



DEBASCA's Weekly Menu



Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Raisin Toast. Wholemeal Toast. Yoghurt. Cereal.	Cheese Toasties. Wholemeal Toast. Yoghurt. Cereal.	English Muffins. Wholemeal Toast. Yoghurt. Cereal.	Cheese Toasties. Wholemeal Toast. Yoghurt. Cereal.	Crumpets. Wholemeal Toast. Yoghurt. Cereal.
Afternoon Tea	Qeema (Indian Curried Beef) 	Chicken Noodle Soup with Bread Roll 	Chicken Shawarma Wraps 	'Eat Smart, Play Smart' Slurpy Noodles 	Cheesy Muffin Pizza 
Snack	Seasonal Fruit & Vegetables on offer	Seasonal Fruit & Vegetables on offer	Seasonal Fruit & Vegetables on offer	Seasonal Fruit & Vegetables on offer	Seasonal Fruit & Vegetables on offer

Daily menu Includes
a serve of each of
the following:

Cereal Based Food
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Fruit and Vegetable
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Lean Meat, Poultry, Fish, Eggs, Tofu, Legumes
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Milk, Yoghurt, Cheese
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Spreads: Dairy free butter, Strawberry Jam, Honey, Vegemite

Cereals: Cornflakes, Rice Bubbles, Weet Bix.

Beverages: Milk in mornings & Water Is Available During All Sessions.