



Esperance Residential College Week 3, 2024 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked Breakfast Buffet	Baked Chicken Tenders, Mud Muffins, Cheese Crackers, Fresh Fruit and Mineral Water	Baked Potato, Choice of Beef Chilli Con Carne, Roast Chicken	Cheese, Mushroom, Ham and Pineapple	Fruit Salad and Custard
Tuesday	Healthy Breakfast	Assorted Meats, Rolls, Muesli Bar, Trail Mix, Fresh Fruit and Mineral Water	Beef Sausage	Mash, Cauliflower Cheese	Apple Crumble
Wednesday	Cooked Breakfast	Meat Pie/ Sausage Roll, Milk/Juice, Popcorn, Cheese and Crackers, Fresh Fruit	Roast Lamb with Mint Sauce	Roast Potato, Roast Carrots, Braised Cabbage	Trifle
Thursday	Healthy Breakfast	Assorted Meats, Buns, Muesli Bar, Trail Mix, Fresh Fruit and Mineral Water	Chicken Tortellini with Garlic and Basil Sauce	Honey Carrots, Creamy Spinach	Creamed Rice and Poached Pear
Friday	Cooked Breakfast	Assorted Pizza, Trail Mix, Apricot Slice, Fresh Fruit and Mineral Water	Beef Nachos	Jalapeno, Cheese and Garden Salad	Homemade Chocolate Cake
Saturday	Toast, cereal, fruit, yoghurt and milk	Beef Burger Salad Bar	Honey Lemon Chicken	Streamed Rice, Broccoli	Peaches and Chantilly Cream
Sunday	Toast, cereal, fruit, yoghurt and milk	Hot Dawg and Crispy Wedges	Crispy Fish and Chips	Garden Salad	Pavlova