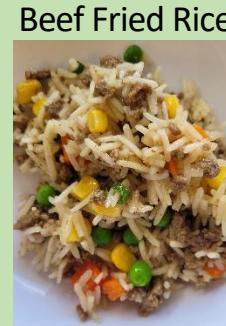




DEBASCA's Weekly Menu

*Eat Smart
Play Smart*

Heart
Foundation

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 then 	 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:	<input checked="" type="checkbox"/> 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
Spreads: Dairy free butter, Strawberry Jam, Honey, Vegemite	Cereals: Cornflakes, Rice Bubbles, Weet Bix.			
Beverages: Milk in mornings & Water Is Available During All Sessions.				