



DEBASCA's Weekly Menu



Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Raisin Bread. Wholemeal Toast. Yoghurt. Cereal.	Crumpets. Wholemeal Toast. Yoghurt. Cereal	Raisin Bread Muffins. Wholemeal Toast. Yoghurt. Cereal.	English Muffins. Wholemeal Toast. Yoghurt. Cereal	English Muffins. Wholemeal Toast. Yoghurt. Cereal.
Afternoon Tea	Bacon Fried Rice <i>Rice, Bacon, peas, corn, carrot, shallot, GF soy sauce, salt, sugar, MASSEL stock, Vegetarian mushroom oyster sauce, dark soy sauce.</i> OR  Vegetarian Fried Rice	Garlic or Cheesy Garlic Bread <i>English Muffins, Nuttalex, cheese, garlic, salt, parsley, rice bran oil, MASSEL stock</i> 	Peaches, Crunchy Bits and Yoghurt <i>Tinned peaches, vanilla yoghurt, Nuttalex, flour, brown sugar, golden syrup, oats, baking soda</i> 	 Soy Sauce Veggies with Rice <i>Basmati rice, potatoes, GF soy sauce, MASSEL stock, salt, sugar, garlic, rice bran oil</i>	 Blueberry Muffins <i>Plain flour, sugar, baking powder, vanilla essence, milk, Nuttalex, blueberries, egg replacer.</i>
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
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Fruit and Vegetable
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Lean Meat, Poultry, Fish, Eggs, Tofu, Legumes
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Milk, Yoghurt, Cheese
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Spreads: Dairy free butter, Strawberry Jam, Honey, Vegemite

Cereals: Cornflakes, Rice Bubbles, Weet Bix.

Beverages: Milk in mornings & Water Is Available During All Sessions.