



Esperance Residential College

Week 3, Term 3 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked breakfast	Sandwiches	BBQ Pork Ribs	Roast potatoes and greens	Milkshakes
Tuesday	Continental breakfast	Fried rice or pasta	Honey Sesame Chicken Drumsticks	Rice and greens	Chocolate mousse with berries
Wednesday	Cooked breakfast	Toasties	Nachos	Guacamole, corn chips and sour cream	Brownies
Thursday	Continental breakfast	Hot beef / chicken rolls	Pineapple Chicken	Fried rice and bok choy	Jelly cups
Friday	Continental breakfast	Pies / sausage rolls	BBQ Night	Potato bake and salad	Donuts and custard
Saturday	Continental breakfast	Croissants and sushi	Mac'n'Cheese pasta	Broccolini	Strawberry tarts
Sunday	Pancakes	Toasties and spring rolls	Beef burgers	Lettuce, tomato, pickles and fries	Trio of ice cream

Week 4, Term 3 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked breakfast	Sandwiches	Roast Lamb	Roast potatoes and greens	Fruit smoothies
Tuesday	Continental breakfast	Fried rice or pasta	Tacos	Lettuce, tomato, pickles	Pavlovas
Wednesday	Cooked breakfast	Toasties	Spaghetti Bolognaise	Garden salad	Apple Crumble
Thursday	Continental breakfast	Hot beef / chicken rolls	Korean Fried Chicken	Fried rice and bok choy	Vanilla cupcakes with buttercream
Friday	Continental breakfast	Pies / sausage rolls	BBQ Night	Potato Bake and salad	Lemon Tart
Saturday	Continental breakfast	Various Toasties	Curried sausages	Mashed potato, greens	Strawberry Mousse
Sunday	Pancakes	Ceasar Salad and fruit platter	KFC Chicken burgers	Lettuce, tomato, pickles and fries	Ice cream sundaes

Week 5, Term 3 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked breakfast	Sandwiches	Roast Lamb	Potatoes and vegies	Smoothies
Tuesday	Continental breakfast	Fried rice or pasta	Cottage Pie	Fettuccini vegies	Chocolate mousse with berries
Wednesday	Cooked breakfast	Toasties	Chicken Parmi	Garden salad	Banana cinnamon cake
Thursday	Continental breakfast	Hot beef / chicken rolls	Burritos	Mixed vegies	Fresh fruit and ice cream
Friday	Continental breakfast	Pies / sausage rolls	BBQ Night	Potato bake and salad	Pavlova with fresh fruit
Saturday	Continental breakfast	Sushi and spring rolls	Chicken tenders	Fried noodles and vegies	Mud cake with berries
Sunday	Pancakes	Tortilla wraps with fresh salad	Beef burgers	Lettuce, tomato, pickles and fries	Ice cream delight

Week 6, Term 3 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked breakfast	Sandwiches	Meatballs in Marinara Sauce	Rosti potatoes and vegies	Fruit smoothies
Tuesday	Continental breakfast	Fried rice or pasta	Greek-Style Souvlakis	Pita bread, yoghurt and greens	Pear and custard pie
Wednesday	Cooked breakfast	Toasties	Chicken Carbonara	Broccolini	Double chocolate cookies
Thursday	Continental breakfast	Hot beef / chicken rolls	Bangers and Mash	Mixed vegies	Lemon no-bake cheesecake
Friday	Continental breakfast	Pies / sausage rolls	BBQ Night	Potato bake and salad	Fruit platter with berries
Saturday	Continental breakfast	Various Toasties	Shepherd's Pie	Mashed potato and vegies	Caramel Cheesecake
Sunday	Pancakes	Spanish omelette and salads	Chicken burgers	Lettuce, tomato, pickles and fries	Trio of ice cream

Week 7, Term 3 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked breakfast	Sandwiches	Roast beef and gravy	Yorkshire Puddings and vegies	Smoothies
Tuesday	Continental breakfast	Fried rice or pasta	Pork loin chops with mustard sauce	Fettuccini vegies	Vanilla Slice
Wednesday	Cooked breakfast	Toasties	Nachos	Guacamole, corn chips and sour cream	Brownies
Thursday	Continental breakfast	Hot beef / chicken rolls	Pineapple Chicken	Fried rice, bok choy	Jelly cups
Friday	Continental breakfast	Pies / sausage rolls	BBQ Night	Potato bake and salad	Apple pie and cream
Saturday	Continental breakfast	Ceasar Salad and fruit platter	Beef Goulash Pie	Mashed potato and greens	Mud cake with berries
Sunday	Pancakes	Vegetable spring rolls and salad	Beef burgers	Lettuce, tomato, pickles and fries	Ice cream

Week 8, Term 3 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked breakfast	Sandwiches	Roast chicken with stuffing	Baked potatoes and vegies	Watermelon smoothies
Tuesday	Continental breakfast	Fried rice or pasta	Mac'n'Cheese pasta	Salad greens	Baked vanilla cheesecake
Wednesday	Cooked breakfast	Toasties	Korean Fried Chicken	Rice and Asian vegies	Apple Crumble
Thursday	Continental breakfast	Hot beef / chicken rolls	Cottage Pie	Mashed vegies	Vanilla cupcakes with buttercream
Friday	Continental breakfast	Pies / sausage rolls	BBQ Night	Potato bake and greens	Chocolate mousse with berries
Saturday	Continental breakfast	Sushi and spring rolls	Baked Salmon	Fried rice and vegies	Waffles with cream
Sunday	Pancakes	Ham or chicken tortillas and salad	KFC Chicken Burgers	Lettuce, tomato, pickles and fries	Ice cream Delight

Week 9, Term 3 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked breakfast	Sandwiches	Nachos	Guacamole, sour cream and Pico de Gallo	Fruit smoothies
Tuesday	Continental breakfast	Fried rice or pasta	Cheesy Broccoli Soup	Garlic bread and salad	Banoffee Pies
Wednesday	Cooked breakfast	Toasties	Chicken stir-fry	Rice and bok choy	Ice cream sandwiches
Thursday	Continental breakfast	Hot beef / chicken rolls	Chicken Pot Pie	Roast potato and salad	Chocolate mousse
Friday	Continental breakfast	Pies / sausage rolls	BBQ Night	Potato bake and salad	Fruit salad
Saturday	Continental breakfast	Salad bar, wraps	Pizza	Salads	Brownies
Sunday	Pancakes	Salad bar	Beef Burgers	Chips, tomato, lettuce and pickles	Ice cream

Week 10, Term 3 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked breakfast	Sandwiches	Butter Chicken	Rice and vegies	Milkshakes
Tuesday	Continental breakfast	Fried rice or pasta	Beef Stroganoff	Potato bake and broccolini	Chocolate truffles
Wednesday	Cooked breakfast	Toasties	French Onion Chicken pasta bake	Mixed veggies or salad	Ice cream
Thursday	Continental breakfast	Hot beef / chicken rolls	Chilli con carne	Pico de Gallo, rice and greens	Brownies
Friday	Continental breakfast	Pies / sausage rolls	BBQ Night	Roast potatoes and salad	Fruit salad
Saturday	Continental breakfast	Various toasties	Bangers	Mashed potatoes and salad	Anzac biscuits
Sunday	Pancakes	Salad bar, chicken wraps	Chicken Burgers	Chips, tomato, lettuce and pickles	Chocolate Mousse