

## Simply Fresh Foods

## Chef's Choice Menu

November 2021

Monday, 01 November 2021	Tuesday, 02 November 2021	Wednesday, 03 November 2021	Thursday, 04 November 2021	Friday, 05 November 2021
Roasted Chicken with Lemon & Herb Potatoes & Sweetcorn Salad A	Smokey Pork Steaks with Herbed Rice and Carrot Salad A	Mediterranean Hake with Mashed Potatoes, Savoury Peas A	Italian Meatballs with Mealie Rice & Creamy Spinach A	Teriyaki Chicken Stir-Fry on Egg Noodles and Broccoli Salad A
Monday, 08 November 2021	Tuesday, 09 November 2021	Wednesday, 10 November 2021	Thursday, 11 November 2021	Friday, 12 November 2021
Deboned Pork Rib with Mushroom Sauce, Savoury Rice & Cheesy Cauliflower A	Italian Spaghetti Bolognese and Pea Salad A	Chicken Fillet with Prego Sauce, Sautéed Potatoes & Sweet Gem squash A	Rich Basil Tomato & Chicken Gnocchi with Roasted Butternut A	Orange and Tomato Beef Stir-Fry and Rice with Sweet Carrots A
Monday, 15 November 2021	Tuesday, 16 November 2021	Wednesday, 17 November 2021	Thursday, 18 November 2021	Friday, 19 November 2021
Open Chicken & Mushroom Pie with Cucumber & Tomato Salad A	Pasta Arrabiata with Mince and 3-Bean Salad A	Pap & Wors with Pumpkin A	Chicken A La King with Tri-Coloured Pasta & Spinach-Fried Cabbage A	Lemon & Herb Chicken Kebabs with Roast Potatoes and Fried Green Beans A
Monday, 22 November 2021	Tuesday, 23 November 2021	Wednesday, 24 November 2021	Thursday, 25 November 2021	Friday, 26 November 2021
Beef Roast & Sheba with Potato Bake and Baby Marrow Salad A	Lemon & Herb Pork Chops with Creamy Mash & Greek Salad A	Chicken Schnitzel & Mushroom Sauce, Cous-Cous & Coleslaw A	Mild Mexican Mince, Savoury Rice and Creamy Spinach A	Deboned Pork Rib with Paprika Roasted Potatoes and Beetroot A
Monday, 29 November 2021	Tuesday, 30 November 2021	Wednesday, 01 December 2021	Thursday, 02 December 2021	
Sweet Chili Pork kebabs with Rice Salad & Carrot Salad A	Rosemary Olive Spaghetti Bolognese, Sweetcorn Salad A	Chicken Al Limone, Fried Spinach & Cabbage, Mushroom Risotto A	Grilled Hake with an Italian Sauce, Rice & Fried Baby Marrow Salad A	<b>SMS / WhatsApp Brian 084 583 4799</b>

Orders:

[www.simplyfreshfoods.co.za](http://www.simplyfreshfoods.co.za)

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