



# JANE

## This Week's Menu

29 July-4 August

### MONDAY 29/7

LUNCH Salad/Soup/Fruit

DINNER Smoked BBQ Beef Brisket  
Butter Chicken

### TUESDAY 30/7

LUNCH Salad/Soup/Fruit

DINNER Whole Roast Chicken with Lemon Thyme  
Sweet & Sour Braised beef

### WEDNESDAY 31/7

LUNCH Lamb and Chicken Souvlaki

DINNER Panfried Chicken Breast in a Tomato & Mushroom Ragù  
Hoisin Pork

### THURSDAY 1/8

LUNCH Salad/Soup/Fruit

DINNER Crumbed Chicken  
Salt & Pepper Squid

### FRIDAY 2/8

LUNCH Salad/Soup/Fruit

DINNER Pizza/Pasta

### SATURDAY 3/8

LUNCH Beef Burgers

DINNER Besan Battered Fish  
Green Thai Chicken Curry with Coconut Rice

### SUNDAY 4/8

LUNCH Brunch

DINNER Roast leg of Pork with Apple Sauce & Roast Vegetables  
Beef Sausages with a Mild Curry Sauce