

Narrogin Residential College

MEAL PLANNER

Week FOUR
19-2 ~ 25-2



	BREAKFAST	MORNING TEA	LUNCH	AFTERNOON TEA	DINNER	DESSERT	SUPPER
M o n	Cold Breakfast	Processed Snacks	Make Your Own (healthy options)	Make Your Own (healthy options)	Butter Chicken Lasagne	Fruit Salad & Custard	Caramilk Blondies
T u e	Coco-pop day	Spring Rolls	Ravioli	Make Your Own (healthy options)	Steak, Wedges, Potatoes & Salad	Pancake Stack	Savoury Muffins
W e d	Cooked Breakfast	Popcorn	Sandwiches / Rolls	Make Your Own (healthy options)	Kebabs & Salad	Cheesecake	Muffins
T h u r	Cold Breakfast	Processed Snacks	Chicken Buritos	Make Your Own (healthy options)	Paella, Chicken Bites & Salad	Healthy Blueberry muffins	Platter
F r i	Cooked Breakfast	Zucchini Slice	Make Your Own	Make Your Own	Chicken Chilli Wraps & Salad	Chocolate Cobbler	Scrolls
S a t	Cold Breakfast	X	Sushi Bowls	X	Steak Sandwiches, Chips & Salad	Fruit Crumble	Biscuits
S u n	Cold Breakfast	X	Chicken Burgers & Salad	X	Hotdogs & Salad	Ice Cream	Pikelets