



Narrogin Residential College Week 3, 2023 meal planner

Day	Breakfast	Lunch	Dinner	Dessert	Snacks
Monday	Healthy Continental	Make your own Sandwiches- Wraps	Pasta Bake	Ice Cream Slice	Cathy's Choice
Tuesday	Coco Pop Day	Meat Gravy Rolls	Chicken Parmies mash and Veg	Berry Crumble	H & C Scrolls
Wednesday	Cooked Breakfast	Sandwiches	Mixed Grill Roast Veg / Carbanara	Mouse Jelly	Muffins
Thursday	Healthy Continental	Chicken Burritos	Steak Camp Spuds / Sausages and mixed Veg	Choc Ripple Log	Mini Quiche
Friday	Cooked Breakfast	Make your own Sandwiches- Wraps	Mi Goreng	Cookie Bars	Muffins
Saturday	Healthy Continental	Nachos	Chicken and Spaghetti	Apple Pie	Biscuits
Sunday	Healthy Continental	Cathy's Choice	Fish and Chips and Salad	Cathy's Choice	Brownies