

## Retirement Village Menu

**February**

	<b>Monday, 01 February 2021</b>	<b>Tuesday, 02 February 2021</b>	<b>Wednesday, 03 February 2021</b>	<b>Thursday, 04 February 2021</b>	<b>Friday, 05 February 2021</b>
<b>A</b>	Chicken & Mushroom Quiche with Roasted Butternut & Feta A	2 Flavour Pork Chops, Mashed Potatoes & Creamy Spinach A	Honey Mustard Chicken Kebabs with Roast Potatoes & Ratatouille A	Mexican Mince with Feta & Green Pepper and Creamy Mash A	Durban Beef Curry & Rice with Beetroot Salad A
<b>B</b>	Pork Roast & Gravy with Herbed Rice and Ratatouille B	Beef Stir-Fry with Feta & Peppadews on Egg Noodles B	Beef Cubes in Ratatouille with White Rice, Roasted Butternut & Feta B	Chicken & Baby Marrow Stir-Fry with Basmati Rice B	Cheese Russian with Creamy Feta Roasted Potatoes and Beetroot Salad B
<b>C</b>	Pork Roast & Gravy with Herbed Veggie Rice and Ratatouille C	Beef Stir-Fry with Feta & Peppadews on Butternut Julienne C	Beef Cubes in Ratatouille with Brown Rice, Roasted Butternut & Feta C	Chicken & Baby Marrow Stir-Fry with Veggie Rice C	Cheese Russian with Creamy Feta Roasted Sweet Potatoes and Beetroot Salad C
<b>D</b>	Hoisin Chicken & Mushroom Strips with Potato Wedges, Broccoli & Feta Roast D	Chicken, Spinach & Mushroom Cottage Pie with Roasted Butternut & Feta D	Sweet Chilli Steaks, Mashed Potatoes & Spicy Carrots D	Slow Cooked Chicken Cacciatore & Rice D	Chicken Schnitzel & Mushroom Sauce with Mashed Potatoes, Roasted Broccoli & Feta D
	<b>Monday, 08 February 2021</b>	<b>Tuesday, 09 February 2021</b>	<b>Wednesday, 10 February 2021</b>	<b>Thursday, 11 February 2021</b>	<b>Friday, 12 February 2021</b>
<b>A</b>	Spinach & Mayonnaise Chicken with Potato & Onion Bake, Carrot & Pine Salad A	BBQ Beef & Bacon Kebabs with Butternut Cous-Cous & Steamed Cauliflower A	Chicken Cacciatore with Savoury Rice & Copper Penny Salad A	Creamy Chicken Pancakes with Bechamel Sauce & Cheddar A	Sweet Chilli Pork Stir-Fry on Egg Noodles A
<b>B</b>	Roast Beef with Potato Bake, Carrot & Pine Salad B	Chicken, Halloumi, Tomato & Olive Stir-Fry with Penne Pasta B	Lamb Stew with Cranberry Fried Wild Rice & Copper Penny Salad B	Hawaiian Sweet Chilli Chicken Kebabs, Rosemary Roast Potatoes & Beetroot Salad B	Deboned Pork Rib with Pepper Sauce, Cajun & Feta Potatoes, Tomato & Olive Baby Marrows B
<b>C</b>	Roast Beef with Sweet Potato Bake, Carrot & Pine Salad C	Chicken, Halloumi, Tomato & Olive Stir-Fry with Butternut Julienne C	Lamb Stew with Veggie Rice & Copper Penny Salad C	Hawaiian Sweet Chilli Chicken Kebabs, Rosemary Roast Sweet Potatoes & Beetroot Salad C	Deboned Pork Rib with Pepper Sauce, Cajun & Feta Sw/Potatoes, Tomato & Olive Baby Marrows C
<b>D</b>	Mediterranean Hake with Herbed Brown Rice & Steamed Cauliflower D	Black Pepper, Cabbage & Beef Stir-Fry with Egg Noodles D	Honey-Pineapple Glazed Pork Steaks with Rice Salad & Carrot Salad D	Hoisin Beef & Mushroom Cubes, Rosemary Roast Potatoes & Beetroot Salad D	Traditional Indian Butter Chicken on Penne Pasta, Tomato & Olive Baby Marrows D
	<b>Monday, 15 February 2021</b>	<b>Tuesday, 16 February 2021</b>	<b>Wednesday, 17 February 2021</b>	<b>Thursday, 18 February 2021</b>	<b>Friday, 19 February 2021</b>

A	Beef Tenderized Steak with Tomato Relish, Savoury Rice & Sweet Butternut A	Ranch Chicken & Mushroom with Rosemary Mash and Broccoli Salad A	Cheesy Caramelized Onion & Chicken Open Pie, Sweetcorn Salad A	Smokey BBQ Beef Short-Rib, Rice Salad & Beetroot Salad B	Karoo Lamb Sausage with Creamy Spinach and Potato Salad A
B	Roast Chicken Breast with a Smokey Mushroom Sauce, Savoury Rice & Sweet Butternut B	Beef Ratatouille with Rosemary Mash & Broccoli Salad B	Italian Meatballs with Savoury Cous-Cous and Sweetcorn Salad B	Chicken & Bacon Kebabs with Three Bean Salad & Savoury Rice Salad B	Breadless Feta & Mushroom Burger, Creamy Spinach & Coleslaw B
C	Roast Chicken Breast with a Smokey Mushroom Sauce, Cauli Rice & Sweet Butternut C	Beef Ratatouille with Rosemary L/Carb Mash & Broccoli Salad C	Italian Meatballs with Savoury Quinoa and Sweetcorn Salad C	Chicken & Bacon Kebabs with Savoury Wild Rice Salad & Three Bean Salad C	Breadless Feta & Mushroom Burger, Fried Spinach & Coleslaw C
D	Rich Italian Bolognese on Spaghetti, Steamed Broccoli & Cauliflower D	Pork Kebabs with Honey Mustard Sauce, Herbed Potatoes & Mashed Butternut D	Chicken Tikka Strips with Rosemary Mash & Broccoli Salad D	Pap & Wors with Cheesy Cauliflower D	Beef Curry & Rice with Coleslaw D
	<b>Monday, 22 February 2021</b>	<b>Tuesday, 23 February 2021</b>	<b>Wednesday, 24 February 2021</b>	<b>Thursday, 25 February 2021</b>	<b>Friday, 26 February 2021</b>
A	Roast Eisbein Potjie, Paptert & Sweet Butternut A	Creamy Ranch Beef & Mushroom Cubes with Savoury Cous-Cous and Steamed Broccoli A	Mediterranean Hake with Fried Onion Mash & Creamy Baby Marrows A	Chicken, Haloumi, Eggplant & Tomato Stir-Fry on Penne A	Beef Curry & Rice with Sweet Carrots A
B	Grilled Chicken with BBQ Onion, Creamy Spinach & Potato Salad B	Chicken and Spinach Lasagne with Roast Broccoli & Cauliflower B	Creamy Chicken & Bechamel Sauce Pancakes with Grated Cheddar B	Hake Sorento (Fried Mushroom, Tomato, Olives & Mozzarella) with Creamy Broccoli & Potato Bake B	Chicken Cacciatore with Herbed Basmati Rice and Savoury Sweetcorn B
C	Grilled Chicken with BBQ Onion, Creamy Spinach & Sweet Potato Salad C	Chicken and Spinach L/Carb Lasagne with Roast Broccoli & Cauliflower C	Creamy Chicken & Bechamel Sauce (Egg) Pancakes with Grated Cheddar C	Hake Sorento (Fried Mushroom, Tomato, Olives & Mozzarella) with Creamy Broccoli & Sw-Potato Bake C	Chicken Cacciatore with Herbed Veggie Rice and Savoury Sweetcorn C
D	Rich Beef Lasagne with Creamy Spinach & Sweet Butternut D	Sweet Chilli Pork Stir-Fry on Egg Noodles D	White Wine Fettuccini Alfredo with Bacon D	Durban Chicken Curry & Rice with Coleslaw D	Honey Mustard Pork Kebabs with a Creamy Pasta Salad D

**Please Place orders by Friday 12:00 for Mon & Tue Delivery and Tuesday 12:00 for Thursday delivery**

**Have a good week!**

**Please SMS / WhatsApp your order to Brian 0845834799**

**email [orders@simplyfreshfoods.co.za](mailto:orders@simplyfreshfoods.co.za)**

To Place an order:

Put the initials of your Complex with your house number and the day with the meal selection

E.g. Willow Village orders WV01 Mon 2A, Tue 1B 1 C, Thu 1A1D, Fri 2A

Willow Village = WV

Vergelegen = VG

Willow Haven = WH

Equestria Village = EV

Featherwood = FW

St Peters Garden Estate = Stp

Lynnwood Oord = LW