

famous foodies: BUCAAN COOKBOOK – WEEK FOUR

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COSTS
BREAKFAST	Muesli with tin apricots	Multigrain toast with honey and banana	Cereal & fruit	Muesli & banana smoothie	Cereal & toast	Groceries: \$135.00 Veggie box: \$20.00
LUNCH	Pita bread wrap with tuna and green salad Small tub yoghurt ANZAC biscuits & a piece of fruit	Savoury scone swirls Raspberry muffins	Ham cheese & salad sandwiches Raspberry muffin and fruit	Homemade sausage rolls, rice crackers carrots celery Dates or apricots	Bread wrap ham & salad Cupcake & fruit	Eggs: \$6.00 Meat tray: \$20.00 Total: \$172.00
DINNER	Sweet potato and vegetable frittata Serve with salad Jelly whip	Beef Chow Mien with noodles Life ice cream with spiced apple compote	Grilled chicken breast, potatoes cabbage pumpkin Teacake	Rissoles in onion gravy mash potato carrots & beans Stewed fruit & yoghurt	Egg & Bacon pie Potato bake & coleslaw Banana custard	

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