



Esperance Residential College Week 8, 2024 meal planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked breakfast buffet	Rolls with salad	Lamb chops and sausages	Mash and buttery veggies	Sponge cake and cream
Tuesday	Healthy breakfast	Sandwiches with salad	Flake with lemon myrtle butter	Rice and salad	Jelly
Wednesday	Cooked breakfast buffet	Rolls with salad	Chicken mince spaghetti	Pasta, garlic bread and veggies	Ice cream and toppings
Thursday	Healthy breakfast	Sandwiches with salad	Thai Green Pork stir fry	Salad and rice	Vanilla slice
Friday	Cooked breakfast buffet	Pies and sausage rolls	Crunchy bake night. dinosaur nuggets, wedges, chicken and fish strips, squid pops and more	A LOT of veggies and salad	Vanilla milkshakes
Saturday	Healthy breakfast	Hot dogs with cheese	Sizzle steak	Cheesy cauliflower bake and greens	tba
Sunday	Healthy breakfast	Ham and cheese toasties	Mini pizzas	Wedges and salad	tba