

Simply Fresh Foods

August 2022 Low Carb Menu - Delivered Monday & Thursday

Monday, 01 August 2022	Tuesday, 02 August 2022	Wednesday, 03 August 2022	Thursday, 04 August 2022	Friday, 05 August 2022
Deboned Pork Rib & Mushroom Sauce, Low Carb Mash, Sweet Carrots & Creamy Spinach C	Chicken A La King on Vegetable Ribbons, Cinnamon Sweetcorn & Steamed Carrots C	Oriental Pork Stir-Fry on Julienne Veg, Sweet Butternut & Mashed Green Beans C	Low Carb Beef Lasagne, Mixed Vegetables & Creamy Spinach C	Chutney Chicken, Sour Cream & Chive Spiced Roast Sweet Potatoes, Roasted Vegetables & Sweet Peas C
Monday, 08 August 2022	Tuesday, 09 August 2022	Wednesday, 10 August 2022	Thursday, 11 August 2022	Friday, 12 August 2022
BBQ Chicken Kebabs, Creamy Sweet Potato Bake, Roasted Vegetables & Ginger Sweetcorn C	Pork Bangers & Low Carb Mash with Gravy, Fried Cabbage & Sweet Peas C	Honey-Soya Chicken Stir-Fry & Brown Rice, Ratatouille & Cinnamon Sweetcorn C	Meatballs in a Tomato Olive Sauce, Parmesan Sprinkled Sweet Potato Wedges, Mashed Green Beans & Butternut C	Honey Mustard Pork Kebabs, Savoury Brown Rice, Cream Spinach & Sweet Carrots C
Monday, 15 August 2022	Tuesday, 16 August 2022	Wednesday, 17 August 2022	Thursday, 18 August 2022	Friday, 19 August 2022
Sweet Chilli Pork Bangers & Mash, Mixed Vegetables & Fried Green Beans B	Karoo Lamb Sausage & Cauli-Rice with Sheba, Broccoli & White Sauce, Roasted Butternut C	Chicken & Gammon Al Fredo on Vegetable Ribbons, Mashed Carrots & Sweetcorn C	Italian Bolognese on Butternut Julienne, Cauliflower Bake & Sweet Butternut C	Chicken Stir-Fry & Brown Rice, Stir-Fry Vegetables & Sweet Carrots C
Monday, 22 August 2022	Tuesday, 23 August 2022	Wednesday, 24 August 2022	Thursday, 25 August 2022	Friday, 26 August 2022
Grilled Chicken Breast & Gravy with Savoury Brown Rice, Citrus Carrots & Fried Green Beans C	Hungarian Beef Goulash, Low Carb Mash, Beetroot & White Sauce Cauliflower C	Indian Butter Chicken & Savoury Veggie Rice, Curry Beans & Steamed Carrots C	Low Carb Beef Cottage Pie, Creamy Spinach & Sweet Pumpkin C	Sweet & Sour Pork Stir-Fry on Vegetable Ribbons, Sweetcorn C
Monday, 29 August 2022	Tuesday, 30 August 2022	Wednesday, 31 August 2022	Thursday, 01 September 2022	Friday, 02 September 2022
Durban Beef Curry & Savoury Brown Rice, Creamy Sweetcorn & Cauliflower Bake C	Smoked Pork Steaks & Chutney Sprinkled Sweet Potato Wedges, Stir-Fry Cabbage & Sweetcorn C	Karoo Lamb Sausage & Low Carb Mashed Potatoes, Orange Glazed Carrots, Savoury Peas C	Low Carb Chicken Cottage Pie, Mashed Green Beans & Beetroot C	Pork Chop & Boerewors, Brown Rice & Sheba, Cinnamon Roasted Butternut & Fried Baby Marrows C

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