



## Esperance Residential College      Week 7, 2024 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
<b>Monday</b>	Cooked Breakfast Buffet	<b>Recess</b> – Homemade LCM Bars, Vegie Chips  <b>Lunch</b> – Chicken Tender Wraps	Pasta Carbonara	Garlic Bread	Fruit Platter
<b>Tuesday</b>	Healthy Breakfast	<b>Recess</b> – Homemade Slice, Vegie Chips  <b>Lunch</b> – Focaccia of the day	Beef Casserole	Mash, Buttered Carrots, Broccoli	Fruit Platter
<b>Wednesday</b>	Cooked Breakfast Buffet	<b>Recess</b> – Homemade Slice, Rice Crackers.  <b>Lunch</b> – Famous Beef Pie, Giant S/Roll	Roast Lamb	Rice, Roast Potato, Gravy and Roasted Vegetables	Crème Caramel with Coconut Cream
<b>Thursday</b>	Healthy Breakfast	<b>Recess</b> – Homemade Slice, Pizza Shapes  <b>Lunch</b> – Savoury Muffins	Kalgoorlie Primary School BBQ	Salads	Fruit platter
<b>Friday</b>	Cooked Breakfast Buffet	<b>Recess</b> – Homemade Slice, Vegie Straws  <b>Lunch</b> – Caesar Salad	Crispy Salmon	Wedges, Corn	Fruit Platter
<b>Saturday</b>	Healthy Breakfast	Healthy Lunch	Healthy Dinner	Garden Salad	Fruit Platter
<b>Sunday</b>	Healthy Breakfast	Healthy Lunch	Healthy Dinner	Garden Salad	Fruit Platter

## Esperance Residential College

## Week 8, 2024 meal planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
<b>Monday</b>	Cooked Breakfast Buffet	<b>Recess</b> – Mud Muffins. <b>Lunch</b> – Spaghetti Bolognaise	Roasted Chicken	Roasted Baby Potato, Mashed Pumpkin, Sugar Peas	Fruit Platter
<b>Tuesday</b>	Healthy Breakfast	<b>Recess</b> – Homemade Slice <b>Lunch</b> – Chicken Wraps	Cracked Pepper Beef Sausage	Mash, Broccoli, Carrots	Fruit Platter
<b>Wednesday</b>	Cooked Breakfast Buffet	<b>Recess</b> – Homemade Slice <b>Lunch</b> – Famous Beef Pie, Giant S/Roll	Roast Pork	Roast Potato, Rice, Roasted Sweet Potato, Corn, Peas with Gravy	Fruit Platter
<b>Thursday</b> 	Healthy Breakfast	<b>Recess</b> – Homemade Slice <b>Lunch</b> – Beef Burger	 <i>Christmas Dinner</i> Roast Turkey, Roasted Ham	Rice, Cauliflower cheese, Roasted Carrots, Beans and Cranberry Gravy	Xmas Pudding with Custard 
<b>Friday</b>	Cooked Breakfast Buffet	<b>Recess</b> – Homemade Slice <b>Lunch</b> – Macaroni Cheese	Fish Tacos	Garden Salad, Avocado, Tomato and Red Onion	Fruit Platter
<b>Saturday</b>	Healthy Breakfast	Healthy Lunch	Health Dinner	Salad	Dessert of the Day
<b>Sunday</b>	Healthy Breakfast	Healthy Lunch	Healthy Dinner	Salad	Dessert of the Day



## Esperance Residential College      Week 9, 2024 meal planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
<b>Monday</b>	Cooked Breakfast Buffet	<b>Recess</b> – Mud Muffins <b>Lunch</b> – Chicken Burgers and Salad	Lamb Steak, Egg and Chips	Garden Salad, Garlic Bread	Chocolate Mousse
<b>Tuesday</b>	Healthy Breakfast	<b>Recess</b> – Homemade Slice <b>Lunch</b> – Tortilla Tuesday	Chicken Tortellini	Roast Sweet Potato, Beans	Mince Pies and Custard
<b>Wednesday</b>	Cooked Breakfast Buffet	<b>Recess</b> – Homemade Slice <b>Lunch</b> – Famous Beef Pie, Giant S/Roll	Pickled Silverside	Mash, Corn and Peas with Mustard Sauce	Crème Caramel
<b>Thursday</b>	Healthy Breakfast	<b>Recess</b> – Homemade Slice, <b>Lunch</b> – Pizza and Salad	Beef and Bean Stir-fry	Noodles, Pumpkin, Broccolini	Sago with Mango Puree
<b>Friday</b>	Cooked Breakfast Buffet	<b>Recess</b> – Homemade Slice <b>Lunch</b> – Fried Rice with Spring Rolls	Lamb Short Ribs in BBQ	Rice, Carrot and Sweet Peas	Fruit Platter
<b>Saturday</b>	Healthy Breakfast	Saturday Sausage Sizzle	Chicken Parmi	Chips, Garden Salad	Homemade Biscuits
<b>Sunday</b>	Healthy Breakfast	Sunday Chocolate French Toast with Berries	Chicken Pot Pie	Rice, Carrots, Corn and Peas	 Christmas Dessert



## Esperance Residential College    Week 10, 2024 meal planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
<b>Monday</b>	Cooked Breakfast Buffet	<b><u>Recess</u></b> – Mud Muffins <b><u>Lunch</u></b> – Chicken Burgers	Chicken Wraps	Potato hash browns, Garden Salad	Ice Cream on a Stick
<b>Tuesday</b>	Healthy Breakfast	<b><u>Recess</u></b> – Homemade Slice <b><u>Lunch</u></b> – Fried Rice with Spring Rolls	Beef Burger Bonanza	Wedges, Egg, Bacon, Pineapple, Cheese, BBQ Sauce	Pavlova with Fruit and Cream
<b>Wednesday</b>	Cooked Breakfast Buffet	<b><u>Recess</u></b> – Homemade Slice <b><u>Lunch</u></b> – Famous Beef Pie, Giant S/Roll	Roast Pork	Roast Potato, Roast Pumpkin, Peas, Sweetcorn	Ice Cream and Chocolate Sauce
<b>Thursday</b>	Healthy Breakfast	<b><u>Recess</u></b> – Homemade Slice <b><u>Lunch</u></b> – <b>Surprise!</b>	That's	All	Folks.....
<b>Friday</b>	Hooray	Hooray	Hooray	It's	Holidays