

## famous foodies: BUCAAN COOKBOOK – WEEK TWO

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COSTS
<b>BREAKFAST</b>	Eggs on toast	Toast with Vegemite or tomato	Cereal & tin fruit	Muesli with banana	Cereal & piece fruit	Supermarket bill will cost a Total of: \$136.56
<b>LUNCH</b>	Roast beef wraps, tub yoghurt, small box sultanas	Chicken [left from last night's dinner] lettuce & mayo sandwich  Savoury muffin or scone & piece fruit	Club sandwich & dried apricots Vita-Weet biscuits and cheese	Pasta salad savory muffin  Rice crackers & cheese stick	Salad wrap, fruit kebab stick, Vita-Weet and Vegemite	Plus eggs: \$3.00  Meat tray: \$20.00  Veggie Box: \$20.00  Total for the week: <b>\$179.56</b>
<b>DINNER</b>	Chicken, rocket & leek risotto, side salad  Tin peaches & low fat ice-cream	Beef stir fry & hokkien noodles  Cheese & fruit platter	Hamburger with the lot and coleslaw  Lemon delicious pudding	Smoked cod mash potato, beans & carrots and parsley sauce  Yoghurt and fresh strawberries	Beef Lasagne & potato salad  Jelled fruit	

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