

## Low Carb Menu

April 2021

Monday, 29 March 2021	Tuesday, 30 March 2021	Wednesday, 31 March 2021	Thursday, 01 April 2021	Friday, 02 April 2021
Chicken, Bacon & Mushroom Bake, Roast Sweet Potatoes and Cinnamon Butternut C	Sweet & Sticky Chicken Kebabs, Low Carb Mash and Sweetcorn C	Honey Pineapple Glazed Gammon with Cauliflower Salad & Carrot Salad C	Teriyaki Beef and Green bean Stir-Fry on Vegetable Ribbons C	Beef Curry and Veggie Rice with Savoury Gem Squash C
Monday, 05 April 2021	Tuesday, 06 April 2021	Wednesday, 07 April 2021	Thursday, 08 April 2021	Friday, 09 April 2021
Low Carb Beef Cottage Pie with a Greek Salad C	Ginger Roasted Pork Chops, Savoury Quinoa and Fried Spinach & Feta C	Creamy Chicken A La King with Roasted Butternut on Baby Marrow Ribbons C	Italian Meatballs in Tomato, Low Carb Mash & Gravy and Steamed Carrots C	Honey Mustard Pork Medallions with Savoury Cauliflower and Fried Baby Marrows C
Monday, 12 April 2021	Tuesday, 13 April 2021	Wednesday, 14 April 2021	Thursday, 15 April 2021	Friday, 16 April 2021
Pork Neck Slices with Low Carb Mash & Gravy and Marinated Vegetable Salad C	Sirloin Steak Kebabs with Sweet Potato Salad and Condensed Milk Carrot Salad C	Lamb Sausage with Honey & Mustard L/Carb Mash, Cauliflower with Cheese Sauce C	Roast Chicken with Roast Sweet Potatoes and Fried Green Beans C	Beef Cottage Pie (Low Carb Mash) with a Side Salad C
Monday, 19 April 2021	Tuesday, 20 April 2021	Wednesday, 21 April 2021	Thursday, 22 April 2021	Friday, 23 April 2021
Honey Mustard Pork Medallions with Savoury Cauliflower and Fried Baby Marrows C	Asian Chicken and Sesame Stir-Fry on Baby Marrow and Butternut Julienne C	Low Carb Beef Lasagne with Green Bean and Cabbage Stir-Fry C	Deboned Pork Rib with Mushroom Sauce, Veggie Rice & Creamy Spinach C	Meatballs in a Rich Tomato Gravy, Sweetcorn Salad, Creamy Sweet Potato Bake C
Monday, 26 April 2021	Tuesday, 27 April 2021	Wednesday, 28 April 2021	Thursday, 29 April 2021	Friday, 30 April 2021
Cajun & Feta Chicken with Baby Marrow & Mushroom Stir-Fry and Creamy Sweet Potato Bake C	Matured Sirloin Steak with a Creamy Mushroom Sauce, L/Carb Boereboontjies and Coleslaw C	Honey & Mustard Pork Neck with Low-Carb Mash & Gravy, Sweet Gem Squash C	Braised Chuck Steak with Sweet Potato Salad and Fried Brussel Sprouts C	Lemon Coriander Chicken Roast, Roast Sweet Potatoes & Butternut and Stir-Fry Vegetables C

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