

## Simply Fresh Foods

## Traditional Menu

## November 2021

	Monday, 01 November 2021	Tuesday, 02 November 2021	Wednesday, 03 November 2021	Thursday, 04 November 2021	Friday, 05 November 2021
Lunch	Roasted Chicken with Lemon & Herb Potatoes & Sweetcorn Salad A	Smokey Pork Steaks with Herbed Rice and Carrot Salad A	Mediterranean Hake with Mashed Potatoes, Savoury Peas A	Italian Meatballs with Mealie Rice & Creamy Spinach A	Teriyaki Chicken Stir-Fry on Egg Noodles and Broccoli Salad A
Dinner	Beef & Roast Onion Cottage Pie with Sweetcorn Salad B	Creamy Feta & Mayonnaise Chicken Fillet with Herbed Rice & Carrot Salad B	Pork Bangers & Mash with Savoury Peas B	Smokey BBQ Beef Kebabs with Mealie Rice & Creamy Spinach B	Sweet Chili Chicken Sausage with Roasted Potatoes & Broccoli Salad B
	Monday, 08 November 2021	Tuesday, 09 November 2021	Wednesday, 10 November 2021	Thursday, 11 November 2021	Friday, 12 November 2021
Lunch	Deboned Pork Rib with Mushroom Sauce, Savoury Rice & Cheesy Cauliflower A	Italian Spaghetti Bolognese and Pea Salad A	Chicken Fillet with Prego Sauce, Sautéed Potatoes & Sweet Gemsquash A	Rich Basil Tomato & Chicken Gnocchi with Roasted Butternut A	Orange and Tomato Beef Stir-Fry and Rice with Sweet Carrots A
Dinner	Beef and Red Wine Potjie with Savoury Rice & Gravy with Cheesy Cauliflower B	Rich Chicken A La King on Fettuccini with Pea Salad B	Hake with Creamy Spinach and Mushroom Sauce, Sautéed Potatoes & Sweet Gemsquash B	Tenderized Steak with Sheba, Mashed Potatoes & Roasted Butternut B	Lemon & Herb Roast Chicken, Rice Salad & Sweet Carrots B
	Monday, 15 November 2021	Tuesday, 16 November 2021	Wednesday, 17 November 2021	Thursday, 18 November 2021	Friday, 19 November 2021
Lunch	Open Chicken & Mushroom Pie with Cucumber & Tomato Salad A	Pasta Arrabiata with Mince and 3-Bean Salad A	Pap & Wors with Pumpkin A	Chicken A La King with Tri-Coloured Pasta & Spinach-Fried Cabbage A	Lemon & Herb Chicken Kebabs with Roast Potatoes and Fried Green Beans A
Dinner	Pork Roast, Sticky Mango Rice with Cucumber & Tomato Salad B	Smokey BBQ Pork Kebabs with Mustard Mash and 3-Bean Salad B	Chicken & Spinach Lasagne with Pumpkin B	Traditional Beef Bobotie, Yellow Rice & Spinach-Fried Cabbage B	Breadless Bacon & Cheese Burger with Roast Potatoes & Carrot Salad B
	Monday, 22 November 2021	Tuesday, 23 November 2021	Wednesday, 24 November 2021	Thursday, 25 November 2021	Friday, 26 November 2021
Lunch	Beef Roast & Sheba with Potato Bake and Baby Marrow Salad A	Lemon & Herb Pork Chops with Creamy Mash & Greek Salad A	Chicken Schnitzel & Mushroom Sauce, Cous-Cous & Coleslaw A	Mild Mexican Mince, Savoury Rice and Creamy Spinach A	Deboned Pork Rib with Paprika Roasted Potatoes and Beetroot A
Dinner	Baked Meatballs with a Creamy Tomato Gravy, Potato Bake and Baby Marrow Salad B	Pork Neck Kebabs, Creamy Mash & Greek Salad B	Hawaiian Chicken Kebabs, Cous-Cous and Coleslaw B	Spicy Pork Rashers with Savoury Rice & Creamy Spinach B	Layered Beef, Butternut & Baby Marrow Lasagne with Beetroot B

	Monday, 29 November 2021	Tuesday, 30 November 2021	Wednesday, 01 December 2021	Thursday, 02 December 2021	Friday, 03 December 2021
Lunch	Sweet Chili Pork kebabs with Rice Salad & Carrot Salad A	Rosemary Olive Spaghetti Bolognese, Sweetcorn Salad A	Chicken Al Limone, Fried Spinach & Cabbage, Mushroom Risotto A	Grilled Hake with an Italian Sauce, Rice & Fried Baby Marrow Salad A	Pap & Wors with Pumpkin Pie A
Dinner	Roast Chicken with Rice Salad & Carrot Salad B	Honey & Pineapple Glazed Pork Steaks, Butternut Risotto & Sweetcorn Salad B	Mozzarella Baked Meatballs in a Tomato Gravy with Mushroom Risotto with Fried Cabbage and Spinach B	Chicken & Bacon A La King on Fettuccini and Fried Baby Marrow Salad B	Chicken Kebabs with Pasta Salad and Pumpkin Pie B

Orders: [orders@simplyfreshfoods.co.za](mailto:orders@simplyfreshfoods.co.za)  
Info: [info@simplyfreshfoods.co.za](mailto:info@simplyfreshfoods.co.za)  
Brian [kombuis@simplyfreshfoods.co.za](mailto:kombuis@simplyfreshfoods.co.za)  
0845834799

