






05.08.24

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>Cheese toasties</u>	Toast with 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>Make your own vegan cinnamon scrolls</u>	Toast with a either Jam, Honey, Vegemite, Butter A selection of cereals <u>Pancakes</u>
				

Afternoon Tea:

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Hard shell tacos</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Hard shell taco shells • Mince beef, black beans, salsa, taco spices • Cheese and lettuce Suggested by Henry N Vegetarian & gluten free options available	<u>Pesto pasta</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Pasta • Pesto sauce • Garlic • Shredded cheese Suggested by Benny G Gluten free options available	<u>Japanese katsu chicken curry</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Rice • Katsu chicken • Japanese curry cubes • Carrot and potato • Ginger and garlic Suggested by Una T Vegetarian & gluten free options available	<u>Pizza</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Pizza bases • Cheese, pineapple, olives, peperoni Suggested by Leo S Vegetarian & gluten free options available	<u>Sushi</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> • Rice • Seaweed • Tuna, tofu, avocado, cucumber, carrot, soy sauce • Edamame Suggested by Jona J Vegetarian & gluten free options available
