



JANE

This Week's Menu

10-16 March 2025

MONDAY 10/3

LUNCH Salad/Fruit

DINNER Lime and Mango Chicken Thighs
Slow-Cooked Lamb Shoulder with Vegetables

TUESDAY 11/3

LUNCH Salad/Fruit

DINNER Chargrilled Peri Peri Chicken Breasts
Prawn & Spinach Risotto

WEDNESDAY 12/3

LUNCH Salad/Fruit

DINNER Roast Beef with Vegetables
Red Thai Chicken Curry

THURSDAY 13/3

LUNCH **Hot Lunch** - Beef Nachos

DINNER Butter Chicken
Beef Sausages with a Potato Mash

FRIDAY 14/3

LUNCH Salad/Fruit

DINNER Salt & Pepper Squid
Chicken & Hokkien Noodle Stirfry

SATURDAY 15/3

LUNCH Chicken Burgers

DINNER Pizza/Pasta

SUNDAY 16/3

LUNCH Brunch

DINNER Fish served with Potato Wedges
Chargrilled Chicken with a Red Wine Sauce