

Simply Fresh Main Menu

May 21

	Monday, 03 May 2021	Tuesday, 04 May 2021	Wednesday, 05 May 2021	Thursday, 06 May 2021	Friday, 07 May 2021
A	Cape Chicken-Malay Potjie, Rice & Cream Spinach A	Moroccan Meatball and Mozzarella Bake with Yellow Rice and Fried Green Beans A	Boerewors & Bacon Lasagne, Sweet Gem Squash A	Creamy Chicken & Mushroom Open Pie, Mash & Gravy and Lentil, Carrot & Tomato Stew A	Italian Spaghetti Bolognese A
B	Thai Green Curry Beef Stir-Fry on Rice Noodles B	Lemon & Herb Pork Chops with Yellow Rice and Fried Green beans B	Chicken, Bacon & Mushroom Bake, Roast Potatoes and Sweet Gem Squash B	Sweet & Sticky Pork Kebabs with Mash & Gravy and Lentil, Carrot & Tomato Stew B	Honey & Mustard Chicken Kebabs, Potato Bake and Roast Veg B
C	Thai Green Curry Beef Stir-Fry on Butternut Noodles C	Lemon & Herb Pork Chops with Grated Cauliflower and Fried Green beans C	Chicken, Bacon & Mushroom Bake, Roast Sweet Potatoes and Cinnamon Gem Squash C	Sweet & Sticky Pork Chops, Low Carb Mash and Lentil, Carrot & Tomato Stew C	Honey & Mustard Chicken Kebabs, Sweet Potato Bake and Roast Veg C
D	Coconut Chicken Bake, Savoury Rice and Cream Spinach D	Bourbon & Baby Marrow Chicken, Roast Potatoes and Sweet Butternut D	Beef Bangers & Mash with Fried Cabbage D	Indian Butter Chicken with Baby Marrows and Basmati Rice D	Moroccan Tenderized Steak, Mashed Potato & Gravy with Roast Veg D
	Monday, 10 May 2021	Tuesday, 11 May 2021	Wednesday, 12 May 2021	Thursday, 13 May 2021	Friday, 14 May 2021
A	De-Boned Pork Rib with Sticky Onions, Savoury Rice and Paprika Cauliflower A	Chicken Schnitzel with Peppered Mushroom Sauce, Roasted Potatoes, Carrots & Peas A	Creamy Chicken and Potato Soup with a Cheese Pastry and Salad A	Spicy Beef Dhal with Basmati Rice and Fried Baby Marrows A	Breadless Mushroom Burger with Potato Wedges and Fried Cabbage A
B	Rich Beef & Red Wine Potjie with Steamed Broccoli B	Lamb Sausage, Roasted Potatoes with Carrots & Peas B	Braised Beef Short-Rib with Relish, Potato Gratin and Roast Butternut B	Mediterranean Tomato, Olive & Fish Bake with Basmati Rice and Fried Baby Marrows B	Lemon Coriander Roast Chicken, Potato Wedges and Fried Cabbage B
C	Rich Beef & Red Wine Potjie, Brown Rice and Steamed Broccoli C	Lamb Sausage, Roasted Sweet Potatoes, Carrots & Peas C	Braised Beef Short-Rib with Relish, Sweet Potato Gratin and Roast Butternut C	Mediterranean Tomato, Olive & Fish Bake, Cauliflower Rice and Fried Baby Marrows C	Lemon Coriander Roast Chicken, Steamed Broccoli and Fried Cabbage C
D	Caramel Chicken, White Rice and Paprika Cauliflower D	Mini Mince Wellington, Mustard Mash with Mediterranean Vegetables D	New Orleans Jambalaya on White Rice D	Asian Chicken & Bokchoi Stir-Fry D	Sweet & Sour Pork & Baby Marrow Stir-Fry on Egg Noodles D

	Monday, 17 May 2021	Tuesday, 18 May 2021	Wednesday, 19 May 2021	Thursday, 20 May 2021	Friday, 21 May 2021
A	Creamy Chicken Pancakes with Bechamel Sauce and Grated Cheddar A	Battered Fish with Rosemary Olive Mash and Sweetcorn & Peas A	Chicken & Lentil Dhal and Spicy Sweetcorn Rice with Fried Spinach A	Mini Mince Wellington with a Mushroom & Cauliflower Bake A	Cheese Russian with Crispy Potato Cubes and Ratatouille Vegetables A
B	Roast Pork Slices, Mushroom Fried Rice and Roasted Butternut B	Beef Moussaka with Mozzarella Roasted Baby Marrows B	Fish & Rosemary Cottage Pie with Fried Spinach B	Boerewors & Bacon Lasagne with Roasted Mushroom & Cauliflower B	De-Boned BBQ Pork Rib with Crispy Potato Cubes and Ratatouille Vegetables B
C	Roast Pork Slices, Mushroom Fried Brown Rice and Roasted Butternut C	L/Carb Beef Moussaka with Mozzarella Roasted Baby Marrows C	Fish & Rosemary L/Carb Cottage Pie with Fried Spinach C	L/Carb Boerewors & Bacon Lasagne with Roasted Mushroom & Cauliflower C	De-Bone BBQ Pork Rib with Crispy Sweet Potato Cubes and Ratatouille Vegetables C
D	Open Pepper-Steak & Mushroom Pie with Sweetcorn & Peas D	Ginger Roasted Pork Chops, Rosemary Olive Mash with Roasted Baby Marrows D	Peri-Peri Roast Chicken with Spicy Sweetcorn Rice and Sesame Roasted Pumpkin D	Creamy Rosemary Chicken & Red Onion Pasta D	Breadless Mushroom Burger on Fried Vegetable Ribbons with Crispy Potato Cubes D
	Monday, 24 May 2021	Tuesday, 25 May 2021	Wednesday, 26 May 2021	Thursday, 27 May 2021	Friday, 28 May 2021
A	Chicken Schnitzel with Grated Cheddar and Mushroom Sauce, Mustard Mash and Creamy Spinach A	New Orleans Jambalaya on Fried Rice with Green Bean Stew A	Moroccan Tenderized Steak, Greek Potatoes and Brinjal Stew A	Battered Fish with Creamy Potatoes and Pumpkin Pie A	Honey Mustard Pork Chops with Savoury Cous-Cous and Orange Glazed Carrots A
B	Lamb Potjie, White Rice and Creamy Spinach B	Italian Spaghetti Bolognese B	Indian Butter Chicken on Basmati Rice with Brinjal Stew B	Mexican Chicken, Potato & Kidney Bean Bake with Pumpkin Pie B	Chicken Trinchado & Mash with Orange Glazed Carrots B
C	Lamb Potjie, Brown Rice and Creamy Spinach C	Italian Butternut-Spaghetti Bolognese C	Indian Butter Chicken on Cauliflower Rice and Brinjal Stew C	Mexican Chicken, Sweet Potato & Kidney Bean Bake with Roasted Pumpkin C	Chicken Trinchado & Low Carb Mash with Steamed Carrots C
D	Hawaiian Chicken Kebabs with Fried Rice and Stir-Fry Veg D	Open Chicken and Bacon Pie with Mash & Gravy and Green Bean Stew D	Chicken & Paprika Cottage Pie with Red Onion Fried Peas D	Asian Pork & Bokchoi Stir-Fry D	Durban Beef Curry & Rice with Orange Glazed Carrots D

	Monday, 31 May 2021				
	Roast Beef with Tomato Gravy, Roast Potatoes and Sweet Butternut A				
	Mushroom Pork Chops, Roast Potatoes and Sweet Butternut B				
	Mushroom Pork Chops, Roast Sweet Potatoes and Butternut C				
	Chicken Korma Soup with a Cocktail Roll D				