

		Low Gi Menu		Oct
Monday, 04 October 2021	Tuesday, 05 October 2021	Wednesday, 06 October 2021	Thursday, 07 October 2021	Friday, 08 October 2021
Honey Pineapple Glazed Gammon with Brown Rice & Three Bean Salad L/Gi	BBQ Steak with L/Carb Mash & Gravy & Broccoli Salad L/Gi	Grilled Chicken Sausage, Herbed Roast Sweet Potatoes, Coleslaw L/Gi	Cheesy Caramelised Onion & Chicken Quinoa with Greek Salad L/Gi	Smokey BBQ Short-Rib, Creamy Sweet Potato Bake & Sweet Butternut L/Gi
Monday, 11 October 2021	Tuesday, 12 October 2021	Wednesday, 13 October 2021	Thursday, 14 October 2021	Friday, 15 October 2021
Roast Beef Slices with Creamy Sweet Potatoes and Fried Green Beans L/Gi	Chicken Cacciatore with Savoury Quinoa and Carrot Salad L/Gi	Honey & Mustard Pork Medallions with Herbed L/Carb Mash Potatoes and Pea Salad L/Gi	Rosemary Hake & Tomato Stir-Fry on Brown Rice and Sweetcorn Salad L/Gi	De-Boned Pork Rib with Fried Mushrooms, Side Salad & Feta Roasted Butternut L/Gi
Monday, 18 October 2021	Tuesday, 19 October 2021	Wednesday, 20 October 2021	Thursday, 21 October 2021	Friday, 22 October 2021
Creamy Chicken Egg-Pancake with Bechamel Sauce & Grated Cheddar L/Gi	Traditional L/Carb Beef Lasagne with Fried Halloumi Salad L/Gi	Deboned Pork Rib with Creamy Ranch Sauce, Herbed Roast Sweet Potatoes, Fried Cabbage & Spinach L/Gi	Chicken & Mushroom A La King on Vegetable Ribbons and Quinoa Salad L/Gi	Green Pepper & Beef Stir-Fry on Butternut Julienne L/Gi
Monday, 25 October 2021	Tuesday, 26 October 2021	Wednesday, 27 October 2021	Thursday, 28 October 2021	Friday, 29 October 2021
Italian Meatballs with Sheba, Sweet Potato Bake & Fried Baby Marrow Salad L/Gi	Chicken and Spinach L/Carb Lasagne with Steamed Cauliflower L/Gi	Karoo Lamb Sausage with Tomato Relish, Mustard Low Carb Mash & Savoury Cabbage Stir-Fry L/Gi	Honey & Mustard Chicken Kebabs with Ratatouille Brown and Fried Spinach & Mushroom L/Gi	Chicken Mayonnaise Health Salad with a Side Greek Salad L/Gi

Orders:
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