



## Esperance Residential College Week 5, 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> – Cold Meat Wraps	Grilled Chicken with Capsicum Gravy	Rice, Broccoli and Corn	Fruit Platter
<b>Tuesday</b>	Healthy Breakfast	<b>Recess</b> – Homemade LCM Bars, Vegie Chips. <b>Lunch</b> – Stir-Fry Chicken with Noodles	Melbourne Cup Formal Dinner	Cucumber Sushi, Roast Pork, Roast Potatoes, Rice and Vegetables with Crackling and Gravy	Ice Cream Sandwich with Mango Topping
<b>Wednesday</b>	Cooked Breakfast Buffet	<b>Recess</b> – Homemade Slice, Rice Crackers. <b>Lunch</b> – Famous Beef Pie, Giant S/Roll	Cultural BBQ	Damper, Garden Salad	Fruit Platter
<b>Thursday</b>	Healthy Breakfast	<b>Recess</b> - Homemade Slice, Pizza Shapes. <b>Lunch</b> – Pasta Salad	Beef Nacho's	Green Beans with Mexican Corn	Fruit Platter
<b>Friday</b>	Cooked Breakfast Buffet	<b>Recess</b> – Homemade Slice, Vegie Straws. <b>Lunch</b> – Toasties	Sausages	Mash, Gravy, Sweet Potato and Sugar Peas	Fruit Platter
<b>Saturday</b>	Healthy Breakfast	Beef Bolognaise or Chicken Pasta	Pork Belly	Potato Salad, Corn Cob, Broccolini, Garden Salad	Apple Crumble and Custard
<b>Sunday</b>	Healthy Breakfast	Roast Chicken Focaccia with Salads	Beef Lasagne	Salads	Fruit Punch