

## Simply Fresh Foods

## Traditional Menu

Jan-22

	Monday, 03 January 2022	Tuesday, 04 January 2022	Wednesday, 05 January 2022	Thursday, 06 January 2022	Friday, 07 January 2022
Lunch	Battered Hake with Mielie-Rice and Fried Green Beans A	Spaghetti Bolognese with Steamed Broccoli A	Honey & Mustard Pork Fillet with Rice Salad and Pumpkin A	Creamy Chicken A La King and Fried Baby Marrows A	Durban Beef Curry & Rice with Coleslaw A
Dinner	Lamb Potjie with Mielie-Rice and Fried Green Beans B	Cajun & Feta Chicken with Mashed Potatoes and Steamed Broccoli B	Beef & Mushroom Stir-Fry with Rice and Pumpkin B	Ginger Beer Pork Chops, Mustard Mash & Fried Baby Marrows B	Chicken, Tomato & Olive Concasse with Basmati Rice B

	Monday, 10 January 2022	Tuesday, 11 January 2022	Wednesday, 12 January 2022	Thursday, 13 January 2022	Friday, 14 January 2022
Lunch	Battered Hake with Roast Vegetable & Potatoes and Pumpkin Fritters A	Savoury Mince with Samp and Mashed Green Beans A	Pan-Fried Chicken Breast & Gravy with Savoury Wild Rice and Mixed Vegetables A	Creamy Chicken Pancakes with Béchamel Sauce and Grated Cheddar A	Hungarian Beef Goulash with Rice & Broccoli Salad A
Dinner	Honey & Mustard Roast Chicken with Potato Bake and Broccoli Salad B	Sweet Chilli Pork Medallions with Roast Butternut Cous-Cous and Savoury Peas B	Meatballs with Italian Tomato Relish, Yellow Rice and Cream Spinach B	Chutney Chicken and Mashed Potatoes with Sweet Carrots B	Chicken Schnitzel with Mushroom Sauce, Pasta Salad and Pea Salad B

	Monday, 17 January 2022	Tuesday, 18 January 2022	Wednesday, 19 January 2022	Thursday, 20 January 2022	Friday, 21 January 2022
Lunch	Beef and Red Wine Stew with Cous-Cous and Carrot Salad A	Creamy Chicken A La King with Fettuccini and Fried Cabbage A	BBQ Pork Chops and Potato Bake with Sweetcorn Salad A	Chicken Schnitzel with Cheese Sauce and Green Pepper Fried Rice with Roasted Butternut A	Pap & Wors with Coleslaw A
Dinner	Open Chicken Pie with Carrot Salad B	Beef Kebabs with Sautéed Potatoes and Fried Cabbage B	Grilled Hake and Potato Bake with Sweetcorn Salad B	Sweet Chilli Beef Short-Rib with Green Pepper Fried Rice and Roasted Butternut B	Oriental Chicken Stir-Fry on Egg Noodles with Steamed Broccoli B

	Monday, 24 January 2022	Tuesday, 25 January 2022	Wednesday, 26 January 2022	Thursday, 27 January 2022	Friday, 28 January 2022
Lunch	Battered Hake with Roast Vegetable & Potatoes and Pumpkin Fritters A	Savoury Mince with Samp and Mashed Green Beans A	Pan-Fried Chicken Breast & Gravy with Savoury Wild Rice and Mixed Vegetables A	Creamy Chicken Pancakes with Béchamel Sauce and Grated Cheddar A	Hungarian Beef Goulash with Rice & Broccoli Salad A
Dinner	Roast Gammon with Roast Vegetable & Potatoes and Pumpkin Fritters B	Smokey BBQ Chicken Kebabs with Samp and Mashed Green Beans B	Lamb Curry with Wild Rice and Mixed Vegetables B	Pork Sausage & Mash with Fried Baby Marrows B	Paprika Roasted Chicken Leg Quarter with Herbed Potatoes and Broccoli Salad D

Orders:

Info:

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