

**Simply Fresh Foods****Low Carb Menu****Jan-22**

Monday, 03 January 2022	Tuesday, 04 January 2022	Wednesday, 05 January 2022	Thursday, 06 January 2022	Friday, 07 January 2022
Lamb Potjie with Brown Rice and Fried Green Beans C	Cajun & Feta Chicken with Low Carb Mashed Potatoes and Steamed Broccoli C	Beef & Mushroom Stir-Fry with Vegetable Ribbons and Pumpkin C	Ginger Beer Pork Chops, Low Carb Mash & Fried Baby Marrows C	Chicken, Tomato & Olive Concasse with Veggie Rice C
Monday, 10 January 2022	Tuesday, 11 January 2022	Wednesday, 12 January 2022	Thursday, 13 January 2022	Friday, 14 January 2022
Honey & Mustard Roast Chicken with Sweet Potato Bake and Broccoli Salad C	Sweet Chilli Pork Medallions with Roast Butternut Quinoa and Savoury Peas C	Meatballs with Italian Tomato Relish, Veggie Rice and Cream Spinach C	Chutney Chicken and Low Carb Mashed Potatoes with Sweet Carrots C	Chicken Schnitzel with Mushroom Sauce, Sweet Potato Salad and Pea Salad C
Monday, 17 January 2022	Tuesday, 18 January 2022	Wednesday, 19 January 2022	Thursday, 20 January 2022	Friday, 21 January 2022
Chicken & Mushroom Stir-Fry with Quinoa and Carrot Salad C	Beef Kebabs with Sautéed Sweet Potatoes and Fried Cabbage C	Grilled Hake and Sweet Potato Bake with Sweetcorn Salad C	Sweet Chilli Beef Short-Rib with Green Pepper Fried Brown Rice and Roasted Butternut C	Oriental Chicken Stir-Fry on Vegetable Ribbons with Steamed Broccoli C
Monday, 24 January 2022	Tuesday, 25 January 2022	Wednesday, 26 January 2022	Thursday, 27 January 2022	Friday, 28 January 2022
Roast Gammon with Roast Vegetables & Sweet Potatoes and Pumpkin C	Smokey BBQ Chicken Kebabs with Veggie Rice and Mashed Green Beans C	Lamb Curry with Wild Brown Rice and Mixed Vegetables C	Pork Sausage & Low Carb Mash with Fried Baby Marrows C	Paprika Roasted Chicken Leg Quarter with Herbed Sweet Potatoes and Broccoli Salad C

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