

Simply Fresh

Main Menu

Oct

	Monday, 04 October 2021	Tuesday, 05 October 2021	Wednesday, 06 October 2021	Thursday, 07 October 2021	Friday, 08 October 2021
A	Mediterranean Beef Stir-Fry with Pearl Barley & Three Bean Salad A	Indian Butter Chicken & Fettuccini with Broccoli Salad A	Deboned Pork Rib with Creamy Ranch Sauce, Herbed Roast Potatoes, Coleslaw A	Creamy Beef Stroganoff on Penne and Greek Salad A	Chicken & Gammon Kebabs, Creamy Potato Bake & Sweet Butternut A
B	Honey Pineapple Glazed Gammon with Pearl Barley & Three Bean Salad B	BBQ Steak with Mash & Gravy & Broccoli Salad B	Grilled Chicken Sausage, Herbed Roast Potatoes, Coleslaw B	Cheesy Caramelised Onion & Chicken Open Pie with Greek Salad B	Smokey BBQ Short-Rib, Creamy Potato Bake & Sweet Butternut B
C	Honey Pineapple Glazed Gammon with Brown Rice & Three Bean Salad C	BBQ Steak with L/Carb Mash & Gravy & Broccoli Salad C	Grilled Chicken Sausage, Herbed Roast Sweet Potatoes, Coleslaw C	Cheesy Caramelised Onion & Chicken Quinoa with Greek Salad C	Smokey BBQ Short-Rib, Creamy Sweet Potato Bake & Sweet Butternut C
	Monday, 11 October 2021	Tuesday, 12 October 2021	Wednesday, 13 October 2021	Thursday, 14 October 2021	Friday, 15 October 2021
A	Chicken Pasta Salad with side Carrot and Beetroot Salads A	Lemon & White Wine Pork Chops with Carrot Salad and Savoury Rice A	Oriental Beef & Vegetable Stir-Fry on Egg Noodles A	Mexican Salsa Chicken with Jasmine Rice & Sweetcorn Salad A	Creamy Beef & Mushroom Open Pie with Feta Roasted Butternut A
B	Roast Beef Slices with Creamy Baby Potatoes and Fried Green Beans B	Chicken Cacciatore with Savoury Rice and Carrot Salad B	Honey & Mustard Pork Medallions with Herbed Mash Potatoes and Pea Salad B	Rosemary Hake & Tomato Stir-Fry on Jasmine Rice and Sweetcorn Salad B	De-Boned Pork Rib with Mushroom Sauce, Pasta Salad & Feta Roasted Butternut B
C	Roast Beef Slices with Creamy Sweet Potatoes and Fried Green Beans C	Chicken Cacciatore with Savoury Quinoa and Carrot Salad C	Honey & Mustard Pork Medallions with Herbed L/Carb Mash Potatoes and Pea Salad C	Rosemary Hake & Tomato Stir-Fry on Brown Rice and Sweetcorn Salad C	De-Boned Pork Rib with Mushroom Sauce, Side Salad & Feta Roasted Butternut C

	Monday, 18 October 2021	Tuesday, 19 October 2021	Wednesday, 20 October 2021	Thursday, 21 October 2021	Friday, 22 October 2021
A	Beef Potjie with Samp & Fried Green beans A	Sweet & Sour Pork Stir-Fry with Basmati Rice A	Creamy Hake & Butternut Pasta with Fried Spinach and Cabbage A	Ginger-Beer Pork Chops with Savoury Rice & Cauliflower Salad A	Savoury Chicken & Vegetable Stir-Fry on Egg Noodles A
B	Creamy Chicken Pancake with Bechamel Sauce & Grated Cheddar B	Traditional Beef Lasagne with Fried Halloumi Salad B	Deboned Pork Rib with Creamy Mushroom Sauce, Herbed Roast Potatoes, Fried Cabbage & Spinach B	Chicken & Mushroom A La King on Fettuccini with Cauliflower Salad B	Green Pepper & Beef Stir-Fry on Savoury Rice B
C	Creamy Chicken Egg-Pancake with Bechamel Sauce & Grated Cheddar C	Traditional L/Carb Beef Lasagne with Fried Halloumi Salad C	Deboned Pork Rib with Creamy Ranch Sauce, Herbed Roast Sweet Potatoes, Fried Cabbage & Spinach C	Chicken & Mushroom A La King on Vegetable Ribbons and Quinoa Salad C	Green Pepper & Beef Stir-Fry on Butternut Julienne C
	Monday, 25 October 2021	Tuesday, 26 October 2021	Wednesday, 27 October 2021	Thursday, 28 October 2021	Friday, 29 October 2021
A	Pork Neck Roast with Creamy Potato Bake & Fried Baby Marrow Salad A	Creamy Ranch Beef & Mushroom Strips with Indian Rice & Cauliflower Salad A	Mild Chicken Prego with Mustard Mash & Savoury Cabbage Stir-Fry A	Smokey BBQ Beef Short-Rib, Ratatouille Rice & Creamy Spinach A	Durban Chicken Curry & Rice with Sambals A
B	Italian Meatballs with Sheba, Potato Bake & Fried Baby Marrow Salad B	Chicken & Spinach Lasagne with Cauliflower Salad B	Karoo Lamb Sausage with Tomato Relish, Mustard Mash & Savoury Cabbage Stir-Fry B	Honey & Mustard Chicken Kebabs with Ratatouille Rice and Creamy Spinach B	Chicken Mayonnaise Pasta Salad with a Side Greek Salad B
C	Italian Meatballs with Sheba, Sweet Potato Bake & Fried Baby Marrow Salad C	Chicken and Spinach L/Carb Lasagne with Steamed Cauliflower C	Karoo Lamb Sausage with Tomato Relish, Mustard Low Carb Mash & Savoury Cabbage Stir-Fry C	Honey & Mustard Chicken Kebabs with Ratatouille Brown and Fried Spinach & Mushroom C	Chicken Mayonnaise Health Salad with a Side Greek Salad C

Brian de Meyer

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Please note a delivery fee may apply to your area.

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