


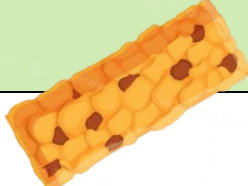



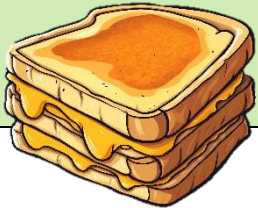




02.09.24

FLASCA Menu:

Breakfast:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| Toast with Jam, Honey, Vegemite, Butter A selection of cereals Fruit smoothies | Toast with Jam, Honey, Vegemite, Butter A selection of cereals Porridge | Toast with Jam, Honey, Vegemite, Butter A selection of cereals Fruit smoothies | Toast with a either Jam, Honey, Vegemite, Butter A selection of cereals Oat slice | Toast with a either Jam, Honey, Vegemite, Butter A selection of cereals Pancakes |
|  |  |  |  |  |

Afternoon Tea:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| Cheese Toasties *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Bread Cheese Suggested by Lauren W Vegetarian & gluten free options available | Chicken teriyaki and rice *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Chicken breast Teriyaki sauce Rice Mix of vegetables Suggested by Andres BA Vegetarian & gluten free options available | Maccaroni and cheese *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Maccaroni pasta Cauliflower Shredded Flour, milk, butter - roux Suggested by Georgia K-C Gluten free options available | Beef nachos *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Corn chips Beef mince, salsa, taco seasoning, black beans Shredded cheese Suggested by Jooah K Vegetarian & gluten free options available | Fish & Chips *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> Battered fish Hot chips Peas Tomato & BBQ sauce Suggested by Lauren W Vegetarian & gluten free options available |
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