

			Traditional Menu		Nov
	Monday, 02 November 2020	Tuesday, 03 November 2020	Wednesday, 04 November 2020	Thursday, 05 November 2020	Friday, 06 November 2020
Lunch	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
Dinner	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

	Monday, 09 November 2020	Tuesday, 10 November 2020	Wednesday, 11 November 2020	Thursday, 12 November 2020	Friday, 13 November 2020
Lunch	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
Dinner	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

	Monday, 16 November 2020	Tuesday, 17 November 2020	Wednesday, 18 November 2020	Thursday, 19 November 2020	Friday, 20 November 2020
Lunch	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
Dinner	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

	Monday, 23 November 2020	Tuesday, 24 November 2020	Wednesday, 25 November 2020	Thursday, 26 November 2020	Friday, 27 November 2020
Lunch	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
Dinner	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

	Monday, 30 November 2020	Tuesday, 01 December 2020	Wednesday, 02 December 2020	Thursday, 03 December 2020	Friday, 04 December 2020
Lunch	Hake with a Creamy 3-Cheese Sauce, Roast Potatoes & Asian Stir-Fry Vegetables D	0	0	0	0
Dinner	Lamb Potjie with Rice & Creamy Spinach B	0	0	0	0

Orders:

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