

Simply Fresh

L/Gi Menu

November 2021

Monday, 01 November 2021	Tuesday, 02 November 2021	Wednesday, 03 November 2021	Thursday, 04 November 2021	Friday, 05 November 2021
Beef & Roast Onion L/Carb Cottage Pie with Sweetcorn Salad L/Gi	Creamy Feta & Mayonnaise Chicken Fillet with Cauli-Rice & Carrot Salad L/Gi	Pork Bangers & Sweet Potato Mash with Savoury Peas L/Gi	Smokey BBQ Beef Kebabs with a Veggie Rice and Fried Spinach L/Gi	Sweet Chili Chicken Sausage with Roasted Sweet Potatoes & Broccoli Salad L/Gi
Monday, 08 November 2021	Tuesday, 09 November 2021	Wednesday, 10 November 2021	Thursday, 11 November 2021	Friday, 12 November 2021
Beef and Red Wine Potjie with Savoury Veggie Rice & Gravy with Cheesy Cauliflower L/Gi	Chicken and Mushroom Stir-Fry on Vegetable Ribbons with Pea Salad L/Gi	Hake with Fried Spinach and Mushrooms, Sautéed Sweet Potatoes & Sweet Gemsquash L/Gi	Tenderized Steak with Sheba, Low Carb Mash & Roasted Butternut L/Gi	Lemon & Herb Roast Chicken, Brown Rice Salad & Sweet Carrots L/Gi
Monday, 15 November 2021	Tuesday, 16 November 2021	Wednesday, 17 November 2021	Thursday, 18 November 2021	Friday, 19 November 2021
Pork Roast, Brown Sticky Mango Rice with Carrot & Tomato Salad C	Smokey BBQ Pork Kebabs with Mustard (Low Carb) Mash and 3- Bean Salad C	Chicken & Spinach Lasagne (Butternut Sheets) with Pumpkin C	Traditional Beef Bobotie, Yellow Cauliflower Rice & Spinach-Fried Cabbage C	Breadless Bacon & Cheese Burger with Roast Sweet Potatoes & Carrot Salad C
Monday, 22 November 2021	Tuesday, 23 November 2021	Wednesday, 24 November 2021	Thursday, 25 November 2021	Friday, 26 November 2021
Baked Meatballs with a Creamy Tomato Gravy, Roasted Sweet- Potatoes and Baby Marrow Salad L/Gi	Pork Neck Kebabs, 3-Veg Mash & Greek Salad L/Gi	Hawaiian Chicken Kebabs, Quinoa and Coleslaw L/Gi	Spicy Pork Rashers with Savoury Brown Rice & Fried Spinach L/Gi	Layered Beef, Butternut & Baby Marrow (Low Carb) Lasagne with Beetroot L/Gi
Monday, 29 November 2021	Tuesday, 01 December 2020	Wednesday, 02 December 2020	Thursday, 03 December 2020	Friday, 04 December 2020
Roast Chicken with Cauli-Rice Salad & Carrot Salad L/Gi	Honey & Pineapple Glazed Pork Steaks, Butternut Mash & Sweetcorn Salad L/Gi	Mozzarella Baked Meatballs in a Tomato Gravy with Cauli-Rice & Fried Cabbage and Spinach L/Gi	Chicken & Bacon Stir-Fry Vegetable Ribbons and Fried Baby Marrow Salad L/Gi	Chicken Kebabs with Salad and Steamed Pumpkin L/Gi

Orders:

www.simplyfreshfoods.co.za

Info:

info@simplyfreshfoods.co.za

Brian

kombuis@simplyfreshfoods.co.za

0845834799

