

Name: _____

Village: _____

Simply Fresh Foods Retirement Village Menu

Jan

	Monday, 04 January 2021	Tuesday, 05 January 2021	Wednesday, 06 January 2021	Thursday, 07 January 2021	Friday, 08 January 2021
A	Cheese & Caramelized Onion Chicken Breast with Savoury Cous-Cous & Pea Salad A	Rosemary Olive Bolognaise with Steamed Cauliflower A	Mediterranean Hake with Mustard Mash & Fried Baby Marrows A	Creamy Chicken A La King A	Breadless Chicken & Pineapple Burger, 1000 Island Sauce and Salad A
B	Pork Neck Roast with Sauteed Potatoes and Fried Green Beans B	Creamy Cajun & Feta Chicken with Mashed Potatoes and Steamed Broccoli B	Beef & Mushroom Stir-Fry with Rice B	Sweet & Sour Pork Stir-Fry with Egg Noodles B	Chicken, Tomato & Olive Concasse with Basmati Rice B
C	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
D	Traditional Beef Bobotie with Yellow Rice and Savoury Peas D	Honey & Mustard Pork Chops with Mashed Potatoes and Steamed Broccoli D	Ginger Beer Pork Chops, Mustard Mash & Fried Baby Marrows D	BBQ Beef & Feta Salad D	Beef Curry & Rice with Cucumber, Feta & Bean Sprout Salad D
	Monday, 11 January 2021	Tuesday, 12 January 2021	Wednesday, 13 January 2021	Thursday, 14 January 2021	Friday, 15 January 2021
A	Beef & Red Onion Cottage Pie with Savoury Peas A	Asian Chicken & Green Bean Stir-Fry on Egg Noodles A	Indian Butter Chicken with Baby Marrow Risotto A	Deboned Pork Rib with Mushroom Sauce, Pasta Salad and Roasted Butternut A	Creamy Chicken Lasagne with Copper Penny Carrots A
B	Roast Chicken with Herbed Potatoes and Broccoli Salad B	Honey & Mustard Pork Medallions with Roast Butternut Cous-Cous and Stir-Fry Vegetables B	Creamy Spinach Hake with Sauteed Potatoes and Roasted Beetroot B	Fig & Yoghurt Grilled Chicken Breast with Copper Penny Carrots and Rosemary Mash B	Chicken Schnitzel with Mushroom Sauce, Potato Hash Browns and Broccoli Salad B
C	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
D	Savoury Chicken & Bacon Pancakes with Creamy Bechamel Sauce and Grated Cheddar D	Meatballs with Italian Tomato Relish, White Rice and Fried Baby Marrows D	Lemon Coriander Pork Stir-Fry with Fried Green-Bean Rice D	Beef Lasagne with Roasted Butternut D	The Famous Cheese Russian, Vinegar Roast Potatoes and Pea Salad D

	Monday, 18 January 2021	Tuesday, 19 January 2021	Wednesday, 20 January 2021	Thursday, 21 January 2021	Friday, 22 January 2021
A	Mexican Mince Bolognaise with Spaghetti A	Creamy Chicken A La King with Fettuccini and Fried Cabbage A	Savoury Mince with White Rice and Fried Baby Marrows A	Hake & Tomato Concasse, Green Pepper Fried Rice and Creamy Butternut A	Chicken Curry & Rice with Savoury Peas A
B	Open Chicken Pie with Carrot Salad B	Karoo Lamb Best-End Chops with Sauteed Potatoes and Cream Spinach B	Creamy Hake and Butternut with Fettuccini and Sweetcorn Salad B	Sweet Chilli Beef Short-Rib with Roast Potatoes, Beetroot & Feta B	Oriental Chicken and Broccoli Stir-Fry on Egg Noodles B
C	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
D	Lemon Coriander Pork Chops with a Creamy Broccoli Bake and Savoury Rice D	Bacon, Mushroom , Tomato & Peppers Pasta on Tri-Coloured Noodles D	Butterfly Chicken with Ranch Sauce, Caramelized Onion Risotto and Sweetcorn Salad D	Chicken Schnitzel with Cheese Sauce and Green Pepper Fried Rice with Creamy Butternut D	Smoked Pork Steak with Cranberry Wild-Rice and Roasted Butternut D
	Monday, 25 January 2021	Tuesday, 26 January 2021	Wednesday, 27 January 2021	Thursday, 28 January 2021	Friday, 29 January 2021
A	Smokey BBQ Chicken Kebabs with Mashed Potatoes and Beetroot Salad A	Rich Beef Casserole with Samp and Fried Green Beans A	Slow-Cooked Cranberry Chicken with Savoury Wild Rice and Mixed Vegetables A	Sticky Chicken & Pineapple Stir-Fry with Egg Noodles A	Rich Spaghetti Bolognaise & Steamed Broccoli A
B	Roast Gammon with Green Pepper Fried Rice, Cinnamon Butternut B	Honey & Mustard Chicken Drumsticks, Creamy Potato Bake & Pumpkin Fritters B	Lamb Potjie With Basmati Rice and Baby Marrow Stir-Fry B	Pork Bangers & Mash with Hoisin Fried baby Marrows B	Creamy Chicken A La King with Steamed Broccoli B
C	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
D	Beef Steak Strip Salad with Mandarin Segments D	Chicken and Spinach Lasagne with Fried Green beans D	Creamy Chicken Pancakes with Bechamel Sauce and Grated Cheddar D	Pap & Wors with Sheba and Fried Baby Marrows D	Paprika Chicken Leg Quarter with Herbed Potatoes and Creamy Spinach D

Please Place orders by Friday 12:00 for Monday 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

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

Vergelegen = VG

Willow Village = WV

Willow Haven = WH

Equestria Village = EV

Featherwood = FW

The Retreat = TR

St Peter's = StP

Lynnwood Retirement Village =

LW