



Esperance Residential College Week 4, 2024 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Healthy Breakfast	<u>Lunch</u> – Sandwiches with salad, ham and cheese	Thai Pork salad	Thai coconut soup	Eton mess
Tuesday	Healthy Breakfast	<u>Lunch</u> – salad with chicken through-out	Beef fajita stir-fry	Rice noodles and stir-fry veg	Banana cupcakes and caramel drizzle
Wednesday	Cooked Breakfast Buffet	<u>Lunch</u> – sandwiches with salad, ham, eggs	Chicken ricotta and meatballs	Garlic bread and Italian leaf salad.	Custard and apricots
Thursday	Healthy Breakfast	<u>Lunch</u> – Sandwiches with Salad, beef or silverside	Halloween dinner	Halloween sides	And a trick or is it your treat
Friday	Cooked Breakfast Buffet	<u>Lunch</u> – pies and sausage rolls	Moroccan lam and halloumi pies	Mushy peas, mash potato and Gravy	Jam and coconut slice.
Saturday	Healthy Breakfast	Homemade sausage rolls	Honey soy chicken	Roast veg	Icy poles
Sunday	Healthy Breakfast	Caesar salad bar	Hot dogs	Coleslaw and salad	Ice-cream



Esperance Residential College Week 5, 2024 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked Breakfast Buffet	<u>Lunch</u> – Sandwiches with salad, ham and cheese	Creamy mint and pesto Lamb pasta	Egg plant parmesan	Mini dessert pizzas
Tuesday	Healthy Breakfast	<u>Lunch</u> – Salad with chicken through-out	Oven baked bronzie	Wedges and a chickpea salad	Ice-cream and toppings
Wednesday	Cooked Breakfast Buffet	<u>Lunch</u> – Sandwiches with salad, ham, eggs	Toasted garlic bread steak sandwiches	Home made smiley chips and lemon and parmesan arugula salad	Mini skewer pancake stacks strawberries and cream
Thursday	Healthy Breakfast	<u>Lunch</u> – Sandwiches with Salad, beef or silverside	Braised pork in sweet soy	Coconut rice and a brown rice sesame shredded veg and tamari dressing	Fruit and jelly
Friday	Cooked Breakfast Buffet	<u>Lunch</u> – Pies and sausage rolls	Apple cider glazed chicken	Roast veggies and a roast pumpkin and squash salad with tahini vinaigrette	Apple crumble and custard
Saturday	Healthy Breakfast	Pancakes, bacon and eggs	Apricot chicken	Rice and veg	Ice-cream and fruit
Sunday	Healthy Breakfast	Croissants sweet and savoury	Roast lamb	Cauliflower bake and veggies	Custard and fruit



Esperance Residential College Week 6, 2024 meal planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked Breakfast Buffet	<u>Lunch</u> – Sandwiches with salad, ham and cheese	Slow cooked shred beef nachos	Strawberry and halloumi cheese salad	Cupcakes
Tuesday	Healthy Breakfast	<u>Lunch</u> – Salad with chicken through-out	Gummy shark in a creamy lemon sauce	Greek salad and a basil and tomato rice	Jelly and frozen banana smash bites
Wednesday	Cooked Breakfast Buffet	<u>Lunch</u> – Sandwiches with salad, ham, eggs	Chicken Florentine pasta	Homemade garlic bread and a blackberry and peach salad	Carrot cupcakes with cream cheese frosting
Thursday	Healthy Breakfast	<u>Lunch</u> – Sandwiches with Salad, beef or silverside	Oven roast pork belly	Salt and vinegar spuds, cauliflower cheese, orange and brown sugar glazed carrots and bacon-soaked greens	Ice-cream
Friday	Cooked Breakfast Buffet	<u>Lunch</u> – Pies and sausage rolls	Create your own Pitas	Choices of meat chicken, beef, pork and tuna with all the salad sides.	Coconut rough slice
Saturday	Healthy Breakfast	Breakfast wraps	Homemade pizzas	Salad	Custard and fruit
Sunday	Healthy Breakfast	Chicken pesto salad	Early thanksgiving roast turkey	Mac and cheese with veg and cranberry sauce	Pumpkin pie