



## Esperance Residential College Week 2, 2023 meal planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
<b>Monday</b>	Cooked Breakfast Buffet	<b>Recess</b> - Mud Muffins , Le Snacks. <b>Lunch</b> Chicken Tenders Wraps	Fettucine with Chicken and Sundried Tomato	Coleslaw, Garlic Bread	Peach Crumble with Custard
<b>Tuesday</b>	Healthy Breakfast	<b>Recess</b> – Homemade LCM Bars , Vegie Chips. <b>Lunch</b> – Taco Tuesday with Salad	Beef Curry	Naan Bread, Rice, Tomato Sambals, Banana in Milk, Cucumber	Pavlova with Kiwifruit
<b>Wednesday</b>	Cooked Breakfast Buffet	<b>Recess</b> - Homemade Slice, Rice Crackers. <b>Lunch</b> - Famous Beef Pie, Giant S/Roll	Roast Leg of Lamb with Mint Sauce	Roast Potato, Rice, Peas and Roasted Pumpkin	Ice Cream Waffle Cone
<b>Thursday</b>	Healthy Breakfast	<b>Recess</b> - Homemade Slice, Pizza Shapes. <b>Lunch</b> – Lamb Gravy Roll with Salad	Chicken Skewers with Apricot	Savoury Rice, Buttered Carrots and Cabbage	Jam Sponge with Cream
<b>Friday</b>	Cooked Breakfast Buffet	<b>Recess</b> – Homemade Slice, Vegie Straws, <b>Lunch</b> – Fried Rice Stirfry with Spring Roll	Crispy Fish Flatheads with Tartare Sauce	Lemon Wedges, Garden Salad	Doughnuts with Cream
<b>Saturday</b>	Healthy Breakfast	Beef Burger, Salad and Chips	Lamb Shanks and Mash	Carrots, Peas and Corn	Choc Fudge Cake
<b>Sunday</b>	Healthy Breakfast	Egg and Bacon Burritos	Thai Green chicken Curry	Steamed Rice, Poppadums	Short Bread Cookies