



Esperance Residential College Week 4, Term 3 2024 meal planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked Breakfast Buffet	Recess – Mud Muffins, Le Snacks Lunch – Chicken Tenders Wraps and Salads	Barbie Pasta	Potato Salad, Carrot and Pineapple Salad	Ice Cream Waffle Cones
Tuesday	Healthy Breakfast	Recess – Homemade LCM Bars, Veggie Chips Lunch – Lamb Bowl with Salads	Chilli con Carne	Savoury Rice, Carrots and Sweet Cabbage	Fruit Salad and Cream
Wednesday	Cooked Breakfast Buffet	Recess – Homemade Slice, Rice Crackers Lunch – Famous Beef Pie, Giant S/Roll	Roast Pork with Crackling and Apple Sauce	Roast Potato, Rice and Roasted Butternut with Gravy	Chocolate Self-Saucing Pudding with Ice Cream
Thursday	Healthy Breakfast	Recess – Homemade Slice, Pizza Shapes. Lunch – Chicken Pasta	Beef Casserole	Rice, Garlic Bread	Jam Sponge with Custard
Friday	Cooked Breakfast Buffet	Recess – Homemade Slice, Veggie Straws. Lunch – Assorted Focaccia	Crispy Fish Flatheads	Chips, Tartare Sauce, Lemon Wedges	Bread and Butter Pudding
Saturday	Healthy Breakfast	Chicken or Lamb Quesidillas	Char Sui Pork	Fried Rice and Garden Salad	Fruit Salad
Sunday	Healthy Breakfast	Egg and Bacon Pies with Hashbrowns	Moroccan Lamb with Pearl Cous-Cous	Salad, Yoghurt and Pita	Butterscotch Cake