

Low Carb Menu

Nov

Monday, 02 November 2020	Tuesday, 03 November 2020	Wednesday, 04 November 2020	Thursday, 05 November 2020	Friday, 06 November 2020
Beef & Roast Onion L/Carb Cottage Pie with Sweetcorn Salad C	Creamy Feta & Ranch Sauce Chicken Fillet with Cauli-Rice & Carrot Salad C	Pork Bangers & Sweet Potato Mash with Savoury Peas C	Thin Karoo Lamb Sausage with Roasted Sweet Potatoes & Fried Spinach C	Smokey BBQ Beef Kebabs with a Creamy Butternut Bake & Pea Salad C
Monday, 09 November 2020	Tuesday, 10 November 2020	Wednesday, 11 November 2020	Thursday, 12 November 2020	Friday, 13 November 2020
Beef Roast with Savoury Cauliflower Rice & Gravy with Creamy Broccoli C	Rich Chicken A La King on Vegetable Ribbons C	Hake with Creamy Spinach and Mushroom Sauce, Sauteed Sweet Potatoes & Steamed Carrots C	Tenderized Steak with Sheba, Low Carb Mash & Roasted Butternut C	Lemon & Herb Chicken Drumsticks, Brown Rice Salad & Broccoli Salad C
Monday, 16 November 2020	Tuesday, 17 November 2020	Wednesday, 18 November 2020	Thursday, 19 November 2020	Friday, 20 November 2020
Mild Chicken Curry Potjie with Veggie Rice & Carrot Salad C	Smoked Pork Steak with Mustard (Low Carb) Mash and Creamy Spinach C	Chicken & Spinach Lasagne (Butternut Sheets) with Sweet Gem Squash C	Traditional Beef Bobotie, Yellow Cauliflower Rice & Savoury Peas C	Breadless Bacon & Cheese Burger with Roast Sweet Potatoes & Carrot Salad C
Monday, 23 November 2020	Tuesday, 24 November 2020	Wednesday, 25 November 2020	Thursday, 26 November 2020	Friday, 27 November 2020
Baked Meatballs with a Creamy Tomato Gravy, Roast Butternut Wedges and Fried Baby Marrows C	Beef Fillet With Mushroom Sauce, 3-Veg Mash & Fried Cabbage C	Hawaiian Chicken Kebabs, Creamy Sweet Potato & Butternut Bake, 3-Bean Salad C	Spicy Pork Rashers with Savoury Brown Rice & Fried Spinach C	Layered Beef, Butternut & Baby Marrow (Low Carb) Lasagne with Sweetcorn Salad C
Monday, 30 November 2020	Tuesday, 01 December 2020	Wednesday, 02 December 2020	Thursday, 03 December 2020	Friday, 04 December 2020
Lamb Potjie with Cauli-Rice & Fried Spinach C	0	0	0	0