

**Simply Fresh Foods****Low Carb Menu****Apr-22**

Monday, 04 April 2022	Tuesday, 05 April 2022	Wednesday, 06 April 2022	Thursday, 07 April 2022	Friday, 08 April 2022
Italian Meatballs & Veggie Rice with Sweet Peas C	Honey Mustard Pork Kebabs with Savoury Brown Rice and Butter Sweetcorn C	Creamy Portuguese Chicken Breast with Low Carb Mash and Gem Squash C	Sweet & Sour Pork Stir-Fry with Vegetable Ribbons and Broccoli with White Sauce C	Rich Beef Lasagne with Baby Marrow Sheets and Mashed Carrots C
Monday, 11 April 2022	Tuesday, 12 April 2022	Wednesday, 13 April 2022	Thursday, 14 April 2022	Friday, 15 April 2022
Rich Beef Potjie, Brown Rice and Mashed Green Beans C	Pan-Fried Pork Fillet and Low Carb Mash with Sweet Carrots C	Paprika Roast Chicken with Baked Sweet Potato and Sweet Butternut C	Mild Durban Beef Curry & Cauli-Rice with Fried Green Beans C	Chick Schnitzel and Cheese Sauce with Sweet Potato Wedges and Fried Cabbage C
Monday, 18 April 2022	Tuesday, 19 April 2022	Wednesday, 20 April 2022	Thursday, 21 April 2022	Friday, 22 April 2022
Herb-Roasted Pork Belly and Sauce with Brown Rice and Cream Spinach C	Creamy Chicken A La King on Vegetables with Mixed Vegetables C	Deboned Pork Rib and Mushroom Sauce with Low Carb Mash and Gem-Squash C	Creamy Chicken Salad and Mashed Green beans C	Pork Bangers and Gravy and Roast Sweet Potatoes with Sweet Carrots C
Monday, 25 April 2022	Tuesday, 26 April 2022	Wednesday, 27 April 2022	Thursday, 28 April 2022	Friday, 29 April 2022
BBQ Roast Chicken and Brown Rice Mushroom Risotto with Roasted Beetroot C	Lemon & Herb Fried Pork Chops with Roast Sweet Potatoes and Steamed Carrots C	Indian Butter Chicken and Savoury Veggie Rice with Mixed Vegetables C	Deboned Pork Ribs with Pepper Sauce, Brown Rice & Cream Spinach C	Pan-Fried Hake with Roasted Sweet Potatoes and Mashed Butternut C

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