

Low Carb Menu

Jul 21

Monday, 05 July 2021	Tuesday, 06 July 2021	Wednesday, 07 July 2021	Thursday, 08 July 2021	Friday, 09 July 2021
Sweet & Sour Pork Stir-Fry with Julienne Butternut C	Pork Bangers & Low Carb Mash with Savoury Peas C	Italian Meatballs with a Rich Tomato Gravy, Aromatic Brown Rice and Roasted Butternut C	Smokey BBQ Pork Neck with Sweetcorn L/Carb Mash & Crisp Green beans C	Homemade Beef Lasagne with Butternut Sheets and Orange Glazed Carrots C
Monday, 12 July 2021	Tuesday, 13 July 2021	Wednesday, 14 July 2021	Thursday, 15 July 2021	Friday, 16 July 2021
Karoo Lamb Sausage with Roasted Sweet Potatoes and Creamy Spinach C	Creamy Hake & Mushroom Pasta on Vegetable Ribbons C	Indian Butter Chicken with Baby Marrows & Veggie Rice C	Rich Beef & Onion L/Carb Cottage Pie with Cabbage & Baby Marrow Stir-Fry C	Lemon & Herb Roast Chicken with Sweet Potato Wedges and Mashed Pumpkin C
Monday, 19 July 2021	Tuesday, 20 July 2021	Wednesday, 21 July 2021	Thursday, 22 July 2021	Friday, 23 July 2021
Sliced Eisbein Potjie with Veggie Rice & Cheesy Cauliflower C	Chicken Schnitzel & Mushroom Sauce with Sweet Potato Bake and Savoury Cabbage C	Baby Marrow, Mushroom & Chicken L/Carb Stir-Fry C	Lamb Sausage, Veggie Rice & Gravy and Cauliflower Bake C	Deboned Pork Rib (Cheddar & Mushroom) with Creamy Sweet Potatoes and Savoury Sweetcorn C
Monday, 26 July 2021	Tuesday, 27 July 2021	Wednesday, 28 July 2021	Thursday, 29 July 2021	Friday, 30 July 2021
Sweet & Sticky Pork Chops, Savoury Brown Rice & Onion Fried Green Beans C	Rich Mushroom & Cheddar Chicken Bake with Sweet Potato Wedges and Stir-Fried Vegetables C	BBQ Beef Kebabs with L/Carb Mash & Gravy & Sweet Carrots C	Fried Onion & Paprika-Mayo Chicken, Savoury Quinoa & Feta Roasted Butternut C	Bacon, Chicken & Mushroom Stir-Fry on Butternut Julienne C