



Esperance Residential College Menu Plan of Choice

Week 7, Term 3 2024

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked Breakfast Buffet	Wraps of the day	Grilled Sausages	Mash, Buttered Carrots, Broccoli with Cheese Sauce	Nectarine Bake
Tuesday	Healthy Breakfast	Assorted Sandwiches	Chicken Burgers	Corn on the Cob, Homemade Salad	Strawberries Platter
Wednesday	Cooked Breakfast Buffet	Assorted Round Rolls	Roast Lamb	Rice, Roast Potato, Gravy and Roasted Vegetables	Grape Platter
Thursday	Healthy Breakfast	Assorted Sandwiches	Spaghetti Bolognaise	Cheese, Garlic Bread, Cauliflower Cheese, Peas	Pineapple Platter
Friday	Cooked Breakfast Buffet	Assorted Wraps	Grilled Fish Flatheads	Chips, Garden Salad	Ice Cream and Chocolate Sauce
Saturday	Healthy Breakfast	Homemade Pizza Scrolls	Chicken Lasagne	Garden Salad	Apple Slice and Custard
Sunday	Healthy Breakfast	Pancakes and Berries	Beef Ribs	Mash, Corn, Peas and Carrots.	Homemade Cake