

Simply Fresh Foods

Traditional Menu

August 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
	Deboned Pork Rib & Mushroom Sauce, Mustard Mash, Sweet Carrots & Creamy Spinach B	Chicken A La King on Pasta, Cinnamon Sweetcorn & Steamed Carrots B	Oriental Pork Stir-Fry on Egg Noodles, Sweet Butternut & Mashed Green Beans B	Beef Lasagne, Mixed Vegetables & Creamy Spinach B	Chutney Chicken, Sour Cream & Chive Spiced Roast Potatoes, Roasted Vegetables & Sweet Peas B

	Monday, 08 August 2022	Tuesday, 09 August 2022	Wednesday, 10 August 2022	Thursday, 11 August 2022	Friday, 12 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
	BBQ Chicken Kebabs, Creamy Potato Bake, Roasted Vegetables & Ginger Sweetcorn B	Pork Bangers & Mash with Gravy, Fried Cabbage & Sweet Peas B	Honey-Soya Chicken Stir-Fry & Yellow Rice, Ratatouille & Cinnamon Sweetcorn B	Meatballs with a Tomato Olive Sauce, Parmesan Sprinkled Potato Wedges, Mashed Green Beans & Sweet Butternut B	Honey Mustard Pork Kebabs with Savoury Cous-Cous, Cream Spinach & Sweet Carrots B

	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 Paptert, 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
	Sweet Chilli Pork Bangers & Mash, Mixed Vegetables & Fried Green Beans B	Karoo Lamb Sausage & Paptert, Broccoli & White Sauce, Roasted Butternut B	Chicken & Gammon Al Fredo on Pasta, Mashed Carrots & Sweetcorn B	Italian Spaghetti Bolognese, Cauliflower Bake & Sweet Butternut B	Chicken Stir-Fry & Rice, Stir-Fry Vegetables & Sweet Carrots B

Orders:

Info:

Brian

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	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
	Grilled Chicken Breast & Gravy with Savoury Cous-Cous, Citrus Carrots & Fried Green Beans B	Hungarian Beef Goulash, Mustard Mash, Beetroot & White Sauce Cauliflower B	Indian Butter Chicken & Savoury Rice, Curry Beans & Steamed Carrots B	Traditional Beef Cottage Pie, Creamy Spinach & Sweet Pumpkin B	Sweet & Sour Pork Stir-Fry on Egg Noodles, Sweetcorn B

	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
	Durban Beef Curry & Savoury Rice, Creamy Sweetcorn & Cauliflower Bake B	Smoked Pork Steaks & Chutney Sprinkled Potato Wedges, Stir-Fry Cabbage & Sweetcorn B	Karoo Lamb Sausage & Mashed Potatoes, Orange Glazed Carrots, Savoury Peas B	Open Chicken Pie, Mashed Green Beans & Beetroot B	Pork Chop & Boerewors, Paptert, Cinnamon Roasted Butternut & Fried Baby Marrows B

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