

Simply Fresh Foods May Low Carb Menu 2025

Monday, 28 April 2025	Tuesday, 29 April 2025	Wednesday, 30 April 2025	Thursday, 01 May 2025	Friday, 02 May 2025
Chicken A La King, Savoury Brown Rice, Mashed Carrots & Sweet Peas C	Honey & Mustard Pan Fried Pork Steaks & Low Carb Mashed Potatoes, Fried Cabbage and Sweet Pumpkin C	Curry Fried Chicken Cubes with Chinese Vegetables, Brown Rice & Sweet Potato C	Low Carb Beef Cottage Pie, Beetroot Salad & Gemsquash C	Beef Curry & Brown Rice, Sweet Butternut & Mashed Green Beans C
Monday, 05 May 2025	Tuesday, 06 May 2025	Wednesday, 07 May 2025	Thursday, 08 May 2025	Friday, 09 May 2025
Sliced Gammon with Paprika Roast Sweet Potatoes , Fried Peas & Hubbard Squash C	Chicken & Spinach dish on Brown Rice, Sweet Potato & Fried Baby Marrows C	BBQ Chicken Kebabs with Lentils & Pearl Barley, Coleslaw and Apricot Carrots C	Lamb Sausage & Gravy on Brown Rice, Asian Vegetables & Sweetcorn C	Pork Steak & Mushroom Sauce with Rosemary & Olive Mash, Creamy Cauliflower & Mixed Vegetables C
Monday, 12 May 2025	Tuesday, 13 May 2025	Wednesday, 14 May 2025	Thursday, 15 May 2025	Friday, 16 May 2025
Honey & Mustard Grilled Chicken Breast, Sweet potato Au Gratin, Pumpkin Pie & Roast Beetroot C	Beef Chow Mein, Brown Rice, Baby Marrow Bake & Sweet Pumpkin C	Lamb Meatballs, Low Carb Mash, Cream Spinach & Fried Carrots C	Honey & Soya Pork Stir-Fry, Veggie Rice, Butternut Casserole & Mashed Vegetables C	Traditional Beef Bobotie & Brown Rice, Gemsquash & Fried Green Beans C
Monday, 19 May 2025	Tuesday, 20 May 2025	Wednesday, 21 May 2025	Thursday, 22 May 2025	Friday, 23 May 2025
Guinness Pork Stew, Low Carb Mashed Potatoes, Roasted Vegetables & Broccoli Bake C	Low Carb Beef Lasagne, Roast Pumpkin & Beetroot C	BBQ Lamb Kofta, Lentils & Pearl Barley, Mashed Green Beans & Gem Squash C	Deboned Pork Ribs & Caramelized Onion, Roast Sweet Potatoes, Sweetcorn & Fried Cabbage C	Low Carb Mince Risotto, Julienne Carrots & Fried Baby Marrows C