DEBASCA's Weekly Menu

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Wholemeal Toast. Yoghurt. Cereal.	Cheese Toasties. Wholemeal Toast. Yoghurt. Cereal.	Cheese Toasties. Wholemeal Toast. Yoghurt. Cereal.	Crumpets. Wholemeal Toast. Yoghurt. Cereal.	Raisin Toast. Wholemeal Toast. Yoghurt. Cereal.
Afternoon Tea	 Oat and Milo Muffins	Garlic Bread Muffins 	 Frozen Berries with Vanilla Yoghurt	Summer Nachos 	 Raisin Bread with Milk
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.				