



Esperance Residential College Week 2, Term 3 2024 meal planner

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