

		Low Gi 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 LG/i Cottage Pie with Sweetcorn Salad L/Gi	Creamy Feta & Ranch Sauce Chicken Fillet with Cauli-Rice & Carrot Salad L/Gi	Pork Bangers & Sweet Potato Mash with Savoury Peas L/Gi	Thin Karoo Lamb Sausage with Roasted Sweet Potatoes & Fried Spinach L/Gi	Smokey BBQ Beef Kebabs with a Creamy Butternut Bake & Pea Salad L/Gi	
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 L/Gi	Rich Chicken A La King on Vegetable Ribbons L/Gi	Hake with Creamy Spinach and Mushroom Sauce, Sauteed Sweet Potatoes & Steamed Carrots L/Gi	Tenderized Steak with Sheba, LG/i Mash & Roasted Butternut L/Gi	Lemon & Herb Chicken Drumsticks, Brown Rice Salad & Broccoli Salad L/Gi	
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 L/Gi	Smoked Pork Steak with Mustard (LG/i) Mash and Creamy Spinach L/Gi	Chicken & Spinach Lasagne (Butternut Sheets) with Sweet Gem Squash L/Gi	Traditional Beef Bobotie, Yellow Cauliflower Rice & Savoury Peas L/Gi	Breadless Bacon & Cheese Burger with Roast Sweet Potatoes & Carrot Salad L/Gi	
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 L/Gi	Beef Fillet With Mushroom Sauce, 3-Veg Mash & Fried Cabbage L/Gi	Hawaiian Chicken Kebabs, Creamy Sweet Potato & Butternut Bake, 3-Bean Salad L/Gi	Spicy Pork Rashers with Savoury Brown Rice & Fried Spinach L/Gi	Layered Beef, Butternut & Baby Marrow (LG/i) Lasagne with Sweetcorn Salad L/Gi	
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 L/Gi	0	0	0	0	

Orders:
Info:
Brian

orders@simplyfreshfoods.co.za
info@simplyfreshfoods.co.za
kombuis@simplyfreshfoods.co.za
0845834799

