



DEBASCA's Weekly Menu



Week 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	English Muffins. Wholemeal Toast. Yoghurt. Cereal.	English Muffins. Wholemeal Toast. Yoghurt. Cereal.	Cheese Toasties. Wholemeal Toast. Yoghurt. Cereal.	Crumpets. Wholemeal Toast. Yoghurt. Cereal.	Raisin Toast. Wholemeal Toast. Yoghurt. Cereal.
Afternoon Tea	 BBQ Chicken with Rice	 Crackers, Cheese & Cucumber <i>then</i> 	Bow Tie Pasta 	Beef Fried Rice 	 Oat and Milo Muffins
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 <input checked="" type="checkbox"/>	Fruit and Vegetable <input checked="" type="checkbox"/>	Lean Meat, Poultry, Fish, Eggs, Tofu, Legumes <input checked="" type="checkbox"/>	Milk, Yoghurt, Cheese <input checked="" type="checkbox"/>
Spreads: Dairy free butter, Strawberry Jam, Honey, Vegemite			Cereals: Cornflakes, Rice Bubbles, Weet Bix.	
Beverages: Milk in mornings & Water Is Available During All Sessions.				