






19.08.24

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

Afternoon Tea:

Monday	Tuesday	Wednesday	Thursday	Friday
Pesto pasta *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Pasta Nut free pesto sauce Parmesan cheese Suggested by Indira K Vegetarian & gluten free options available	Butter chicken *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Chicken breast Butter chicken sauce, ginger, garlic, veggies, onion Rice Suggested by Joah K Vegetarian & gluten free options available	Beef nachos *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Corn chips Mince beef Black beans, onion, taco seasoning, salsa Shredded cheese Suggested by Sophie C Vegetarian & gluten free options available	Yogurt, granola & fruit *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Yogurt – vary of flavours Nut free granola and fresh fruit Suggested by Frida G Gluten free options available	Dumplings *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Dumplings – vary of flavours Soy sauce Suggested by Iris M Vegetarian & gluten free options available
