

BOOSH Weekly Menu

Term 4 – Week 7 (25th – 29th November 2024)

<u>Week 7</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Hashbrowns	Wholemeal toasties with ham, cheese, chicken	French toast	Flavoured yoghurt (mango/ strawberry/vanilla) with granola	Scrambled eggs with toast
	<p>Served Daily</p> <p>Cereal: Rice Bubbles, Sultana, Cornflakes, Weetabix</p> <p>Toast & spreads: Choice of Wholemeal, Raisin, English muffins with butter, vegemite, jam or honey</p>				
Afternoon Tea	Vegetarian Fried rice with <ul style="list-style-type: none"> • Corn • Peas • Carrots • Soya sauce • onions 	Smoothies with <ul style="list-style-type: none"> • honey • mango • banana • mixed berries • lite yoghurt • milk 	Wholemeal bread sandwiches with <ul style="list-style-type: none"> • Ham • Chicken • Cheese • Tomatoes • Cucumbers • Butter • Vegemite 	Roast vegies with <ul style="list-style-type: none"> • carrots • potatoes • pumpkins • sweet potatoes 	Crus kits with <ul style="list-style-type: none"> • Ham • Chicken • Cheese • Tomatoes • Cucumbers • Butter • Vegemite
	<p>Served Daily</p> <p>Fruit: Pears, Red & Green apples, oranges, seasonal fruits</p> <p>Veggies: Tomato, cucumber, carrot, capsicum, celery, lettuce</p> <p>sultana, cheese</p>				