

Traditional Menu

September

2021

	Monday, 30 August 2021	Tuesday, 31 August 2021	Wednesday, 01 September 2021	Thursday, 02 September 2021	Friday, 03 September 2021
Lunch	BBQ Beef Kebabs with Herbed Rice and Ratatouille A	H&M Pork Kebabs with Mashed Potatoes and Feta Roasted Butternut A	Cape Malay Beef Bobotie with Yellow Rice and Mixed Vegetables A	Lemon Coriander Roast Chicken, Parmesan-Garlic Mash and Baby Marrow & Mushroom Wellington A	Durban Beef Curry & Rice with Beetroot Salad A
Dinner	2 Flavour Roast Chicken Thighs with Herbed Rice and Ratatouille B	Beef Stir-Fry on Egg Noodles with Feta Roasted Butternut B	Chicken and Mushroom Cottage Pie with Coleslaw B	Beef Cubes in Ratatouille with Parmesan-Garlic Mash, Baby Marrow & Mushroom Wellington B	Oven Baked Pork Medallions, Spanish Rice and Beetroot Salad B
	Monday, 06 September 2021	Tuesday, 07 September 2021	Wednesday, 08 September 2021	Thursday, 09 September 2021	Friday, 10 September 2021
Lunch	Spinach & Mayonnaise Chicken with Mushroom Risotto, Coleslaw A	Deboned Pork Rib with Pepper Sauce, Cajun & Feta Mash, Cheesy Cauliflower A	Chicken Cacciatore with Savoury Rice & Copper Penny Salad A	Ranch Beef & Mushroom Cubes, Rosemary Roast Potatoes & Broccoli Salad A	Honey-Pineapple Glazed Pork Steaks with Rice Salad & Sweetcorn Salad A
Dinner	Beef Roast, Mushroom Risotto and Coleslaw B	BBQ Chicken & Bacon Kebabs with Cajun & Feta Mash & Cheesy Cauliflower B	Sweet Chilli Pork Stir-Fry on Egg Noodles with Copper Penny Salad B	Hawaiian Sweet Chilli Chicken Kebabs, Rosemary Roast Potatoes & Broccoli Salad B	Chicken, Halloumi, Tomato & Olive Stir-Fry with Rice Salad and Sweetcorn Salad B
	Monday, 13 September 2021	Tuesday, 14 September 2021	Wednesday, 15 September 2021	Thursday, 16 September 2021	Friday, 17 September 2021
Lunch	Pork Roast, Cauliflower Macaroni & Cheese and Fried Green Beans A	Battered Chicken Breast & Fried Mushrooms with Sticky Mango Rice and Broccoli Salad A	Cheesy Caramelized Onion & Chicken Open Pie, Sweetcorn Salad A	Smokey BBQ Beef Short-Rib, Broccoli Fried Rice & Three Bean Salad A	Karoo Lamb Sausage with Creamy Spinach and Potato Salad A
Dinner	Roast Chicken Breast and Smokey Mushroom Sauce, Cauliflower Mac & Cheese, Fried Green Beans B	Beef Ratatouille with Herbed Rice & Broccoli Salad B	Italian Meatballs with Savoury Cous-Cous and Sweetcorn Salad B	Hawaiian Chicken Kebabs with Three Bean Salad & Broccoli Fried Rice B	Breadless Feta & Mushroom Burger, Creamy Spinach & Potato Salad B
	Monday, 20 September 2021	Tuesday, 21 September 2021	Wednesday, 22 September 2021	Thursday, 23 September 2021	Friday, 24 September 2021
Lunch	Pickled Eisbein Potjie, Paptert & Roast Vegetables A	Creamy Beef Fillet Stroganoff on Tri-Coloured Pasta and Orange Glazed Carrots A	Creamy Chicken & Bechamel Sauce Pancakes with Grated Cheddar A	Oriental Chicken Stir-Fry on Egg Noodles A	Beef Curry & Herbed Rice with Tomato and Feta Salad A
Dinner	Grilled Chicken Fillet with BBQ Onion, Roast Vegetables & Paptert B	Chicken and Spinach Lasagne with Orange Glazed Carrots B	Mediterranean Hake with Fried Crispy Stack Potatoes & Creamy Baby Marrows B	Chicken Schnitzel with Coconut Curry Rice and Savoury Sweetcorn B	Sweet & Sour Pork Stir-Fry with Herbed Rice and Tomato & Feta Salad B

	Monday, 27 September 2021	Tuesday, 28 September 2021	Wednesday, 29 September 2021	Thursday, 30 September 2021	Friday, 01 October 2021
Lunch	Honey Mustard Pork Kebabs, Creamy Potato Au Gratin, Cranberry Carrot Salad A	White Wine Chicken & Bacon Pasta Alfredo with Broccoli Salad A	Asian Beef and Green Beans Stir- Fry with Egg Noodles and Fried Peas A	Chicken Schnitzel and Mushroom Sauce with Spanish Rice and Mashed Gem Squash A	Durban Chicken Curry & Rice with Coleslaw A
Dinner	Roast Chicken, Creamy Potato Au Gratin, Cranberry Carrot Salad B	Chicken Tikka Strips with Pasta Salad & Broccoli Salad B	Chicken Sausage and Garlic Parmesan Roast Potatoes with Fried Peas B	Smokey BBQ Pork Kebabs, Spanish Rice & Mashed Gem Squash B	Meatballs with Tomato Relish, Hasselback Cheese Potato and Coleslaw B

Orders: orders@simplyfreshfoods.co.za
Info: info@simplyfreshfoods.co.za
Brian kombuis@simplyfreshfoods.co.za
0845834799

