

## Simply Fresh Foods

## Vegetarian 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
Vegetarian Schnitzel with Mashed Potatoes, Citrus Carrots & Fried Cabbage V1	Grilled Vegetarian Strips & Baby Marrows with & Gravy, Savoury Rice, Sweetcorn & Fried Peas V1	Vegetarian Bobotie with Yellow Rice, Mashed Green Beans & Sweet Pumpkin AV1	Chutney Roasted Veg & Rice with Roast Potatoes, Cream Spinach & Ginger Carrots V1	Vegetarian Kebabs with Savoury Cous-Cous, Roasted Butternut & Cinnamon Sweetcorn V1
Monday, 08 August 2022	Tuesday, 09 August 2022	Wednesday, 10 August 2022	Thursday, 11 August 2022	Friday, 12 August 2022
Crumbed Brinjals with Samp & Gravy, Broccoli Bake & Sweet Carrots V1	Honey & Mustard Tofu & Veg Kebabs, Mashed Potatoes, Fried Cabbage & Sweet Peas V1	Veggie-Balls with a Rich Tomato Gravy, Rice, Cream Spinach and Pumpkin Pie V1	Chickpea A La King on Pasta, Fried Baby Marrows & Ginger Sweetcorn V1	Durban Veg Curry & Rice, Orange Glazed Carrots and Mashed Green Beans V1
Monday, 15 August 2022	Tuesday, 16 August 2022	Wednesday, 17 August 2022	Thursday, 18 August 2022	Friday, 19 August 2022
Crumbed Halloumi, Roast Potatoes, Fried Brinjals and Roasted Butternut V1	Vegetarian Mince & Pasta Bake, Mashed Carrots & Sweetcorn V1	Honey & Mustard Mushroom & Veg Kebabs with Potato Croquettes, Cauliflower Bake & Citrus Carrots V1	Hungarian Veg Goulash, Rice, Mashed Green Beans & Sliced Mielies V1	Black Mushroom & Mushroom Sauce, Mashed Potatoes, Stir-Fry Vegetables & Sweet Pumpkin V1
Monday, 22 August 2022	Tuesday, 23 August 2022	Wednesday, 24 August 2022	Thursday, 25 August 2022	Friday, 26 August 2022
Vegetarian Schnitzel & Cheese Sauce with Roast Potatoes, Cheesy Cauliflower & Sweet Peas V1	Vegetarian Sausages, with Sesame-Fried Cous-Cous, Carrots & Savoury Cabbage V1	Open Chickpea Pie with Creamy Broccoli & Ginger Sweetcorn AV1	Lentil Bobotie with Yellow Rice, Mashed Green Beans and Sweet Pumpkin V1	Pap and Sheba with Vegetarian Sausage & Button Mushrooms, Stir-Fry Vegetables and Beetroot V1
Monday, 29 August 2022	Tuesday, 30 August 2022	Wednesday, 31 August 2022	Thursday, 01 September 2022	Friday, 02 September 2022
Vegetarian Falafels with Herb-Roasted Potatoes and Fried, Sweet Peas & Baby Marrows V1	Pan-Fried Tofu and Sheba with Rice, Stir-Fry Vegetables and Mashed Green Beans V1	Mushroom & Green Pepper Fried Baby Marrows with Mustard Mash, Creamy Spinach & Savoury Sweetcorn V1	Chutney Veggie Bake and Potato Croquettes, Creamy Broccoli and Sweet Carrots V1	Creamy Chickpea Pasta, Roasted Beetroot, Pumpkin Pie V1

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