



JANE

This Week's Menu

30 September–6 October

MONDAY 30/9

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| LUNCH | Salad/Soup/Fruit |
| DINNER | Beef Kebabs Sweet & Sour Chicken |

TUESDAY 1/10

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| LUNCH | Salad/Soup/Fruit |
| DINNER | Meatball Pasta Bake Chicken Tagine |

WEDNESDAY 2/10

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| LUNCH | Hot Lunch – Philly Cheese Steaks |
| DINNER | Braised Beef with Sweet Potato & Carrots Chicken Teriyaki |

THURSDAY 3/10

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| LUNCH | Salad/Soup/Fruit |
| DINNER | Chorizo, Prawn & Capsicum Risotto Whole Roasted Chicken |

FRIDAY 4/10

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| LUNCH | Salad/Soup/Fruit |
| DINNER | Pizza/Pasta |

SATURDAY 5/10

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| LUNCH | Hot Dogs |
| DINNER | Red Thai Chicken Black Bean Pork |

SUNDAY 6/10

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| LUNCH | Brunch |
| DINNER | Slow Roasted Lamb Shoulder Panfried Chicken with Mushroom Gravy |