



DEBASCA's Weekly Menu



Week 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Crumpets. Wholemeal Toast. Yoghurt. Cereal.	Raisin Toast. Wholemeal Toast. Yoghurt. Cereal.	English Muffins. Wholemeal Toast. Yoghurt. Cereal.	Cheese Toasties. Wholemeal Toast. Yoghurt. Cereal.	Crumpets. Wholemeal Toast. Yoghurt. Cereal.
Afternoon Tea	Spaghetti Bolognaise 	 Two fruits with Custard	<i>'Eat Smart, Play Smart'</i>  <i>'Slurpy' Noodles</i>	 Garlic or Herb Bread	Apple and Cinnamon 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 ☒	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.				