
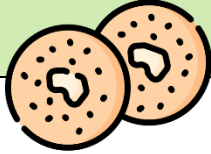





12.08.24

**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>Crumpets</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 oat slice</u>	Toast with a either Jam, Honey, Vegemite, Butter A selection of cereals <u>Pancakes</u>
				

**Afternoon Tea:**

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Yogurt and granola</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> <li>Mix of yogurt flavours</li> <li>Granola</li> <li>Fresh fruit</li> </ul> Suggested by Gemma K Gluten & dairy free options available	<u>Honey soy chicken and rice</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> <li>Rice</li> <li>Chicken breast</li> <li>Honey soy sauce, ginger, garlic</li> <li>Onion and mix veggies</li> </ul> Suggested by Alyse B Vegetarian & gluten free options available	<u>Spaghetti Bolognese</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> <li>Pasta</li> <li>Passata, tomato paste, Italian herbs, onion, carrot</li> <li>Mince beef</li> <li>Shredded cheese</li> </ul> Suggested by Rafa V Vegetarian & gluten free options available	<u>Cheese toasties</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> <li>Bread</li> <li>Cheese, tomato, ham</li> </ul> Suggested by Max N Vegetarian & gluten free options available	<u>Sausages &amp; chips</u> *Fresh fruit & veggies on the side* <ul style="list-style-type: none"> <li>Beef sausages</li> <li>Hot chips</li> <li>Tomato and BBQ sauce</li> </ul> Suggested by Angus J Vegetarian & gluten free options available
