

Simply Fresh

Chef's Choice Menu

Aug 2022 Delivered Monday & Thursday

Monday, 01 August 2022	Tuesday, 02 August 2022	Wednesday, 03 August 2022	Thursday, 04 August 2022	Friday, 05 August 2022
Crumbed Hake & Mustard Mash, Sweet Carrots & Creamy Spinach A	Pork Schnitzel & Cheese Sauce, Mashed Potatoes, Cinnamon Sweetcorn & Steamed Carrots A	Italian Meatballs & Rice, Sweet Butternut & Mashed Green Beans A	Crumbed Chicken Roll, Potato Croquettes, Mixed Vegetables & Creamy Spinach A	Pork Kebabs, Sour Cream & Chive Spiced Roast Potatoes, Roasted Vegetables & Sweet Peas A
Monday, 08 August 2022	Tuesday, 09 August 2022	Wednesday, 10 August 2022	Thursday, 11 August 2022	Friday, 12 August 2022
Battered Hake, Creamy Potato Bake, Roasted Vegetables & Ginger Sweetcorn A	Chicken Schnitzel & Mushroom Sauce, Rosemary Olive Mashed Potatoes, Fried Cabbage & Sweet Peas A	Cape Malay Beef Bobotie, Yellow Rice, Ratatouille & Cinnamon Sweetcorn A	Deboned Pork Rib with Caramelized Onion, Parmesan Sprinkled Potato Wedges, Mashed Green Beans & Sweet Butternut A	BBQ Lamb Sausage, Savoury Cous-Cous, Cream Spinach & Sweet Carrots A
Monday, 15 August 2022	Tuesday, 16 August 2022	Wednesday, 17 August 2022	Thursday, 18 August 2022	Friday, 19 August 2022
Crumbed Hake with Chunky Mash, Mixed Vegetables & Fried Green Beans A	Smoked Pork Steaks with Papert, Broccoli & White Sauce, Roasted Butternut A	Open Beef Pie, Mashed Carrots & Sweetcorn A	Chicken Schnitzel & Mushroom Sauce with Sautéed Potatoes, Cauliflower Bake & Sweet Butternut A	Durban Beef Curry & Rice, Stir-Fry Vegetables & Sweet Carrots A
Monday, 22 August 2022	Tuesday, 23 August 2022	Wednesday, 24 August 2022	Thursday, 25 August 2022	Friday, 26 August 2022
Battered Hake & Savoury Cous-Cous, Citrus Carrots, Fried Green Beans A	Deboned Pork Rib & Pepper Sauce, Mustard Mash, Beetroot, White Sauce Cauliflower A	Lamb Sausage & Savoury Rice, Curry Beans & Steamed Carrots A	Crumbed Pork Steaks with Rosemary Olive Mash, Creamy Spinach & Sweet Pumpkin A	Smokey BBQ Beef Kebabs, Vegetable Fried Egg Noodles, Sweetcorn A
Monday, 29 August 2022	Tuesday, 30 August 2022	Wednesday, 31 August 2022	Thursday, 01 September 2022	Friday, 02 September 2022
Crumbed Hake & Savoury Rice, Creamy Sweetcorn & Cauliflower Bake A	Creamy Chicken Pancakes, Stir-Fry Cabbage & Sweetcorn A	Chicken & Gammon Al Fredo on Pasta, Orange Glazed Carrots, Savoury Peas A	Meatballs in a Rich Italian Sauce, Rice, Mashed Green Beans & Beetroot A	Chicken Lasagne, Cinnamon Roasted Butternut & Fried Baby Marrows A

Orders:

Info:

Brian

Whatsapp

www.simplyfreshfoods.co.za

info@simplyfreshfoods.co.za

kombuis@simplyfreshfoods.co.za

0845834799

