

Esperance Residential College

2025 Winter meal planner

	Breakfast	Lunch	Afternoon Tea	Dinner and sides	Supper
Monday	Cooked breakfast. Bacon and eggs, toast, cereal	Lamb and gravy	Pumpkin soup	Curry sausages and mashed potatoes	Self-saucing chocolate pudding
Tuesday	Healthy breakfast. Toast, cereal, fruit and yoghurt	Mixed sandwiches	Potato and leek soup	Taco Tuesday	Jam biscuits
Wednesday	Cooked breakfast. Bacon and eggs, toast, cereal	Mac 'n' cheese	Chicken and vegie soup	Roast chicken, vegies and gravy	Jelly and custard
Thursday	Healthy breakfast. Toast, cereal, fruit and yoghurt.	Mixed sandwiches	Pea and ham soup	Beef Stroganoff and mashed potatoes	Scones with jam and cream
Friday	Cooked breakfast. Bacon and eggs, toast, cereal.	Pies and sausage rolls	Chicken and corn soup	BBQ sausages, chops, potato bake and salad	Fruit and custard
Saturday	Healthy breakfast. Toast, cereal, fruit and yoghurt.	Cold meat and salad wraps	Fruit and vegie platter	Baked pasta	Ice-cream
Sunday	Healthy breakfast. Toast, cereal, fruit and yoghurt	Baked chicken and vegies	Fruit and vegie platter	Meat pies, cheese and caramelised onion	Ice-cream