

Simply Fresh Foods Main Menu

Dec

	Monday, 30 November 2020	Tuesday, 01 December 2020	Wednesday, 02 December 2020	Thursday, 03 December 2020	Friday, 04 December 2020
A	Sweet Chilli Pork kebabs with Rice & Creamy Spinach A	Rosemary Olive Spaghetti Bolognaise A	Chicken Al Limone, Fried Spinach & Cabbage, Creamy Mashed Potatoes A	Hake Cubes with an Italian Sauce, Rice & Fried Baby Marrows A	Pap & Wors with Cinnamon Sweetcorn A
B	Lamb Potjie with Rice & Creamy Spinach B	Honey & Pineapple Glazed Pork Belly, Butternut Risotto & Sweetcorn Salad B	Mozzarella Baked Meatballs in a Tomato Gravy with Rice & Fried Baby Marrows B	Chicken & Bacon A La King on Fettuccini B	Chicken Kebabs with Pasta Salad B
C	Lamb Potjie with Cauli-Rice & Fried Spinach C	Honey & Pineapple Glazed Pork Belly, Butternut Mash & Sweetcorn Salad C	Mozzarella Baked Meatballs in a Tomato Gravy with Cauli-Rice & Fried Baby Marrows C	Chicken & Bacon A La King on Vegetable Ribbons C	Chicken Kebabs with Salad C
D	Hake with a Creamy 3-Cheese Sauce, Roast Potatoes & Asian Stir-Fry Vegetables D	Chicken & Mushroom Lasagne with Sweetcorn Salad D	Pork & Pineapple Kebabs with Pasta Salad D	Brown Onion Beef Cottage Pie with Savoury Peas D	Beef & Baby Marrow Stroganoff D
	Monday, 07 December 2020	Tuesday, 08 December 2020	Wednesday, 09 December 2020	Thursday, 10 December 2020	Friday, 11 December 2020
A	Tuscan Fried Balsamic Chicken Strips with Rice Salad A	Beef Lasagne with Salad A	Chicken Schnitzel with Mushroom Sauce, Steamed Broccoli and Savoury Rice A	Fried Baby Marrow & Paprika Pork Medallions, Carrot & Onion Risotto with Creamy Spinach A	Chilli Con Carne on Mexican Rice A
B	Mild Beef & Lentil Dhal with Basmati Rice B	Fig & Yoghurt Grilled Chicken Breast with Roasted Potatoes & Carrot Stew B	Pork Loin Chops, Creamy Mashed Potatoes & Pea Salad B	Beef Tenderized Steaks with Smokey BBQ Sauce, Creamy Potato Bake and Steamed Broccoli B	Deboned Pork Ribs with Mushroom Sauce, White Rice and Roasted Butternut B
C	Mild Beef & Lentil Dhal with Veggie Rice C	Fig & Yoghurt Grilled Chicken Breast with Roasted Sweet Potatoes & Carrot Stew C	Pork Loin Chops, Creamy Low Carb Mashed Potatoes & Pea Salad C	Beef Tenderized Steaks with Smokey BBQ Sauce, Creamy Sweet Potato Bake and Steamed Broccoli C	Deboned Pork Ribs with Mushroom Sauce, Veggie Rice and Roasted Butternut C
D	Sweet & Sour Pork Stir-Fry with Egg Noodles D	Creamy Spinach & Mushroom Hake with Roasted Sweet Potatoes and Carrot Stew D	Savoury Mince Wellington with Pea Salad D	Cajun & Feta Chicken Breast with Carrot & Onion Risotto and Steamed Broccoli D	Lamb Best-End Chop with Rice and Gravy and Roasted Butternut D

	Monday, 14 December 2020	Tuesday, 15 December 2020	Wednesday, 16 December 2020	Thursday, 17 December 2020	Friday, 18 December 2020
A	White Wine and Cream Beef Stroganoff on Pasta A	Pork Bangers & Mash with Broccoli Salad A	Creamy Spaghetti Bolognese A	Oriental Pork Stir-Fry with Fried Rice and Hoisin Green beans A	Indian Butter Chicken with Basmati Rice and Baby Marrows A
B	Chinese Chicken Stir-Fry on Egg Noodles B	Lemon Coriander Hake Cubes with Cous-Cous and Savoury Cauliflower B	Lamb Stew with Rice and Carrot Salad B	Savoury Fried Mince, Basmati Rice and Sweet Carrots B	Honey Mustard Chicken Kebabs, Sauteed Potatoes and Savoury Sweetcorn B
C	Chinese Chicken Stir-Fry on Butternut Julienne C	Lemon Coriander Hake Cubes with Quinoa and Savoury Cauliflower C	Lamb Stew with Brown Rice and Carrot Salad C	Savoury Fried Mince, Veggie Rice and Sweet Carrots C	Honey Mustard Chicken Kebabs, Sauteed Sweet Potatoes and Savoury Sweetcorn C
D	Chicken and Spinach Lasagne with Steamed Carrots D	Green Pepper and Feta Stuffed Meatballs, Cous-Cous and Savoury Cauliflower D	Creamy Chicken Pancakes with Bechamel Sauce D	Thai Green Chicken Curry with Basmati Rice and Sweet Carrots A	Hungarian Beef Goulash, Basmati Rice and Baby Marrows D
	Monday, 21 December 2020	Tuesday, 22 December 2020	Wednesday, 23 December 2020	Thursday, 24 December 2020	Friday, 25 December 2020
A	Traditional Beef Lasagne with Steamed Broccoli and Cauliflower A	Chicken & Smoked Pork Stroganoff on Pasta A	Roast Chicken Leg Quarter, Rice Salad and Sweetcorn Salad A	Olive and Tomato Hake, Savoury Risotto and Roast Butternut A	Chicken Arrabiata on Penne Pasta A
B	Mild Beef, Olive and Tomato Trinchado with Mashed Potatoes and Cucumber Salad B	Ginger Beer Pork Chops, Creamy Potato Bake and 3 Bean Salad B	Meatloaf & Gravy with Mashed Potatoes and Sweetcorn Salad B	Mediterranean Chicken Stir-Fry with Rice and Broccoli Salad B	Christmas Roast Gammon, Herbed Potatoes & Coleslaw B
C	Mild Beef, Olive and Tomato Trinchado with Low Carb Mashed Potatoes and Cucumber Salad C	Ginger Beer Pork Chops, Creamy Sweet Potato Bake and 3 Bean Salad C	Meatloaf & Gravy with Low Carb Mashed Potatoes and Sweetcorn Salad C	Mediterranean Chicken Stir-Fry with Cauli-Rice and Broccoli Salad C	Christmas Roast Gammon, Herbed Sweet Potatoes & Coleslaw C
D	Chicken Schnitzel and Cheese Sauce, Mashed Potatoes and Cucumber Salad D	Beef and Baby Marrow Cottage Pie with Steamed Peas D	Open Chicken and Mushroom Pie with Mixed Vegetables D	Sweet & Sticky Pork Chops with Rice and Roasted Butternut D	

	Monday, 28 December 2020	Tuesday, 29 December 2020	Wednesday, 30 December 2020	Thursday, 31 December 2020	Friday, 01 January 2021
A	Open Chicken Spinach & Feta Pie with Greek Salad A	Tenderized Steak & Mushroom Sauce with Sauteed Potatoes and Cream Spinach A	Honey & Mustard Chicken Kebabs, Savoury Rice & Sweet Butternut A	Breadless Bacon & Cheese Burger with Greek Salad A	Creamy Chicken Lasagne with Roasted Butternut A
B	Deboned BBQ Pork Rib with Mash & Gravy and Cheesy Cauliflower B	Chicken and Halloumi Stir-Fry with Egg Noodles B	Eisbein Potjie with Savoury Rice and Broccoli Salad B	New Year's Sherry Mushroom Steak, Creamy Spinach & Savoury Rice B	Cajun & Feta Chicken Breast with Sauteed Potatoes and Steamed Carrots B
C	Deboned BBQ Pork Rib with Low Carb Mash & Gravy and Cheesy Cauliflower C	Chicken and Halloumi Stir-Fry with Vegetable Ribbons C	Eisbein Potjie with Savoury Brown Rice and Broccoli Salad C	New Year's Sherry Mushroom Steak, Creamy Spinach & Savoury Brown Rice C	Cajun & Feta Chicken Breast with Sauteed Sweet Potatoes and Steamed Carrots C
D	Indian Butter Chicken with Penne Pasta and Fried Cabbage & Spinach D	Peri-Peri Chicken Drumsticks with Sauteed Potatoes and Sweet Butternut D	Battered Fish with Roast Potatoes and Sweet Butternut D	Chicken Schnitzel and Cheese Sauce with Creamy Spinach and Greek Salad D	Lemon & Coriander Beef Stir-Fry with Basmati Rice D