

# Retirement Village Menu

## March 2021

	Monday, 01 March 2021	Tuesday, 02 March 2021	Wednesday, 03 March 2021	Thursday, 04 March 2021	Friday, 05 March 2021
A	Creamy Mushroom & Cheddar Chicken Schnitzel with Savoury Cous-Cous and a Red Salad A	Beef Fillet Steak with a Tomato & Olive Sauce, Savoury Rice and Creamy Spinach A	Boerewors & Bacon Lasagne, Sweet Butternut A	Creamy Chicken & Mushroom Open Pie, Mash & Gravy and Cinnamon Sweetcorn A	Italian Spaghetti Bolognese with Steamed Broccoli & Cauliflower A
B	Sweet & Sour Chicken Stir-Fry on Egg Noodles B	Italian Meatballs and Mozzarella Bake with Savoury Rice and Creamy Spinach B	Chicken, Bacon & Mushroom Bake, Roast Potatoes and Sweet Butternut B	Sweet & Sticky Chicken Kebabs with Mash & Gravy and Sweetcorn B	Honey & Mustard Hake & Mushroom, Potato Bake and Roast Veg B
C	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
D	Smokey BBQ Pork Chops with Savoury Cous-Cous and a Red Salad D	Chicken and Pineapple Kebabs with Cajun Roasted Potatoes and Savoury Peas D	Pork Bangers & Mash with Fried Cabbage D	Indian Butter Chicken with Baby Marrows and Basmati Rice D	Moroccan Chicken Prego Steak, Mashed Potato & Gravy with Sweetcorn D
	Monday, 08 March 2021	Tuesday, 09 March 2021	Wednesday, 10 March 2021	Thursday, 11 March 2021	Friday, 12 March 2021
A	Chicken, Spinach & Feta Lasagne with a Herbed Greek Salad A	Pork Fillet with Fried Green Bean Stir-Fry, Origanum Roasted Potatoes, Sweet Carrots & Peas A	Creamy Chicken Stroganoff on Tri-Coloured Pasta A	Spicy Beef Dhal with Basmati Rice and Fried Baby Marrows A	Breadless Black Mushroom Burger with Potato Wedges and Fried Cabbage A
B	Rich Beef & Red Wine Potjie with Savoury Rice and Steamed Broccoli B	Roasted Cajun Chicken & Feta, Origanum Potatoes with Sweet Carrots & Peas B	Braised Beef Short-Rib with Relish, Potato Gratin and Cheesy Cauliflower B	Mediterranean Tomato, Olive & Fish Bake with Basmati Rice and Fried Baby Marrows B	Lemon Coriander Roast Chicken, Potato Wedges and Fried Cabbage B
C	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
D	De-Boned Pork Rib with Caramelised Onion, Savoury Rice and Steamed Broccoli D	Mini Beef Wellington, Mustard Mash with Steamed Broccoli D	New Orleans Spicy Jambalaya on White Rice D	Asian Chicken & Bokchoi Stir-Fry D	Cheese Russian and Potato Wedges with Fried Baby Marrows D

	<b>Monday, 15 March 2021</b>	<b>Tuesday, 16 March 2021</b>	<b>Wednesday, 17 March 2021</b>	<b>Thursday, 18 March 2021</b>	<b>Friday, 19 March 2021</b>
A	Beef Fillet & Mushroom Kebabs with Monkeygland Sauce, Sunflower Fried Rice and Roasted Butternut A	Battered Fish with Rosemary Olive Mash, Sweetcorn & Peas A	Traditional Indian Butter Chicken and Sweetcorn Rice with Fried Spinach A	Mini Mince Wellington with a Mushroom & Cauliflower Bake A	Cheese Russian with Crispy Potato Cubes and Ratatouille Vegetables A
B	Roast Pork Slices - Glazed, Potato Salad & No-Lettuce Greek Salad B	Beef Fillet with Creamy Mushroom Sauce, Gordon Ramsey's Potato Boulangère, Condensed Milk Carrots B	Fish & Rosemary Cottage Pie with Sweetcorn & Peas B	Boerewors & Bacon Lasagne with a Mushroom and Cauliflower Bake B	De-Boned BBQ Pork Rib with Crispy Potato Cubes and Ratatouille Vegetables B
C	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
D	Open Chicken & Mushroom Pie with Sweetcorn & Peas D	Ginger Roasted Pork Chops, Rosemary Olive Mash with Roasted Butternut D	Peri-Peri Roast Chicken with Sweetcorn Rice and Fried Spinach D	Creamy Cajun Chicken Pasta D	Breadless Black Mushroom Burger on Fried Vegetable Ribbons D
	<b>Monday, 22 March 2021</b>	<b>Tuesday, 23 March 2021</b>	<b>Wednesday, 24 March 2021</b>	<b>Thursday, 25 March 2021</b>	<b>Friday, 26 March 2021</b>
A	Chicken Schnitzel and Mushroom Sauce, Mustard Mash and Creamy Spinach A	Beef Fillet Steaklets with Jamie Oliver's Potroast Cauliflower and Balsamic Potatoes A	Moroccan Tenderized Steak, Greek Potatoes and Tomato-Fried Eggplant A	Lemon Battered Fish with Creamy Potatoes and Pumpkin Pie A	Honey Mustard Pork Chops with Savoury Cous-Cous and Orange Glazed Carrots A
B	Rich Beef, Baby Marrow & Butternut Potjie, Mushroom Fried White Rice and Creamy Spinach B	Italian Spaghetti & Mushroom Bolognese with Jamie Oliver's Potroast Cauliflower B	Indian Butter Chicken on Basmati Rice, Tomato-Fried Eggplant B	Mexican Chicken, Potato & Kidney Bean Bake with Pumpkin Pie B	Moroccan Chicken & Mozzarella Bake with Savoury Cous-Cous and Orange Glazed Carrots B
C	Rich Beef, Baby Marrow & Butternut Potjie, Mushroom Fried Cauliflower and Creamy Spinach C	Italian Butternut-Spaghetti & Mushroom Bolognese 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
D	Hawaiian Chicken Kebabs with Fried Rice and Stir-Fry Veg D	Open Gammon & Chicken Pie with Mash & Gravy and Creamy Spinach D	Chicken & Paprika Cottage Pie with Fried Peas D	Asian Chicken & Bokchoi Stir-Fry D	Spicy Chicken & Lentil Dhal on Savoury Yellow Rice D

	<b>Monday, 29 March 2021</b>	<b>Tuesday, 30 March 2021</b>	<b>Wednesday, 31 March 2021</b>		
A	Chicken & Mushroom Melt with Creamy Potato Slices and Lemon Coriander Fried Green Beans A	Sweet & Sticky Deboned Pork Rib with Potato Cubes and Fried Peas A	Traditional Indian Korma Curry Chicken with Savoury Rice and Steamed Broccoli A		
B	Honey Pineapple Glazed Gammon with Rice Salad & Carrot Salad B	Teriyaki Beef & Veg Stir-Fry on Rice Noodles B	Hungarian Beef Goulash with Savoury Rice and Savoury Peas B		
C	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		
D	Creamy Pasta Al Fredo with Bacon and Steamed Mixed Vegetables on the Side D	Smokey BBQ Chicken and Feta Salad D	Pork Schnitzel with a Creamy Mushroom Sauce and Potato Wedges with Steamed Broccoli on the Side D		

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