

Simply Fresh Main Menu

September

	Monday, 30 August 2021	Tuesday, 31 August 2021	Wednesday, 01 September 2021	Thursday, 02 September 2021	Friday, 03 September 2021
A	BBQ Beef Kebabs with Herbed Rice and Ratatouille A	H&M Pork Kebabs with Mashed Potatoes and Feta Roasted Butternut A	Cape Malay Beef Bobotie with Yellow Rice and Mixed Vegetables A	Lemon Coriander Roast Chicken, Parmesan-Garlic Mash and Baby Marrow & Mushroom Wellington A	Durban Beef Curry & Rice with Beetroot Salad A
B	2 Flavour Roast Chicken Thighs with Herbed Rice and Ratatouille B	Beef Stir-Fry on Egg Noodles with Feta Roasted Butternut B	Chicken and Mushroom Cottage Pie with Coleslaw B	Beef Cubes in Ratatouille with Parmesan-Garlic Mash, Baby Marrow & Mushroom Wellington B	Oven Baked Pork Medallions, Spanish Rice and Beetroot Salad B
C	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
A	Spinach & Mayonnaise Chicken with Mushroom Risotto, Coleslaw A	Deboned Pork Rib with Pepper Sauce, Cajun & Feta Mash, Cheesy Cauliflower A	Chicken Cacciatore with Savoury Rice & Copper Penny Salad A	Ranch Beef & Mushroom Cubes, Rosemary Roast Potatoes & Broccoli Salad A	Honey-Pineapple Glazed Pork Steaks with Rice Salad & Sweetcorn Salad A
B	Beef Roast, Mushroom Risotto and Coleslaw B	BBQ Chicken & Bacon Kebabs with Cajun & Feta Mash & Cheesy Cauliflower B	Sweet Chilli Pork Stir-Fry on Egg Noodles with Copper Penny Salad B	Hawaiian Sweet Chilli Chicken Kebabs, Rosemary Roast Potatoes & Broccoli Salad B	Chicken, Halloumi, Tomato & Olive Stir-Fry with Rice Salad and Sweetcorn Salad B
C	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
A	Pork Roast, Cauliflower Macaroni & Cheese and Fried Green Beans A	Battered Chicken Breast & Fried Mushrooms with Sticky Mango Rice and Broccoli Salad A	Cheesy Caramelized Onion & Chicken Open Pie, Sweetcorn Salad A	Smokey BBQ Beef Short-Rib, Broccoli Fried Rice & Three Bean Salad A	Karoo Lamb Sausage with Creamy Spinach and Potato Salad A
B	Roast Chicken Breast and Smokey Mushroom Sauce, Cauliflower Mac & Cheese, Fried Green Beans B	Beef Ratatouille with Herbed Rice & Broccoli Salad B	Italian Meatballs with Savoury Cous-Cous and Sweetcorn Salad B	Hawaiian Chicken Kebabs with Three Bean Salad & Broccoli Fried Rice B	Breadless Feta & Mushroom Burger, Creamy Spinach & Potato Salad B
C	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
A	Pickled Eisbein Potjie, Paptert & Roast Vegetables A	Creamy Beef Fillet Stroganoff on Tri-Coloured Pasta and Orange Glazed Carrots A	Creamy Chicken & Bechamel Sauce Pancakes with Grated Cheddar A	Oriental Chicken Stir-Fry on Egg Noodles A	Beef Curry & Herbed Rice with Tomato and Feta Salad A
B	Grilled Chicken Fillet with BBQ Onion, Roast Vegetables & Paptert B	Chicken and Spinach Lasagne with Orange Glazed Carrots B	Mediterranean Hake with Fried Crispy Stack Potatoes & Creamy Baby Marrows B	Chicken Schnitzel with Coconut Curry Rice and Savoury Sweetcorn B	Sweet & Sour Pork Stir-Fry with Herbed Rice and Tomato & Feta Salad B
C	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	
A	Honey Mustard Pork Kebabs, Creamy Potato Au Gratin, Cranberry Carrot Salad A	White Wine Chicken & Bacon Pasta Alfredo with Broccoli Salad A	Asian Beef and Green Beans Stir-Fry with Egg Noodles and Fried Peas A	Chicken Schnitzel and Mushroom Sauce with Spanish Rice and Mashed Gem Squash A	SMS / WhatsApp Brian 084 583 4799 email: orders@simplyfreshfoods.co.za <i>Simply</i> Fresh
B	Roast Chicken, Creamy Potato Au Gratin, Cranberry Carrot Salad B	Chicken Tikka Strips with Pasta Salad & Broccoli Salad B	Chicken Sausage and Garlic Parmesan Roast Potatoes with Fried Peas B	Smokey BBQ Pork Kebabs, Spanish Rice & Mashed Gem Squash B	
C	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	

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

Willow Village = WV

Vergelegen = VG

Willow Haven = WH

Equestria Village = EV

Featherwood = FW

Saint Peter's = STP

Protea Wilgers = PRW

The Meadows = MEA

The Retreat = TR

Lynnwood Oord = LW