

Simply Fresh Foods		Low Carb Menu			Dec
Monday, 30 November 2020	Tuesday, 01 December 2020	Wednesday, 02 December 2020	Thursday, 03 December 2020	Friday, 04 December 2020	
Lamb Potjie with Cauli-Rice & Fried Spinach L/Gi	Honey & Pineapple Glazed Pork Belly, Butternut Mash & Sweetcorn Salad L/Gi	Mozzarella Baked Meatballs in a Tomato Gravy with Rice & Fried Baby Marrows L/Gi	Chicken & Bacon Stir-Fry on Vegetable Ribbons L/Gi	Chicken Kebabs with Salad L/Gi	
Monday, 07 December 2020	Tuesday, 08 December 2020	Wednesday, 09 December 2020	Thursday, 10 December 2020	Friday, 11 December 2020	
Mild Beef & Lentil Dhal with White Rice L/Gi	Fig & Yoghurt Grilled Chicken Breast with Roasted Sweet Potatoes & Carrot Stew L/Gi	Pork Loin Chops, L/Gi Mashed Sweet Potatoes & Pea Salad L/Gi	Beef Tenderized Steaks with Smokey BBQ Sauce, Tomato Sweet Potato Bake and Steamed Broccoli L/Gi	Deboned Pork Ribs with Fried Mushrooms, Rice and Roasted Butternut L/Gi	
Monday, 14 December 2020	Tuesday, 15 December 2020	Wednesday, 16 December 2020	Thursday, 17 December 2020	Friday, 18 December 2020	
Chinese Chicken Stir-Fry on Butternut Julienne L/Gi	Lemon Coriander Hake Cubes with Quinoa and Savoury Cauliflower L/Gi	Lamb Stew with Brown Rice and Carrot Salad L/Gi	Savoury Fried Mince, Veggie Rice and Sweet Carrots L/Gi	Honey Mustard Chicken Kebabs, Sautéed Sweet Potatoes and Savoury Sweetcorn L/Gi	
Monday, 21 December 2020	Tuesday, 22 December 2020	Wednesday, 23 December 2020	Thursday, 24 December 2020	Friday, 25 December 2020	
Mild Beef, Olive and Tomato Trinchado with L/Gi Mashed Potatoes and Cucumber Salad L/Gi	Ginger Beer Pork Chops, Creamy Potato Roast and 3 Bean Salad L/Gi	Meatloaf & Gravy with Butternut Mash and Sweetcorn Salad L/Gi	Mediterranean Chicken Stir-Fry with Cauli-Rice and Broccoli Salad L/Gi	Christmas Roast Gammon, Herbed Sweet Potatoes & Coleslaw L/Gi	
Monday, 28 December 2020	Tuesday, 29 December 2020	Wednesday, 30 December 2020	Thursday, 31 December 2020	Friday, 01 January 2021	
Deboned BBQ Pork Rib with L/Gi Mash & Gravy and Cheesy Cauliflower L/Gi	Chicken and Halloumi Stir-Fry with Vegetable Ribbons L/Gi	Eisbein Potjie with Savoury Brown Rice and Broccoli Salad L/Gi	New Year's Sherry Fried Mushroom Steak, Fried Spinach & Savoury Brown Rice L/Gi	Cajun & Feta Chicken Breast with Sautéed Sweet Potatoes and Steamed Carrots L/Gi	

