

Simply Fresh Foods

Low Carb Menu

September

| Monday, 30 August 2021 | Tuesday, 31 August 2021 | Wednesday, 01 September 2021 | Thursday, 02 September 2021 | Friday, 03 September 2021 |
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| 2 Flavour Roast Chicken Thighs with Herbed Brown Rice and Ratatouille C | Beef Stir-Fry on Baby Marrow Ribbons with Feta Roasted Butternut C | Chicken and Mushroom Low Carb Cottage Pie with Coleslaw C | Beef Cubes in Ratatouille with Parmesan-Garlic Low Carb Mash, Baby Marrow & Mushroom Stir-Fry C | Oven Baked Pork Medallions, Spanish Brown Rice and Beetroot Salad C |
| Monday, 06 September 2021 | Tuesday, 07 September 2021 | Wednesday, 08 September 2021 | Thursday, 09 September 2021 | Friday, 10 September 2021 |
| Beef Roast, Low Carb Mushroom Risotto and Coleslaw C | BBQ Chicken & Bacon Kebabs with Cajun & Feta Sweet Potato Mash & Cheesy Cauliflower C | Sweet Chilli Pork Stir-Fry on Veg Ribbons with Copper Penny Salad C | Hawaiian Sweet Chilli Chicken Kebabs, Rosemary Roast Sweet Potatoes & Broccoli Salad C | Chicken, Halloumi, Tomato & Olive Stir-Fry with Brown Rice Salad and Sweetcorn Salad C |
| Monday, 13 September 2021 | Tuesday, 14 September 2021 | Wednesday, 15 September 2021 | Thursday, 16 September 2021 | Friday, 17 September 2021 |
| Roast Chicken Breast with a Smokey Mushroom Sauce, Cheesy Cauliflower & Fried Green Beans C | Beef Ratatouille with Herbed Brown Rice & Broccoli Salad C | Italian Meatballs with Savoury Quinoa and Sweetcorn Salad C | Hawaiian Chicken Kebabs with Three Bean Salad & Broccoli Fried Brown Rice C | Breadless Feta & Mushroom Burger, Fried Spinach & Sweet Potato Salad C |
| Monday, 20 September 2021 | Tuesday, 21 September 2021 | Wednesday, 22 September 2021 | Thursday, 23 September 2021 | Friday, 24 September 2021 |
| Grilled Chicken Fillet with BBQ Onion, Sweet Potato Bake and Roast Vegetables C | Chicken and Spinach L/Carb Lasagne with Orange Glazed Carrots C | Mediterranean Hake with Crispy Sweet Potato Stack & Creamy Baby Marrows C | Chicken Breast with Coconut Curry Brown Rice and Savoury Sweetcorn C | Sweet & Sour Pork Stir-Fry with Veggie Rice, Tomato & Feta Salad C |
| Monday, 27 September 2021 | Tuesday, 28 September 2021 | Wednesday, 29 September 2021 | Thursday, 30 September 2021 | Friday, 01 October 2021 |
| Roast Chicken with Creamy Sweet Potato Au Gratin, Cranberry Carrot Salad C | Chicken Tikka Strips with Quinoa Salad & Broccoli Salad C | Chicken Sausage and Garlic Parmesan Sweet Potatoes with Fried Peas C | Smokey BBQ Pork Kebabs, Spanish Cauli-Rice & Mashed Gem Squash C | Meatballs with Tomato Relish, Hasselback Cheese Sweet Potato and Coleslaw C |

Orders:

orders@simplyfreshfoods.co.za

Info:

info@simplyfreshfoods.co.za

Brian

kombuis@simplyfreshfoods.co.za

0845834799

