

Simply Fresh Main Menu

Jun 21

	Monday, 31 May 2021	Tuesday, 01 June 2021	Wednesday, 02 June 2021	Thursday, 03 June 2021	Friday, 04 June 2021
A	Open Chicken, Mushroom & Feta Pie with Roasted Butternut A	Ginger Roasted Pork Chops, Rosemary Olive Mash with Creamy Spinach A	Winter Beef Curry & Rice with Sambals A	Creamy Spinach, Chicken & Mushroom Lasagne with Stir-Fry Vegetables A	Italian Spaghetti Bolognese A
B	Tender Beef Roast and Rosemary Tomato Gravy, Roasted Potatoes & Butternut B	Asian Chicken & Broccoli Stir-Fry with a Sweet Sesame Glaze B	Honey Mustard Pork Kebabs, Butternut Squash Risotto and Fried Peas B	Cajun & Feta Roasted Chicken Breast with Broccoli Quiche B	Smokey Marinated Beef Strips with a Creamy Potato Bake and Julienne Baby Marrows B
C	Tender Beef Roast and Rosemary Tomato Gravy, Roasted Sweet Potatoes & Butternut C	Asian Chicken & Broccoli Stir-Fry with a Sweet Sesame Glaze on Vegetable Ribbons C	Honey Mustard Pork Kebabs, Butternut Squash Brown Rice Risotto and Fried Peas C	Cajun & Feta Roasted Chicken Breast with Steamed Broccoli C	Smokey Marinated Beef Strips with a Creamy Sweet Potato Bake and Julienne Baby Marrows C
D	Durban Chicken Curry & Rice with Roasted Butternut D	Cream of Chicken Soup, Savoury Cheese Scone D	Rich Hungarian Beef Goulash with Herbed Rice D	Sweet & Sour Pork Neck Stir-Fry on Egg Noodles D	Indian Butter Chicken with Savoury Rice D
	Monday, 07 June 2021	Tuesday, 08 June 2021	Wednesday, 09 June 2021	Thursday, 10 June 2021	Friday, 11 June 2021
A	Macaroni & Cheese with Savoury Mince and Coleslaw A	Chicken & Mushroom Melt with Potato Wedges and Sweet Butternut A	Creamy Paprika Chicken with Baby Marrows on Fettuccini A	Smokey BBQ Lamb Sausage with Mustard Mash and Fried Cabbage A	Chicken Schnitzel & Mushroom Sauce with Roast Potatoes and Green Beans A
B	Traditional Beef Potjie with Onion Fried Rice and Coleslaw B	Ranch Beef & Mushroom Cubes with Roast Potatoes & Sweet Butternut B	Sweet & Sticky Ginger Deboned Pork Rib with Mashed Potatoes and Fried Cabbage B	Mexican Chicken Bake on Savoury Cous-Cous B	Creamy Chicken Pancakes with Bechamel Sauce and Cheddar B
C	Traditional Beef Potjie with Onion Fried Cauli-Rice and Coleslaw C	Ranch Beef & Mushroom Cubes with Roast Sweet Potatoes & Sweet Butternut C	Sweet & Sticky Ginger Deboned Pork Rib with Mashed Cauliflower and Fried Cabbage C	Mexican Chicken Bake on Savoury Quinoa C	Creamy Chicken Egg-Pancakes with Bechamel Sauce and Cheddar C
D	Chicken Biryani with Basmati Rice D	Mince Wellington Fried Cabbage & Peas D	Spicy Beef & Lentil Soup with Savoury Potato D	Creamy Pepper-Steak Pie with Mash & Gravy and Savoury Sweetcorn D	Rich Beef Lasagne and Fried Green Beans D

	Monday, 14 June 2021	Tuesday, 15 June 2021	Wednesday, 16 June 2021	Thursday, 17 June 2021	Friday, 18 June 2021
A	Pasta Alfredo with Smoked Gammon Cubes A	Teriyaki Beef & Vegetable Stir-Fry on Egg Noodles A	Chicken, Spinach & Mushroom Lasagne with Roasted Butternut A	Lemon Coriander Pork Chops, Savoury Rice and Creamy Spinach A	Rich Butternut & Tomato Soup with Mini-Meatballs and a Savoury Scone on the Side A
B	Winter Lamb Stew with Malva Sweetcorn B	Rich Hungarian Beef Goulash with Mustard Mashed Potatoes B	Herbed Fish Cottage Pie with Mixed Vegetables B	Indian Butter Chicken with Basmati Rice B	Tender Steak & Mushrooms with Potato Bake and Orange Glazed Carrots B
C	Winter Lamb Stew with Brown Rice and Cinnamon Sweetcorn C	Rich Hungarian Beef Goulash with Mustard Mashed Sweet Potatoes C	Herbed Fish Low Carb Cottage Pie with Mixed Vegetables C	Indian Butter Chicken with Veggie Rice C	Tender Steak & Mushrooms with Sweet Potato Bake and Orange Glazed Carrots C
D	Cape Malay Curried Fish with Mashed Potatoes and Steamed Carrots D	Parmesan Crusted Chicken Breast with Mash & Gravy and Cheesy Cauliflower Bake D	Italian Bolognese with Tri-Coloured Pasta D	Open Chicken-A-La-King Pie with Savoury Mixed Vegetables D	Deboned Pork Ribs with Caramelised Onion, Creamy Potato Bake and Orange Glazed Carrots D
	Monday, 21 June 2021	Tuesday, 22 June 2021	Wednesday, 23 June 2021	Thursday, 24 June 2021	Friday, 25 June 2021
A	Meatloaf & Gravy with Savoury Rice and Cauliflower Bake A	Creamy Chicken, Potato & Leek Soup with Savoury Pastry Pinwheels A	Gammon & Leek Bake with Mashed Potatoes and Spicy Carrots A	Cheesy Macaroni and Savoury Mince A	Hoisin Beef & Mushroom Cubes with Savoury Cous-Cous A
B	Glazed Pork Neck with Savoury Rice and Ratatouille B	Minced Beef Chilli Con Carne with Creamy Mash and Fried Baby Marrows B	Durban Winter Chicken Curry & Rice B	Hake and Leek Potato Stew B	Tomato Marinated Tenderized Steak with Bacon Mash and Savoury Sweetcorn B
C	Glazed Pork Neck with Savoury Veggie-Rice and Ratatouille C	Minced Beef Chilli Con Carne with Creamy Low Carb Mash and Fried Baby Marrows C	Durban Winter Chicken Curry & Cauli-Rice C	Hake and Leek Sweet Potato Stew C	Tomato Marinated Tenderized Steak with Bacon Low Carb Mash and Savoury Sweetcorn C
D	Chicken Schnitzel with Mushroom Sauce, Potato Wedges and Spicy Carrots D	Bacon, Ham, Olive & Tomato Stir-Fry with Egg Noodles D	Chicken & Pork Chowder with Savoury Rice D	Sweet & Sour Pork Neck Stir-Fry with Rice Noodles D	Creamy Baby Marrow & Paprika Chicken with Tri-Coloured Noodles D

	Monday, 28 June 2021	Tuesday, 29 June 2021	Wednesday, 30 June 2021	Thursday, 01 July 2021	Friday, 02 July 2021
A	Chicken & White Onion Pot with Basmati Rice A	Creamy Pea & Gammon Soup with Corn Bread A	Chicken & Mushroom Melt with Creamy Potato Slices and Fried Green Beans A	Sweet & Sticky Deboned Pork Rib with Potato Cubes and Fried Peas A	Traditional Indian Butter Chicken with Savoury Rice A
B	Sliced Beef Roast with Savoury Basmati Rice and Creamy Spinach B	Honey & Mustard Pork Chops with Roast Potatoes and Broccoli Bake B	Cape Curried Fish and Mash with Fried Green Beans B	Teriyaki Beef & Veg Stir-Fry on Rice Noodles B	Hungarian Beef Goulash with Savoury Rice B
C	Sliced Beef Roast with Savoury Veggie Rice and Creamy Spinach C	Honey & Mustard Pork Chops with Roast Sweet Potatoes and Broccoli Bake C	Cape Curried Fish and Low Carb Mash C	Teriyaki Beef & Veg Stir-Fry on Butternut Noodles C	Hungarian Beef Goulash with Savoury Vegetables C
D	Spinach, Mushroom & Chicken Lasagne with Steamed Cauliflower D	Oriental Chicken Stir-Fry on Fried Rice D	Creamy Bacon Al Fredo with Fettuccini & Fried Cabbage D	Shredded Tuna and Mushroom Saucy Pasta D	Pork Schnitzel with Mushroom Sauce and Potato Wedges with Malva-Sweetcorn 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

Eg 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