



Esperance Residential College Menu Plan of Choice

Week 4, Term 1 2025

Day	Breakfast	Lunch	Dinner	Sides
Monday	Cooked Breakfast Buffet	Recess – Mud Muffins, Le Snacks. Lunch – Chicken/Beef Burgers	Beef Sausages	Mashed Potato Steamed Veges Onion Gravy
Tuesday	Healthy Breakfast	Recess – Homemade LCM Bars, Vegie Chips. Lunch – Fried Rice	Chicken Fajitas	Avocado Salsa, Sour cream and Carrot Salad
Wednesday	Cooked Breakfast Buffet	Recess – Homemade Slice, Rice Crackers. Lunch – Famous Beef Pie, Giant S/Roll	Roast Lamb	Roast Potato and Pumpkin. Cauliflower and Broccoli Bake. Gravy
Thursday	Healthy Breakfast	Recess – Homemade Slice, Pizza Shapes. Lunch – Winter Muffins	Cheesy Chicken Risotto (Rice)	Garlic Bread Garden Salad
Friday	Cooked Breakfast Buffet	Recess – Homemade Slice, Vegie Straws, Lunch – Assorted Focaccia		
Saturday	Healthy Breakfast	Bacon and Egg Pies		
Sunday	Healthy Breakfast	Asian Style Chicken Wraps		

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Week 5, Term 1 2025

Day	Breakfast	Lunch	Dinner	Sides
Monday	Cooked Breakfast Buffet	Recess – Mud Muffins, Le Snacks. Lunch – Chicken/Beef Burgers	Spaghetti Bolognese	Pasta, Garden Salad Garlic Bread
Tuesday	Healthy Breakfast	Recess – Homemade LCM Bars, Vegie Chips. Lunch – Fried Rice	Aussie Style Beef Tacos	Mixed Salad Cheese and Sour Cream
Wednesday	Cooked Breakfast Buffet	Recess – Homemade Slice, Rice Crackers. Lunch – Famous Beef Pie, Giant S/Roll	Roast Pork	Steamed Vegetable, Apple Sauce, Potato Bake
Thursday	Healthy Breakfast	Recess – Homemade Slice, Pizza Shapes. Lunch – Winter Muffins	Red Chicken Curry	Rice Steamed Beans Naan
Friday	Cooked Breakfast Buffet	Recess – Homemade Slice, Vegie Straws, Lunch – Assorted Focaccia		
Saturday	Healthy Breakfast	Bacon and Egg Pies		
Sunday	Healthy Breakfast	Asian Style Chicken Wraps		

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Week 6, Term 1 2025

Day	Breakfast	Lunch	Dinner	Sides
Monday	Cooked Breakfast Buffet	Recess – Mud Muffins, Le Snacks. Lunch – Chicken/Beef Burgers	Homemade Pizzas	Garden Salad Garlic Bread
Tuesday	Healthy Breakfast	Recess – Homemade LCM Bars, Vegie Chips. Lunch – Fried Rice	Pulled Pork	Coleslaw and Slider Buns
Wednesday	Cooked Breakfast Buffet	Recess – Homemade Slice, Rice Crackers. Lunch – Famous Beef Pie, Giant S/Roll	Roast Chicken Pieces	Steamed Vegetables, Broccoli and Cauliflower Pasta Bake
Thursday	Healthy Breakfast	Recess – Homemade Slice, Pizza Shapes. Lunch – Winter Muffins	Beef Lasagne	Garden Salad Garlic Bread
Friday	Cooked Breakfast Buffet	Recess – Homemade Slice, Vegie Straws, Lunch – Assorted Focaccia		
Saturday	Healthy Breakfast	Bacon and Egg Pies		
Sunday	Healthy Breakfast	Asian Style Chicken Wraps		

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Week 7, Term 1 2025

Day	Breakfast	Lunch	Dinner	Sides
Monday	Cooked Breakfast Buffet	Recess – Mud Muffins, Le Snacks. Lunch – Chicken/Beef Burgers	Chicken Caesar Salad	Pasta, Croutons Salad
Tuesday	Healthy Breakfast	Recess – Homemade LCM Bars, Vegie Chips. Lunch – Fried Rice	Fish Tacos	Rice and Cucumber Salad
Wednesday	Cooked Breakfast Buffet	Recess – Homemade Slice, Rice Crackers. Lunch – Famous Beef Pie, Giant S/Roll	Roast Beef	Yorkshires Puddings Gravy, Mixed Roast Vegetable
Thursday	Healthy Breakfast	Recess – Homemade Slice, Pizza Shapes. Lunch – Winter Muffins	Honey Mustard Chicken	Rice Steamed Beans
Friday	Cooked Breakfast Buffet	Recess – Homemade Slice, Vegie Straws, Lunch – Assorted Focaccia		
Saturday	Healthy Breakfast	Bacon and Egg Pies		
Sunday	Healthy Breakfast	Asian Style Chicken Wraps		

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Week 8, Term 1 2025

Day	Breakfast	Lunch	Dinner	Sides
Monday	Cooked Breakfast Buffet	Recess – Mud Muffins, Le Snacks. Lunch – Chicken/Beef Burgers	Marinated Chicken Pieces	Potato Bake and Steamed Vegetables
Tuesday	Healthy Breakfast	Recess – Homemade LCM Bars, Vegie Chips. Lunch – Fried Rice	Burritos	Mixed Salad Cheese and Sour Cream
Wednesday	Cooked Breakfast Buffet	Recess – Homemade Slice, Rice Crackers. Lunch – Famous Beef Pie, Giant S/Roll	Roast Pork	Steamed Vegetable, Apple Sauce, Potato Bake
Thursday	Healthy Breakfast	Recess – Homemade Slice, Pizza Shapes. Lunch – Winter Muffins	Shepards Pie	Chunky Potato Chips & Salad
Friday	Cooked Breakfast Buffet	Recess – Homemade Slice, Vegie Straws, Lunch – Assorted Focaccia		
Saturday	Healthy Breakfast	Bacon and Egg Pies		
Sunday	Healthy Breakfast	Asian Style Chicken Wraps		

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Week 9, Term 1 2025

Day	Breakfast	Lunch	Dinner	Sides
Monday	Cooked Breakfast Buffet	Recess – Mud Muffins, Le Snacks. Lunch – Chicken/Beef Burgers	Chicken Carbonara	Garden Salad Garlic Bread
Tuesday	Healthy Breakfast	Recess – Homemade LCM Bars, Vegie Chips. Lunch – Fried Rice	Beef Chow Mein	Fried Rice Prawn Crackers
Wednesday	Cooked Breakfast Buffet	Recess – Homemade Slice, Rice Crackers. Lunch – Famous Beef Pie, Giant S/Roll	Roast Lamb	Steamed Vegetable, Gravy, Potato Bake
Thursday	Healthy Breakfast	Recess – Homemade Slice, Pizza Shapes. Lunch – Winter Muffins	Curried Sausages	Rice Steamed Vegetables
Friday	Cooked Breakfast Buffet	Recess – Homemade Slice, Vegie Straws, Lunch – Assorted Focaccia		
Saturday	Healthy Breakfast	Bacon and Egg Pies		
Sunday	Healthy Breakfast	Asian Style Chicken Wraps		

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Week 10, Term 1 2025

Day	Breakfast	Lunch	Dinner	Sides
Monday	Cooked Breakfast Buffet	Recess – Mud Muffins, Le Snacks. Lunch – Chicken/Beef Burgers	Homemade Sausage Rolls	Chunky Potato Chips Coleslaw
Tuesday	Healthy Breakfast	Recess – Homemade LCM Bars, Vegie Chips. Lunch – Fried Rice	Chicken Stroganoff	Mixed Salad Cheese & Sour Cream
Wednesday	Cooked Breakfast Buffet	Recess – Homemade Slice, Rice Crackers. Lunch – Famous Beef Pie, Giant S/Roll	Roast Beef	Potato Bake Steamed Vegetables Gravy
Thursday	Healthy Breakfast	Recess – Homemade Slice, Pizza Shapes. Lunch – Winter Muffins	Macaroni and Cheese	Steamed Vegetables.
Friday	Cooked Breakfast Buffet	Recess – Homemade Slice, Vegie Straws, Lunch – Assorted Focaccia		
Saturday	Healthy Breakfast	Bacon and Egg Pies		
Sunday	Healthy Breakfast	Asian Style Chicken Wraps		