



Esperance Residential College

Summer menu example

Day	Breakfast	Lunch	Dinner	Sides	Dessert
Monday	Cooked breakfast buffet	Recess – Mud Muffins, Le Snacks. Lunch – Fried rice	Spaghetti Bolognese	Sour cream, shaved parmesan and salad	Grilled pineapple and custard
Tuesday	Healthy breakfast	Recess – Homemade LCM Bars, vegie chips. Lunch – Focaccia	Paprika Roasted Chicken with Mexican salsa	Carrots, broccolini	Chocolate Mousse
Wednesday	Cooked breakfast buffet	Recess – Homemade slice, rice crackers. Lunch – Famous Beef Pie, giant s/roll	Roast Pork with crackling	Roasted potato, roasted vegetables and gravy	Plum Pudding
Thursday	Healthy breakfast	Recess – Homemade slice, pizza shapes. Lunch – Arancini Balls	Lamb Pie	Mashed potato, pumpkin and broccoli	Creamed sago with peaches
Friday	Cooked breakfast buffet	Recess – Homemade slice, vegie straws. Lunch – Sausage in a roll	Crispy Flathead Fillets	Chips and garden salad	Ice-cream and chocolate sauce
Saturday	Healthy breakfast	BBQ Chicken and salad bao buns	Meatloaf	Potato Bake, corn and peas	Carrot cake
Sunday	Healthy breakfast	Quiche	Tandoori Chicken	Indian Rice, pita, salad, yoghurt and relish	Jelly