



Esperance Residential College

Week 8, Term 2 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Healthy breakfast	Assorted sandwiches	Roast beef and gravy	Assorted roast vegetables	Milkshakes
Tuesday	Pancakes	Assorted sandwiches	Pizzas	Garlic bread and parmesan sticks	Mud cake with berries and chocolate sauce
Wednesday	Cooked breakfast buffet	Assorted sandwiches	Cottage Pie	Veggies	Fruit and cheese platter
Thursday	Healthy breakfast	Roast beef and gravy rolls or chicken, cheese and mayo	Curried Sausages	Baked potatoes and veggies	Black Forrest Gateau
Friday	Cooked breakfast buffet	Pies and sausage rolls	BBQ	Mixed salads	Fruit and cheese platter
Saturday	Healthy breakfast	Chicken tenders with sour cream, lettuce and tomato	Seafood	Noodles and veggies	Apple Pie and cream
Sunday	Pancakes	Toasties	Burger Night	Chips, lettuce, tomato, pickles	Ice cream trio



Week 9, Term 2 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Healthy breakfast	Assorted sandwiches	Roast lamb	Roast potatoes and vegetables	Fruit smoothies
Tuesday	Healthy breakfast	Assorted sandwiches	Chicken Chow Mein	Noodles and Asian veggies	Lemon Cheesecake
Wednesday	Cooked breakfast buffet	Assorted sandwiches	Silverside and mustard sauce	Parsley potatoes and veggies	Fruit and cheese platter
Thursday	Healthy breakfast	Roast beef and gravy rolls or chicken, cheese and mayo	Bacon and parmesan gnocchi	Seasonal veggies	Cream Caramel
Friday	Cooked breakfast buffet	Pies and sausage rolls	BBQ	Assorted salads	Fruit and cheese platter
Saturday	Healthy breakfast	Wraps with chicken/tuna/ham	Seafood Night	Rice and veg	Doughnuts
Sunday	Pancakes	Sushi and salads	Beef Burgers	Chips, lettuce, tomato, pickles	Ice cream sandwich with ANZAC biscuits



Week 10, Term 2 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Healthy breakfast	Sandwiches	Roast pork and gravy	Roast veggies, potatoes	Fruit platter smoothie
Tuesday	Healthy breakfast	Sandwiches	Lamb Souvlakis pita bread	Cous cous, lettuce tomatoes, onions	Pavlova
Wednesday	Cooked breakfast buffet	Sandwiches	Chicken Lasagne	Seasonal veggies	Fruit and cheese platter
Thursday	Healthy breakfast	Beef and gravy rolls or chicken, cheese, mayo rolls	Penne Carbonara	Greens, veggies	Lemon Tart
Friday	Cooked breakfast buffet	Pies and sausage rolls	BBQ	Tomato salad, potato salad	Fruit and cheese platter
Saturday	Healthy breakfast	Caesar Salad, croutons, parmesan	Seafood Night	Noodles, veggies	Waffles, forrest fruits, cream
Sunday	Pancakes	Sushi and salads	Burger Night	Chips, lettuce, tomato, pickles	Ice cream cones



Week 11, Term 2 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Healthy breakfast	Sandwiches	Roast chicken and gravy	Roast veggies and potatoes	Berries, milkshakes
Tuesday	Healthy breakfast	Sandwiches	Stir-fry beef and blackbean	Rice and Asian veggies	Vanilla Slice
Wednesday	Cooked breakfast buffet	Sandwiches	Meatballs tomato sauce pasta	Garlic bread, veggies	Fruit and cheese platter
Thursday	Healthy breakfast	Beef and gravy rolls or chicken, cheese, mayo rolls	Mac and cheese	Greens, veggies	Baked Cheesecake and cream
Friday	Cooked breakfast buffet	Pies and sausage rolls	Term break		