

# Simply Fresh Foods Apr Low Carb Menu 2025

Monday, 31 March 2025	Tuesday, 01 April 2025	Wednesday, 02 April 2025	Thursday, 03 April 2025	Friday, 04 April 2025
L/Carb Flour Dusted Chicken Breast, Creamy Mushroom Sauce, Sweet Potato Wedges, Sweet Mixed Vegetables & Cream Spinach C	Meatballs, Low Carb Mash & Sheba, Fried Green Beans & Beetroot C	Creamy Portuguese Chicken Curry, L/C Mash, Roasted Butternut & Sweet Corn C	Sweet & Sour Pork Stir-Fry with Sweet Carrots, Brown Rice & Creamy Broccoli C	Bolognaise on Vegetable Ribbons, Sweet Pumpkin & Stir-Fry Marrows C
Monday, 07 April 2025	Tuesday, 08 April 2025	Wednesday, 09 April 2025	Thursday, 10 April 2025	Friday, 11 April 2025
Grilled Chicken Breast with Mushroom Sauce, Roast Sweet Potato, Fried Cabbage & Beetroot Salad C	Guinness Pork Stew, Low Carb Mash, Gem Squash & Mashed Carrots C	BBQ Chicken Kebabs, Baked Sweet Potato, Hubbard Squash & Coleslaw C	Pan Fried Pork Steaks & Mushroom Sauce , Brown Rice, Mixed Vegetables & Pumpkin Pie C	Low Carb Open Chicken Pie on Brown Rice, Mashed Green Beans & Citrus Carrots C
Monday, 14 April 2025	Tuesday, 15 April 2025	Wednesday, 16 April 2025	Thursday, 17 April 2025	Friday, 18 April 2025
Sliced Pork Belly, Baked Sweet Potatoes, Fried Baby Marrows & Mielies C	Lamb Kofta Topped with a Rich Italian Sauce, Savoury Brown Rice, Pumpkin Wedges, Broccoli & White Sauce C	Deboned Pork Rib, Mushroom Sauce, Low Carb Mash, Roast Sweet Potato & Country Mixed Vegetables C	Chicken Curry & Brown Rice, Mashed Green Beans, Gemsquash C	Pork Schnitzel, Savoury Brown Rice, Creamy Spinach & Mashed Carrots C
Monday, 21 April 2025	Tuesday, 22 April 2025	Wednesday, 23 April 2025	Thursday, 24 April 2025	Friday, 25 April 2025
Hungarian Beef Goulash, Low Carb Mashed Potatoes, Pumpkin Pie & Roasted Vegetables C	BBQ Pork Steak, Sautéed Potatoes, Steamed Carrots & Sweet Peas C	Honey Soya Chicken Strips, Brown Rice, Baked Broccoli & White Sauce, Gemsquash C	Deboned Pork Ribs with Fried Onion & Mayo, Rice, Sweet Carrots & Cream Spinach C	Creamy Chicken Egg Pancakes with Béchamel Sauce , Roast Pumpkin & Mashed Green Beans C