



Flo
Sample Menu



Paneer Butter Masala – Indian curry made with paneer (Indian cottage cheese) in a rich tomato-based sauce.

Vegetable Stir-Fry – Mixed vegetables sautéed in soy sauce, garlic, and ginger (Asian-style).

Falafel – Deep-fried balls made from ground chickpeas, herbs, and spices (Middle Eastern).

Caprese Salad – Italian salad with tomatoes, mozzarella, basil, and olive oil.

Veggie Tacos – Corn tortillas filled with grilled vegetables, beans, avocado, and salsa



Margherita Pizza, Classic pizza with tomato sauce, mozzarella cheese, and fresh basil

Vegetable Biryani, fragrant Indian rice dish with vegetables and aromatic spices.

Stuffed Bell Peppers, Bell peppers filled with rice, beans, veggies, and cheese.

Minestrone Soup, Hearty Italian vegetable soup with pasta or rice

Hummus with Pita Bread, Creamy chickpea dip served with warm pita or veggies

Baked fresh veggies with sweet potato, bell peppers, zucchini, and eggplant



