



Esperance Residential College Week 5, 2023 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked Breakfast Buffet	Recess – Mud Muffins, Le Snacks. Lunch – Chicken Tender Wraps and Salads	Beef Nachos	Cucumber, Avocado, Sour Cream, Cheese and Jalapenos or Gherkins	Sago and White Chocolate
Tuesday	Healthy Breakfast	Recess – Homemade LCM Bars, Vegie Chips. Lunch – Teriyaki Beef with Fried Rice	Chicken Tortellini	Buttered Carrots, Roasted Beetroot and Kale	Waffles and Cream with Blueberries
Wednesday	Cooked Breakfast Buffet	Recess – Homemade Slice, Rice Crackers. Lunch – Famous Beef Pie, Giant S/Roll	Roast Pork with Crackling and Apple Sauce	Roast Potato and Roasted Vegetables with Rice and Gravy	Strawberries and Cream
Thursday	Healthy Breakfast	Recess – Homemade Slice, Pizza Shapes. Lunch – Chicken Burgers with Salad	Lamb Chops and Gravy	Potato Wedges, Green Beans with Mexican Corn	Ice Cream and Chocolate Sauce
Friday	Cooked Breakfast Buffet	Recess – Homemade Slice, Vegie Straws. Lunch – Spaghetti Bolognese	Chicken Parmi	Chips and Garden Salad	Jam Doughnuts with Cream
Saturday	Healthy Breakfast	BBQ Pulled Pork Sliders	Curry Sausages	Mash, Peas and Gravy	Peach Cobbler with Custard
Sunday	Healthy Breakfast	Pancakes, Berries and Cream	Roast Lamb Rump	Potato Bake, Cauli Cheese, Corn, Brocollini and Mint Gravy	Chocolate Mousse