

Simply Fresh Foods

Low GI Menu Apr 2025 Delivered Monday & Thursday

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