



Esperance Residential College Week 1, Term 3 2024 meal planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked Breakfast Buffet	Recess – Mud Muffins, Le Snacks. Lunch – Chicken Tenders Wraps	Cottage Pie.	Peas, Corn, Carrots and Milkshakes	Ice cream, strawberry and chocolate topping
Tuesday	Healthy Breakfast	Recess – Homemade LCM Bars, Vegie Chips. Lunch – Hot Quiche with Salad	Honey Soy Chicken Noodles		Apple Crumble and Custard
Wednesday	Cooked Breakfast Buffet	Recess – Homemade Slice, Rice Crackers. Lunch – Famous Beef Pie, Giant S/Roll	Devilled Sausages	Rice	Fruit and Jelly
Thursday	Healthy Breakfast	Recess – Homemade Slice, Pizza Shapes. Lunch – Beef/Chicken Burgers with Sides	Creamy chicken and bacon gnocchi	Salad	Chocolate Brownie
Friday	Cooked Breakfast Buffet	Recess – Homemade Slice, Vegie Straws. Lunch – Beef Teriyaki Stir-fry with Noodles	Beef burgers	Chips and Salad	Fruit punch
Saturday	Healthy Breakfast	Fried Rice and spring rolls	Roast pork belly	Mash potato, broccolini, honey carrots and cauliflower cheese	Banana cake
Sunday	Healthy Breakfast	French Toast and berries	Butter chicken	Rice, Naan bread	Famous Nan's bikkies