

BOOSH Weekly Menu
Term 4 – Week 9 (9th – 13th December 2024)

<u>Week 9</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Smoothies with Honey, mango, banana, mixed berries, lite yoghurt, milk	Hashbrowns	Scrambled eggs with toast	Wholemeal toasties with cheese, chicken, ham	Bacon and eggs on English muffins
	<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	Homemade scrolls with cheese/vegemite	Wholemeal bread sandwiches with <ul style="list-style-type: none"> • Ham • Chicken • Cheese • Tomatoes • Cucumbers • Butter vegemite 	Vegetarian Spring rolls and chicken nuggets with sauces- BBQ, tomato, salad-cucumbers, lettuce, tomatoes	Vegetarian fried rice with <ul style="list-style-type: none"> • Corn • Peas • Carrots • Soya sauce • onions 	Jatz crackers with <ul style="list-style-type: none"> • Cheese cubes • Tomatoes • Cucumbers • Avocado dip
	<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>				