

Esperance Residential College Week 9, 2023 meal planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked Breakfast Buffet	Recess – Mud Muffins, Le Snacks. Lunch – Chicken Wraps	Lamb Cutlets	Potato Wedges, Broccolini, Roast Pumpkin, Gravy	Waffles and Ice Cream
Tuesday	Healthy Breakfast	Recess – Homemade LCM Bars , Vegie Chips. Lunch – Quiche and Salad	Chicken Fajitas	Avocado Salsa, Sour Cream, Grated Carrot and Pineapple Salad	Chocolate Self Saucing Pudding
Wednesday	Cooked Breakfast Buffet	Recess – Homemade Slice, Rice Crackers. Lunch – Famous Beef Pie, Giant S/Roll	Roast Pork	Roast Potato, Rice, Crackling, Roasted Pumpkin, Broccoli	Jelly and Custard
Thursday	Healthy Breakfast	Recess – Homemade Slice, Pizza Shapes. Lunch – Pasta Salad	Beef Curry	Naan Bread, Rice, Sliced Cucumber, Sour Cream	Ice Cream
Friday	Cooked Breakfast Buffet	Recess – Homemade Slice, Vegie Straws, Lunch – Hot Dogs	Fish Burgers	Chips, Garden Salad	Custard and Cookies
Saturday	Healthy Breakfast	Chicken Burgers and Salad	Honey Mustard Pork	Mash, Cauliflower Cheese and Corn	Carrot Cupcakes with Cream Cheese Frosting
Sunday	Healthy Breakfast	Ham/Cheese or Chocolate Croissants	Chicken Breast stuffed with Herbed Cream Cheese wrapped in Bacon	Potato Wedges, Roasted Pumpkin, Broccolini and Gravy	Homemade Sunday Cake