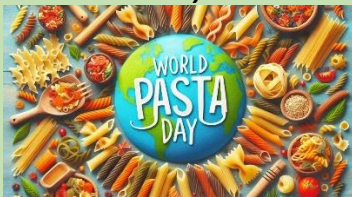




DEBASCA's Weekly Menu



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Crumpets. Wholemeal Toast. Yoghurt. Cereal.	Cheese Toasties. Wholemeal Toast. Yoghurt. Cereal.	Raisin Toast. Wholemeal Toast. Yoghurt. Cereal.	English Muffins. Wholemeal Toast. Yoghurt. Cereal.	Cheese Toasties. Wholemeal Toast. Yoghurt. Cereal.
Afternoon Tea	 Greek Lemon Chicken with Rice	Summer Nachos 	Qeema Curried Beef  <i>Celebrating Diwali</i>	World Pasta Day  Pasta Napolitana	 Garlic or Herb Bread
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 ☒	Fruit and Vegetable ☒	Lean Meat, Poultry, Fish, Eggs, Tofu, Legumes ☒	Milk, Yoghurt, Cheese ☒
Spreads: Dairy free butter, Strawberry Jam, Honey, Vegemite			Cereals: Cornflakes, Rice Bubbles, Weet Bix.	
Beverages: Milk in mornings & Water Is Available During All Sessions.				