

Simply Fresh Foods**Low Carb Menu****Jan**

Monday, 04 January 2021	Tuesday, 05 January 2021	Wednesday, 06 January 2021	Thursday, 07 January 2021	Friday, 08 January 2021
Pork Neck Roast with Sauteed Sweet Potatoes and Fried Green Beans C	Creamy Cajun & Feta Chicken with Low Carb Mashed Potatoes and Steamed Broccoli C	Beef & Mushroom Stir-Fry with Vegetable Ribbons C	Sweet & Sour Pork Stir-Fry with Butternut Julienne C	Chicken, Tomato & Olive Concasse with Veggie Rice C
Monday, 11 January 2021	Tuesday, 12 January 2021	Wednesday, 13 January 2021	Thursday, 14 January 2021	Friday, 15 January 2021
Roast Chicken with Herbed Sweet Potatoes and Broccoli Salad C	Honey & Mustard Pork Medallions with Roast Butternut Quinoa and Stir-Fry Vegetables C	Creamy Spinach Hake with Sauteed Sweet Potatoes and Roasted Beetroot C	Fig & Yoghurt Grilled Chicken Breast with Copper Penny Carrots and Rosemary L/Carb Mash C	Chicken Schnitzel with Mushroom Sauce, Sweet Potato Mash and Broccoli Salad C
Monday, 18 January 2021	Tuesday, 19 January 2021	Wednesday, 20 January 2021	Thursday, 21 January 2021	Friday, 22 January 2021
Chicken & Mushroom Quinoa with Carrot Salad C	Karoo Lamb Best-End Chops with Sauteed Sweet-Potatoes and Fried Spinach C	Creamy Hake and Butternut with Vegetable Ribbons and Sweetcorn Salad C	Sweet Chilli Beef Short-Rib with Roast Sweet Potatoes, Beetroot & Feta C	Oriental Chicken and Broccoli Stir-Fry on Vegetable Ribbons C
Monday, 25 January 2021	Tuesday, 26 January 2021	Wednesday, 27 January 2021	Thursday, 28 January 2021	Friday, 29 January 2021
Roast Gammon with Green Pepper Fried Brown Rice, Cinnamon Butternut C	Honey & Mustard Chicken Drumsticks, Sweet Potato Roast & Savoury Butternut C	Lamb Potjie With Veggie Rice and Baby Marrow Stir-Fry C	Pork Bangers & Low Carb Mash with Hoisin Fried baby Marrows C	Creamy Chicken A La King on Vegetable Ribbons with Steamed Broccoli C