

Narrogin Residential College

MEAL PLANNER

Week Eight
2-9 ~ 8-9

Spring

	BREAKFAST	MORNING TEA	LUNCH	DINNER	DESSERT	SUPPER
Mon	Cold Breakfast	Processed Snacks	Make Your Own	Moussaka & Salad	Fruit & Custard	Cheese & Cracker Portions
Tue	Coco-pop day	Popcorn	Make your Own	Mixed Grill, Pasta, Vegetables & Salad	Apple Pie	Cheesies
Wed	Cooked Breakfast	Mini Quiche	Make Your Own	Chicken Parmigiana, Steamed Potatoes, Veg & Salad	Ice Cream	Zucchini Slice
Thur	Cold Breakfast	Processed Snacks	Make your Own	Fried Rice, Honey Chicken, Garlic Beef & Salad	Cheesecake	Platter
Fr i	Cold Breakfast	Biscuits	Make Your Own	Steak, Eggs, Chips, Salad	Ice Cream Slice	Spring Rolls
Sa t	Cold Breakfast	X	Soup & Garlic Buttered Rolls	Fish & Chips	Frozen Yogurt	Muffins
Sun	Cold Breakfast	X	Pies Pasties & Sausage Rolls	Tacos & Salad	Slice	Cake

