

famous foodies: BUCAAN COOKBOOK – WEEK ONE

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Costs
BREAKFAST	Cereal & fresh fruit	Cereal & piece fruit	Savoury muffins	Yoghurt & fruit	Toast & Vegemite & fresh fruit	Therefore 1 veggie box 1 meat tray, 2 dozen eggs from B.C.H Shopping from supermarket = \$117.49 for family of 4 for week one
LUNCH	Sandwiches Banana bread & apple	Roll filled with children's favourite fillings Rice crackers & cheese stick & a piece of fruit	Traffic Light Sandwiches Sultanas, & banana bread [leftover from Monday]	Sandwiches Fruit Kebab stick Rice crackers & cheese or Vegemite	Roll with kiddies favourite choice of fillings & savoury muffins	
DINNER	Tuna Pasta & tossed salad	Creamy potato bake, carrots, beans with grilled sausages	Hamburgers, Mash Potato, Peas & Corn	Crust less Quiche & Jelly Whip	Zucchini Slice Tomato & cucumber salad	

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