



## Esperance Residential College

### Week 3, Term 2 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
<b>Monday</b>	Healthy Breakfast	Assorted Sandwiches	Roast Lamb	Roast Potatoes and Vegetables	Fruit Smoothies
<b>Tuesday</b>	Healthy Breakfast	Assorted Sandwiches	Chicken Chow Mein	Noodles and Asian Veggies	Lemon Cheesecake
<b>Wednesday</b>	Cooked Breakfast Buffet	Assorted Sandwiches	Silverside and Mustard Sauce	Parsley Potatoes and Veggies	Fruit and Cheese Platter
<b>Thursday</b>	Healthy Breakfast	Roast Beef and Gravy Rolls or Chicken, Cheese and Mayo	Bacon and Parmesan Gnocchi	Seasonal Veggies	Cream Caramel
<b>Friday</b>	Cooked Breakfast Buffet	Pies and Sausage Rolls	BBQ	Assorted Salads	Fruit and Cheese Platter
<b>Saturday</b>	Healthy Breakfast	Wraps with chicken/tuna/ham	Seafood Night	Rice and Veg	Doughnuts
<b>Sunday</b>	Pancakes	Sushi and Salads	Beef Burgers	Chips, Lettuce, Tomato, Pickles	Icecream Sandwich with ANZAC Biscuits



## Week 4, Term 2 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
<b>Monday</b>	Healthy Breakfast	Sandwiches	Roast Pork and Gravy	Roast Veggies and Potatoes	Fruit Platter Smoothie
<b>Tuesday</b>	Healthy Breakfast	Sandwiches	Lamb Souvlakis Pita Bread	Cous Cous, Lettuce Tomatoes, onions	Pavlova
<b>Wednesday</b>	Cooked Breakfast Buffet	Sandwiches	Chicken Lasagne	Seasonal Veggies	Fruit and cheese platter
<b>Thursday</b>	Healthy Breakfast	Beef and Gravy Rolls. Chicken Cheese Mayo Rolls	Penne Carbonara	Greens and Veggies	Lemon Tart
<b>Friday</b>	Cooked Breakfast Buffet	Pies and Sausage Rolls	BBQ	Tomato Salad, Potato Salad	Fruit and cheese platter
<b>Saturday</b>	Healthy Breakfast	Caesar Salad, Croutons, Parmesan	Seafood Night	Noodles, and Veggies	Waffles, Forrest Fruits, Cream
<b>Sunday</b>	Pancakes	Sushi and Salads	Burgers Night	Chips, Lettuce, Tomato, Pickles	Ice cream cones



## Week 5, Term 2 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
<b>Monday</b>	Healthy Breakfast	Sandwiches	Roast Chicken and Gravy	Roast Veggies, Potatoes	Berries, Milkshakes
<b>Tuesday</b>	Healthy Breakfast	Sandwiches	Stir-fry Beef and Blackbean	Rice and Asian Veggies	Vanilla Slice
<b>Wednesday</b>	Cooked Breakfast Buffet	Sandwiches	Meatballs Tomato Sauce Pasta	Garlic Bread Veggies	Fruit and cheese platter
<b>Thursday</b>	Healthy Breakfast	Beef and Gravy Rolls. Chicken Cheese Mayo Rolls	Mac and Cheese	Greens, Veggies	Baked Cheesecake, Cream
<b>Friday</b>	Cooked Breakfast Buffet	Pies and Sausage Rolls	BBQ	Assorted Salads	Fruit and cheese platter
<b>Saturday</b>	Healthy Breakfast	Chicken Tenders, Sour Cream, Lettuce, Tomatoes	Seafood Night	Noodles, Veggies	Sticky Date Pudding, Caramel Sauce
<b>Sunday</b>	Pancakes	Toasties, soup	Burgers Night	Chips, Lettuce, Tomato, Pickles	Ice cream cones



## Week 6, Term 2 2026 Meal Planner

Day	Breakfast	Lunch	Dinner	Sides	Dessert
<b>Monday</b>	Healthy Breakfast	Sandwiches	Roast Beef and Gravy	Roast Veggies, Yorkshire pudding Wedges	Frozen Yogurt, Berry Sauce
<b>Tuesday</b>	Healthy Breakfast	Sandwiches	Honey, Soy Chicken	Rice and Asian Veggies	Apple Pie with Cream
<b>Wednesday</b>	Cooked Breakfast Buffet	Sandwiches	Pork Loin, Seeded Mustard	Baked Creamy Potatoes	Fruit and cheese platter
<b>Thursday</b>	Healthy Breakfast	Beef and Gravy Rolls. Chicken Cheese Mayo Rolls	Spaghetti Bolognese	Greens, Veggies	Chocolate Brownies
<b>Friday</b>	Cooked Breakfast Buffet	Pies and Sausage Rolls	BBQ	Baked Potato Gratin	Fruit and cheese platter
<b>Saturday</b>	Healthy Breakfast	Wraps Chicken, Tuna, Ham, Cheese	Seafood Night	Rice and Veggies	Carrot and Banana Cake, Cream
<b>Sunday</b>	Pancakes	Sushi, Soup, Breads	Burgers Night	Chips, Lettuce, Tomato, Pickles	Ice cream sandwiches