



DEBASCA's Weekly Menu



Week 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Raisin Toast. Wholemeal Toast. Yoghurt. Cereal.	Raisin Toast. Wholemeal Toast. Yoghurt. Cereal.	Cheese Toasties. Wholemeal Toast. Yoghurt. Cereal.	English Muffins. Wholemeal Toast. Yoghurt. Cereal.	Cheese Toasties. Wholemeal Toast. Yoghurt. Cereal.
Afternoon Tea	Apple & Cinnamon Muffins 	<i>Chloe W request</i> Corn Thin 'Burgers' 	<i>Jojo T request</i> Pesto Pasta 	Fried Rice with Bacon 	Chicken Tender Wraps 
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.				