

famous foodies: BUCAAN COOKBOOK – WEEK THREE

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COSTS
BREAKFAST	Corn fritters	Muesli with apricots	cereal, toast & Vegemite	Raisin Bread & Fruit Smoothie	Cereal Raisin toast	Veggie Box: \$20.00
LUNCH	Egg & Lettuce sandwiches Cheese stick carrot sticks & rice cracker Biscuits & apple	Leftover corn fritters [from Monday breakfast] Fruit Muffin, fruit	Pita bread wrap with favourite fillings	Salad sandwiches Vita-Weet biscuits & cheese Tub yoghurt	Bread wrap with favourite fillings Muffin or scone	Eggs: \$3.00 Super market: \$74.30 Meat Tray: \$20.00
DINNER	Vegetable frittata with green Salad & multigrain bread rolls Fresh Fruit Salad	Potato pie served with vegies Banana Custard	salmon patties & sweet potato chips with salad Piece of fruit	Spaghetti Bolognaise sourdough bun Jellied fruit	Baked Potato with coleslaw and crispy bacon Yoghurt & fruit	Total cost for week three: \$117.30

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