free options available</u>	<u>Vegetarian & gluten free options available</u>	<u>Vegetarian & gluten free options available</u>
				

Trail Mix**Cruskits****Trail Mix****Cruskits****Cheese & Crackers**