



## Esperance Residential College Week 3, Term 3 2024 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	Crispy Flatheads	Chips, Tartare Sauce, Lemon Wedges and Salad	Fruit Salad and Custard
<b>Tuesday</b>	Healthy Breakfast	<b>Recess</b> – Homemade LCM Bars , Vegie Chips. <b>Lunch</b> – Quiche of the Day	Fettucine Alfredo	Carrots, Peas	Vanilla Mousse
<b>Wednesday</b>	Cooked Breakfast Buffet	<b>Recess</b> – Homemade Slice, Rice Crackers. <b>Lunch</b> – Famous Beef Pie, Giant S/Roll	Roast Beef with Gravy	Roasted Potato, Roasted Vegetables, Rice	Crème Caramel
<b>Thursday</b>	Healthy Breakfast	<b>Recess</b> – Homemade Slice, Pizza Shapes. <b>Lunch</b> – Chicken Noodle Stir-fry	Chicken Burger	Cheese and Avocado	Creamed Sago with Berries
<b>Friday</b>	Cooked Breakfast Buffet	<b>Recess</b> – Homemade Slice, Vegie Straws, <b>Lunch</b> – Snag in a Roll	Kangaroo Meatballs	Rice, and Garden Salad	Homemade Chocolate Cake
<b>Saturday</b>	Healthy Breakfast	Assorted Pizzas	Spaghetti Bolognese	Garden Salad	Jelly
<b>Sunday</b>	Healthy Breakfast	French Toast with Berries and Cream	Chicken enchiladas	Mexican Fiesta	Cheesecake