



JANE

This Week's Menu

28-3 November 2024

MONDAY 28/10

LUNCH Salad/Soup/Fruit
DINNER Sweet & Sour Chicken
Slow Cooked Beef Brisket

TUESDAY 29/10

LUNCH Salad/Soup/Fruit
DINNER Whole Roasted Peri Peri Chicken
Smoky Meatloaf

WEDNESDAY 30/10

LUNCH Hot Lunch
DINNER Pan Roasted Chicken Breast with Mushroom Sauce
Beer Battered Fish

THURSDAY 31/10

LUNCH Salad/Soup/Fruit
DINNER Red Cooked Beef with Lime and Ginger
Soy Poached Chicken with Vegetables

FRIDAY 1/11

LUNCH Salad/Soup/Fruit
DINNER Pizza/Pasta

SATURDAY 2/11

LUNCH Beef Burgers
DINNER BBQ Chicken
Prawn Hokkien Noodle Stirfry

SUNDAY 3/11

LUNCH Brunch
DINNER Roast Topside of Beef with Roast Vegetables
Butter Chicken