

Low Carb Menu

March 2021

Monday, 01 March 2021	Tuesday, 02 March 2021	Wednesday, 03 March 2021	Thursday, 04 March 2021	Friday, 05 March 2021
Sweet & Sour Chicken Stir-Fry on Butternut Julienne C	Italian Meatballs and Mozzarella Bake with Steamed Cauliflower and Creamy Spinach C	Chicken, Bacon & Mushroom Bake, Roast Sweet Potatoes and Cinnamon Butternut C	Sweet & Sticky Chicken Kebabs, Low Carb Mash and Sweetcorn C	Honey & Mustard Hake & Mushroom, Sweet Potato Bake and Roast Veg C
Monday, 08 March 2021	Tuesday, 09 March 2021	Wednesday, 10 March 2021	Thursday, 11 March 2021	Friday, 12 March 2021
Rich Beef & Red Wine Potjie, Savoury Cauliflower Rice and Steamed Broccoli C	Roasted Cajun Chicken & Feta Salad C	Braised Beef Short-Rib with Relish, Sweet Potato Gratin and Cheesy Cauliflower C	Mediterranean Tomato, Olive & Fish Bake, Cauliflower Rice and Fried Baby Marrows C	Lemon Coriander Roast Chicken, Steamed Broccoli and Fried Cabbage C
Monday, 15 March 2021	Tuesday, 16 March 2021	Wednesday, 17 March 2021	Thursday, 18 March 2021	Friday, 19 March 2021
Roast Pork Slices - Glazed, Potato Salad & No-Lettuce Greek Salad C	Beef Fillet with Creamy Mushroom Sauce, Gordon Ramsey's Sweet Potato Boulangère, Condensed Milk Carrots C	Fish & Rosemary L/Carb Cottage Pie with Sweetcorn & Peas C	L/Carb Boerewors & Bacon Lasagne with a Mushroom and Cauliflower Bake C	De-Bone BBQ Pork Rib with Crispy Sweet Potato Cubes and Ratatouille Vegetables C
Monday, 22 March 2021	Tuesday, 23 March 2021	Wednesday, 24 March 2021	Thursday, 25 March 2021	Friday, 26 March 2021
Rich Beef, Baby Marrow & Butternut Potjie, Mushroom Fried Cauliflower and Creamy Spinach C	Italian Butternut-Spaghetti & Mushroom Bolognaise with Jamie Oliver's Potroast Cauliflower C	Indian Butter Chicken on Cauliflower Rice, Tomato Fried Eggplant C	Mexican Chicken, Sweet Potato & Kidney Bean Bake with Roasted Pumpkin C	Moroccan Chicken & Mozzarella Bake with Savoury Quinoa and Orange Glazed Carrots C
Monday, 29 March 2021	Tuesday, 30 March 2021	Wednesday, 31 March 2021		
Honey Pineapple Glazed Gammon with Cauliflower Salad & Carrot Salad C	Teriyaki Beef & Veg Stir-Fry on Butternut Noodles C	Hungarian Beef Goulash with Savoury Vegetables and Fried Peas C		

Orders can be placed online at
www.simplyfreshfoods.co.za
info@simplyfreshfoods.co.za

Brian - 084 583 4799

