

Simply Fresh Main Menu

April 2021

| | Monday, 29 March 2021 | Tuesday, 30 March 2021 | Wednesday, 31 March 2021 | Thursday, 01 April 2021 | Friday, 02 April 2021 |
|---|--|--|--|--|---|
| A | | | | Traditional Cape Malay Bobotie, Savoury Yellow Rice and Fried Peas A | Hungarian Beef Goulash Savoury Rice and Cream Spinach A |
| B | | | | Teriyaki Beef and Green Bean Stir-Fry On Egg Noodles B | Beef Curry and Rice with Sweet Gem Squash B |
| C | | | | Teriyaki Beef and Green bean Stir-Fry on Vegetable Ribbons C | Beef Curry and Veggie Rice with Savoury Gem Squash C |
| D | | | | Honey & Mustard Hake with Sauteed Potatoes and Fried Peas D | Grilled Lamb Sausage with Creamy Mash & Gravy and Cream Spinach D |
| | Monday, 05 April 2021 | Tuesday, 06 April 2021 | Wednesday, 07 April 2021 | Thursday, 08 April 2021 | Friday, 09 April 2021 |
| A | Roasted Honey & Mustard Chicken, Mashed Pumpkin and Roast Potatoes A | Gammon & Chicken Kebabs with Potato Gratin and a Sunflower and Feta Roasted Beetroot A | Traditional Spaghetti Bolognaise and Fried Green Beans A | BBQ Beef Kebabs with Mash & Gravy & Steamed Carrots A | Breadless Mushroom Burger with Potato Wedges and a Side Salad A |
| B | Beef Cottage Pie with a Greek Salad B | Ginger Roasted Pork Chops, Savoury Cous-Cous and Cream Spinach & Feta B | Creamy Chicken A La King with Roasted Butternut on Fettuccini B | Italian Meatballs in Tomato, Mash & Gravy and Steamed Carrots B | Honey Mustard Pork Medallions with Savoury Rice and Fried Baby Marrows B |
| C | 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 |
| D | Mediterranean Hake & Mozzarella with Basmati Rice and Mashed Pumpkin D | Roasted Chicken Leg Quarter with Potato Gratin and a Sunflower and Feta Roasted Beetroot D | Sweet & Sour Pork Stir-Fry on Basmati Rice D | Durban Chicken Curry & Rice with Coleslaw D | Lemon & Herb Beef Strip Salad D |

| | Monday, 12 April 2021 | Tuesday, 13 April 2021 | Wednesday, 14 April 2021 | Thursday, 15 April 2021 | Friday, 16 April 2021 |
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| A | Coconut Chicken Curry with Basmati Rice and Marinated Vegetable Salad A | Creamy Chicken & Green Pepper Stroganoff on Tri-Coloured Noodles with Balsamic Tomato, Mushroom & Spinach Stir-Fry A | Asian Beef Stir-Fry with Basmati Rice and 3 Bean Salad A | Sweet & Sticky Pork Chops, Rosemary Roasted Potatoes and Creamy Spinach A | Mushroom, Hake & Leek Bake with Savoury Rice and Harvard Beetroot A |
| B | Pork Neck Slices with Mash & Gravy and Marinated Vegetable Salad B | Sirloin Steak Kebabs with Potato Salad and Condensed Milk Carrot Salad B | Lamb Sausage with Honey & Mustard Mash, Cauliflower with Cheese Sauce B | Roast Chicken with Roast Potatoes and Fried Green Beans B | Beef Cottage Pie with a Side Salad B |
| C | 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 |
| D | Beef & Mushroom Cubes in Hoisin-Ranch Sauce, Paprika Mash & Sweetcorn-Feta Salad D | Sticky Beef & Feta Salad D | Battered Hake and Mash with Cheesy Cauliflower D | Mini-Meatball, Baby Marrow & Mushroom Stir-Fry on Mashed Potatoes with Sweetcorn-Feta Salad D | Sweet & Sour Pork Stir-Fry on Egg Noodles D |
| | Monday, 19 April 2021 | Tuesday, 20 April 2021 | Wednesday, 21 April 2021 | Thursday, 22 April 2021 | Friday, 23 April 2021 |
| A | Breadless Mushroom Burger with Potato Wedges and a Side Salad A | Rump Wors with Mash & Gravy and Sweet Pumpkin Pie A | Pork Bangers & Mash with Steamed Carrots A | Creamy Chicken Lasagne, Roasted Broccoli & Cauliflower A | Lemon & Herb Roast Chicken, Sweetcorn Salad, Creamy Potato Bake A |
| B | Honey Mustard Pork Medallions with Savoury Rice and Fried Baby Marrows B | Asian Chicken and Sesame Stir-Fry on Egg Noodles B | Traditional Beef Lasagne with Green Bean and Cabbage Stir-Fry B | Deboned Pork Rib with Mushroom Sauce, Savoury Rice & Creamy Spinach B | Meatballs in a Rich Tomato Gravy, Sweetcorn Salad, Creamy Potato Bake B |
| C | 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 |
| D | Lemon & Herb Beef Strip Salad D | Creamy Ranch Chicken, Mash & Gravy and Sweet Pumpkin Pie D | Mediterranean Hake, Mash & Gravy with Steamed Carrots D | Italian Spaghetti Bolognese, Roasted Cauliflower & Broccoli D | Pork Chops & Mash with Broccoli Salad D |

| | Monday, 26 April 2021 | Tuesday, 27 April 2021 | Wednesday, 28 April 2021 | Thursday, 29 April 2021 | Friday, 30 April 2021 |
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| A | Roast Gammon Slices, Baby Marrow and Mushroom Stir-Fry, Creamy Potato Bake A | Mild Peri-Peri Roasted Chicken with Fried Green Beans and Coleslaw A | Braised Beef Short-Rib, Pap & Sheba, Sweet Gem Squash A | Chicken A La King on Fettuccini, Steamed Carrots & Peas A | Moroccan Tenderized Steak, Greek Potatoes and Baby Marrow Stew A |
| B | Cajun & Feta Chicken with Baby Marrow & Mushroom Stir-Fry and Creamy Potato Bake B | Matured Sirloin Steak with a Creamy Mushroom Sauce, Boereboontjies and Coleslaw B | Honey & Mustard Pork Neck with Mash & Gravy, Sweet Gem Squash B | Braised Chuck Steak with Pasta Salad and Fried Brussel Sprouts B | Lemon Coriander Chicken Roast, Roast Potatoes and Stir-Fry Vegetables B |
| C | 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 |
| D | Mediterranean Hake with Olives & Mozzarella, Basmati Rice and Mashed Pumpkin D | Spinach, Feta, Mushroom and Chicken Lasagne with Greek Salad D | Hungarian Beef Goulash with Rice and Beetroot Salad D | Beef, Vegetable and Noodle Soup with Greek Salad D | Chicken and Potato Soup with Pasta Salad D |

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