

Name: _____ Village: _____

Simply Fresh Foods Retirement Village Menu

Nov

	Monday, 02 November 2020	Tuesday, 03 November 2020	Wednesday, 04 November 2020	Thursday, 05 November 2020	Friday, 06 November 2020
A	Roasted Chicken Leg Quarters with Lemon & Herb Potatoes & Sweetcorn Salad A	Smoked Pork Steaks with Basmati Rice and Carrot Salad A	Mediterranean Hake with Mashed Potatoes, Steamed Cauliflower & Broccoli A	Italian Meatballs with Roasted Potatoes & Creamy Spinach A	Teriyaki Chicken Stir-Fry on Egg Noodles A
B	Beef & Roast Onion Cottage Pie with Sweetcorn Salad B	Creamy Feta & Ranch Sauce Chicken Fillet with Basmati Rice & Carrot Salad B	Pork Bangers & Mash with Savoury Peas B	Thin Karoo Lamb Sausage with Roasted Potatoes & Creamy Spinach B	Smokey BBQ Beef Kebabs with a Creamy Potato Bake & Pea Salad B
C	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
D	Sweet & Sour Pork Stir-Fry on Egg Noodles D	Creamy Beef & Butternut Lasagne with Steamed Cauliflower & Broccoli D	BBQ Chicken Kebabs, Creamy Potato Bake & Savoury Peas D	Creamy Hake & Butternut Pasta with a Pea Salad D	Traditional Beef Bobotie with Yellow Rice & Carrot Salad D
	Monday, 09 November 2020	Tuesday, 10 November 2020	Wednesday, 11 November 2020	Thursday, 12 November 2020	Friday, 13 November 2020
A	Deboned Pork Rib with Mushroom Sauce, Savoury Rice & Steamed Broccoli A	Italian Spaghetti Bolognese A	Chicken Fillet with Prego Sauce, Sauteed Potatoes & Sweet Carrots A	Rich Basil Tomato & Chicken Gnocchi A	Hoisin Beef Stir-Fry with Savoury Rice & Sweetcorn Salad A
B	Beef Roast with Savoury Rice & Gravy with Creamy Broccoli B	Rich Chicken A La King on Fettuccini B	Hake with Creamy Spinach and Mushroom Sauce, Sauteed Potatoes & Sweet Carrots B	Tenderized Steak with Sheba, Mashed Potatoes & Roasted Butternut B	Lemon & Herb Chicken Drumsticks, Rice Salad & Broccoli Salad B
C	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
D	Oriental Chicken Stir-Fry on Tri Coloured Noodles D	Honey & Mustard Pork Kebabs with Savoury Rice & Sweet Carrots D	Beef & Vegetable Stir-Fry with White Rice D	Indian Butter Chicken with Basmati Rice D	Beef Curry & Rice with Broccoli Salad D

	Monday, 16 November 2020	Tuesday, 17 November 2020	Wednesday, 18 November 2020	Thursday, 19 November 2020	Friday, 20 November 2020
A	Open Chicken & Mushroom Pie with Savoury Peas A	Pasta Arrabiata with Mince A	Spicy Orange Zest Beef with Mashed Potatoes & Creamy Cauliflower A	Chicken A La King with Tri-Coloured Pasta & Sweet Gem Squash A	Pap & Wors with Sweetcorn & Peas A
B	Mild Chicken Curry Potjie with Rice & Carrot Salad B	Smoked Pork Steaks with Mustard Mash and Creamy Spinach B	Chicken & Spinach Lasagne with Sweet Gem Squash B	Traditional Beef Bobotie, Yellow Rice & Savoury Peas B	Breadless Bacon & Cheese Burger with Roast Potatoes & Carrot Salad B
C	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
D	Beef Stroganoff & Fettuccini with Carrot Salad D	Chicken & Bacon Salad with Mandarin Segments D	Pork Medallions with Mushroom Sauce, Savoury Rice & Sweet Gem Squash D	Hake Cubes with a Creamy Balsamic Sauce, Yellow Rice & Savoury Peas D	Cajun & Feta Chicken Breast with Roast Potatoes & Carrot Salad D
	Monday, 23 November 2020	Tuesday, 24 November 2020	Wednesday, 25 November 2020	Thursday, 26 November 2020	Friday, 27 November 2020
A	Chinese 5-Spice Chicken Stir-Fry on Egg Noodles A	Lemon & Herb Pork Chops with Creamy Mash & Fried Cabbage A	Chicken Schnitzel & Mushroom Sauce, Paptert & Pea Salad A	Mild Beef Chilli Con Carne, Basmati Rice A	Cheese Russian & Potato Cubes with Sweetcorn Salad A
B	Baked Meatballs with a Creamy Tomato Gravy, Potato Wedges and Fried Baby Marrows B	Beef Fillet With Mushroom Sauce, Creamy Mash & Fried Cabbage B	Hawaiian Chicken Kebabs, Creamy Potato Bake & 3-Bean Salad B	Spicy Pork Rashers with Savoury Rice & Creamy Spinach B	Layered Beef, Butternut & Baby Marrow Lasagne with Sweetcorn Salad B
C	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
D	Traditional Beef Cottage Pie with Fried Baby Marrows D	Savoury Chicken & Bacon Pancakes with Bechamel Sauce and Grated Cheddar D	Sweet & Sour Pork Stir-Fry on Egg Noodles D	Traditional Chicken & Lentil Dahl with Rice & Sweet Carrots D	Beef Shortrib with Tomato Relish, Potato Hash Brown & Butternut Bake D

	Monday, 30 November 2020	Tuesday, 01 December 2020	Wednesday, 02 December 2020	Thursday, 03 December 2020	Friday, 04 December 2020
A	Sweet Chilli Pork kebabs with Rice & Creamy Spinach A				
B	Lamb Potjie with Rice & Creamy Spinach B				
C	Lamb Potjie with Cauli-Rice & Fried Spinach C				
D	Hake with a Creamy 3- Cheese Sauce, Roast Potatoes & Asian Stir-Fry Vegetables D				

Please Place orders by Friday 12:00 for Monday Delivery and Tuesday 12:00 for Thursday delivery

Have a good week!

Please SMS / WhatsApp

To Place an order:

Put the initials of your Complex with your house number and the day with the meal selection

E.g. Willow Village orders WV01 Mon 2A, Tue 1B 1 C, Thu 1A1D, Fri 2A

Vergelegen = VG

Willow Village = WV

Willow Haven = WH

Equestria Village = EV

Featherwood = FW

The Retreat = TR

St Peter's = StP

Lynnwood Retirement Village = LW