

Simply Fresh Foods

Traditional Menu

Apr-22

	Monday, 04 April 2022	Tuesday, 05 April 2022	Wednesday, 06 April 2022	Thursday, 07 April 2022	Friday, 08 April 2022
Lunch	Chick Schnitzel and Mushroom Sauce with Potato Wedges and Sweet Peas A	Spaghetti Bolognese and Butter Sweetcorn A	Pork Bangers with Mash & Gravy with Gem Squash A	Open Chicken and Mushroom Pie and White Sauce Broccoli A	Battered Hake with Creamy Potato Bake and Mashed Carrots A
Dinner	Italian Meatballs & Savoury Rice with Sweet Peas B	Honey Mustard Pork Kebabs with Savoury Rice and Butter Sweetcorn B	Creamy Portuguese Chicken Breast with Mashed Potatoes and Gem Squash B	Sweet & Sour Pork Stir-Fry with White Rice and Broccoli with White Sauce B	Rich Beef Lasagne and Mashed Carrots B

	Monday, 11 April 2022	Tuesday, 12 April 2022	Wednesday, 13 April 2022	Thursday, 14 April 2022	Friday, 15 April 2022
Lunch	Cape Malay Beef Bobotie with Yellow Rice and Roasted Beetroot A	Creamy Baked Chicken Fillet with Roast Potatoes and Steamed Carrots A	Mushroom Fried Tenderized Steak with Savoury Cous-Cous and Butter-Fried Mixed Vegetables A	Lamb Bredie with White Rice and Cream Spinach A	Honey Mustard Pork Chops with Roasted Potatoes and Mashed Butternut A
Dinner	Rich Beef Potjie, Stampmielies and Mashed Green Beens B	Pan-Fried Pork Fillet and Mash with Sweet Carrots B	Paprika Roast Chicken with Baked Potato and Sweet Butternut B	Mild Durban Beef Curry & Rice with Fried Green Beans B	Chick Schnitzel and Cheese Sauce with Potato Wedges and Fried Cabbage B

	Monday, 18 April 2022	Tuesday, 19 April 2022	Wednesday, 20 April 2022	Thursday, 21 April 2022	Friday, 22 April 2022
Lunch	Meatballs with a Rich Tomato & Olive Sauce, Savoury Rice and Cream Spinach A	Lemon-Fried Pork Chop & Boerewors with Sautéed Potatoes and Mixed Vegetables A	Chutney Chicken Drumstick & Thigh with Mashed Potatoes and Gem-Squash A	Beef Short-Rib Rashers with Pap & Sheba and Mashed Green Beans A	Battered Hake with Lemon & Herb Mayo, Roast Potatoes and Sweet Carrots A
Dinner	Herb-Roasted Pork Belly and Sauce with Rice and Cream Spinach B	Creamy Chicken A La King on Pasta with Mixed Vegetables B	Deboned Pork Rib and Mushroom Sauce with Mashed Potatoes and Gem-Squash B	Creamy Chicken Pasta and Mashed Green beans B	Pork Bangers and Gravy and Roast Potatoes and Sweet Carrots B

	Monday, 25 April 2022	Tuesday, 26 April 2022	Wednesday, 27 April 2022	Thursday, 28 April 2022	Friday, 29 April 2022
Lunch	Cape Malay Beef Bobotie with Yellow Rice and Roasted Beetroot A	Creamy Baked Chicken Fillet with Roast Potatoes and Steamed Carrots A	Mushroom Fried Tenderized Steak with Savoury Cous-Cous and Butter-Fried Mixed Vegetables A	Lamb Bredie with White Rice and Cream Spinach A	Honey Mustard Pork Chops with Roasted Potatoes and Mashed Butternut A
Dinner	BBQ Roast Chicken and Mushroom Risotto with Roasted Beetroot B	Lemon & Herb Fried Pork Chops with Roast Potatoes and Steamed Carrots B	Indian Butter Chicken and Savoury Cous-Cous with Mixed Vegetables B	Deboned Pork Ribs with Pepper Sauce, White Rice & Cream Spinach B	Battered Hake with Roasted Potatoes and Mashed Butternut B

Orders:

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