

**Simply Fresh****Chef's Choice Menu****Jan-22**

Monday, 03 January 2022	Tuesday, 04 January 2022	Wednesday, 05 January 2022	Thursday, 06 January 2022	Friday, 07 January 2022
Battered Hake with Mielie-Rice and Fried Green Beans A	Spaghetti Bolognese with Steamed Broccoli A	Honey & Mustard Pork Fillet with Rice Salad and Pumpkin A	Creamy Chicken A La King and Fried Baby Marrows A	Durban Beef Curry & Rice with Coleslaw A
Monday, 10 January 2022	Tuesday, 11 January 2022	Wednesday, 12 January 2022	Thursday, 13 January 2022	Friday, 14 January 2022
Savoury Chicken Pancakes with Creamy Béchamel Sauce and Grated Cheddar A	Beef Cottage Pie with Savoury Peas A	Traditional Beef Bobotie with Yellow Rice and Creamy Spinach A	Pork Schnitzel & Mushroom Sauce, Mashed Potatoes and Sweet Carrots A	Grilled Hake and Pasta Salad with Pea Salad A
Monday, 17 January 2022	Tuesday, 18 January 2022	Wednesday, 19 January 2022	Thursday, 20 January 2022	Friday, 21 January 2022
Beef and Red Wine Stew with Cous-Cous and Carrot Salad A	Creamy Chicken A La King with Fettuccini and Fried Cabbage A	BBQ Pork Chops and Potato Bake with Sweetcorn Salad A	Chicken Schnitzel with Cheese Sauce and Green Pepper Fried Rice with Roasted Butternut A	Pap & Wors with Coleslaw A
Monday, 24 January 2022	Tuesday, 25 January 2022	Wednesday, 26 January 2022	Thursday, 27 January 2022	Friday, 28 January 2022
Battered Hake with Roast Vegetable & Potatoes and Pumpkin Fritters A	Savoury Mince with Samp and Mashed Green Beans A	Pan-Fried Chicken Breast & Gravy with Savoury Wild Rice and Mixed Vegetables A	Creamy Chicken Pancakes with Béchamel Sauce and Grated Cheddar A	Hungarian Beef Goulash with Rice & Broccoli Salad A

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