

## Simply Fresh Foods

Low Gi 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, Sw-Peas L/Gi	H&M Pork Kebabs, Svry Brown Rice, Butter Sw-Corn L/Gi	Cr-Portuguese Chick, L/Gi Mash, Gem Squash L/Gi	Sw-& Sour Pork Stir-Fry, Vegetable Ribbons, Broccoli, White Sce L/Gi	Beef Lasagne, B/Marrow Sheets, Mashed Carrots L/Gi
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 Beens L/Gi	Pan-Fr-Pork Fillet, L/Gi Mash, Sw-Carrots L/Gi	Paprika Rst Chick, Baked Sw-Potato, Sw-B/Nut L/Gi	Durban Beef Curry & Cauli-Rice, Fr-Gr-Beans L/Gi	Chick Schnitzel, Cheese Sce, Sw-Potato Wedges, Fr-Cabbage L/Gi
Monday, 18 April 2022	Tuesday, 19 April 2022	Wednesday, 20 April 2022	Thursday, 21 April 2022	Friday, 22 April 2022
Herb-Rst Pork Belly, Sce, Brown Rice, Cr-Spinach L/Gi	Creamy Chicken A La King on Vegetable Ribbons with Mixed Vegetables L/Gi	DB Pork Rib, Mushr Sce, L/Gi Mash, Gem-Squash L/Gi	Cr-Chick Salad, Mashed Gr-Beans L/Gi	Pork Bangers, Gravy, Rst Sw-Potatoes, Sw-Carrots L/Gi
Monday, 25 April 2022	Tuesday, 26 April 2022	Wednesday, 27 April 2022	Thursday, 28 April 2022	Friday, 29 April 2022
BBQ Rst Chick, Brown Rice Mushr Risotto, Rst Beetroot L/Gi	Lemon & Herb Fried Pork Chops with Roast Sweet Potatoes and Steamed Carrots L/Gi	Indian Butter Chick, Svry Veggie Rice, Mixed Veg L/Gi	Deboned Pork Ribs with Pepper Sauce, Brown Rice & Cream Spinach L/Gi	Pan-Fr-Hake, Rst Sw-Potatoes, Mashed B/Nut L/Gi

Orders:

[orders@simplyfreshfoods.co.za](mailto:orders@simplyfreshfoods.co.za)

Info:

[info@simplyfreshfoods.co.za](mailto:info@simplyfreshfoods.co.za)

Brian

[kombuis@simplyfreshfoods.co.za](mailto:kombuis@simplyfreshfoods.co.za)

0845834799

