

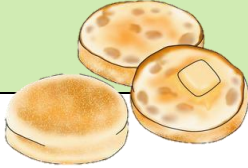

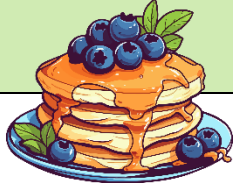


26.08.24

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>Yogurt and fruit</u>	Toast with Jam, Honey, Vegemite, Butter A selection of cereals <u>English muffins</u>	Toast with a either Jam, Honey, Vegemite, Butter A selection of cereals <u>ANZAC biscuits</u>	Toast with a either Jam, Honey, Vegemite, Butter A selection of cereals <u>Blueberry pancakes</u>
				

Afternoon Tea:

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Sushi bowls</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Sushi rice • Seaweed • Tuna & tofu • Edamame, carrot, cucumber • Soy sauce <u>Suggested by Iris M</u> <u>Vegetarian & gluten free options available</u>	<u>Chicken schnitzel and mashed potato</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Chicken schnitzel • Mashed potato • Tomato sauce and BBQ sauce <u>Suggested by Alyse B</u> <u>Vegetarian & gluten free options available</u>	<u>Red sauce pasta</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Pasta • Tomato paste, passata, Italian herbs • Carrot, onion • Shredded cheese <u>Suggested by Gemma K</u> <u>Gluten free options available</u>	<u>Soft shell tacos</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Soft shell tacos • Taco seasoning, black beans, salsa, onion • Mince beef • Lettuce & sour cream <u>Suggested by Una T</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, Italian herbs, • shredded cheese, ham <u>Suggested by Lauren W & Andres BA</u> <u>Vegetarian & gluten free options available</u>
