



orders@kossiesikelela.co.za  
 012 885 0606/ 079 218 9838  
 www.kossiesikelela.co.za

*Because this is a bespoke menu,  
 our cost for collection and  
 delivery remains the same.*

[Standard Plate R95] [Jumbo Plate R125] [Small Plate R75]  
 [Standard Plate 470gm] [Jumbo Plate 730gm] [Small Plate 300gm]

## HEALTHY DAILY MEALS (Diabetic Friendly)

### Apr-26

Monday	Tuesday	Wednesday	Thursday	Friday
30-Mar-26	31-Mar-26	01-Apr-26	02-Apr-26	03-Apr-26
<b>Bacon &amp; Mushroom Crustless Quiche</b>	<b>Bobotie</b>	<b>Grilled Chicken Strips</b>	<b>Beef Stew</b>	
Carrot & Pea Mix Corn on the Cob	Tomato, onion & cucumber sambal Sweet & Sour Beetroot	Steamed Pumpkin Spinach, onion & potato	Steamed Broccoli & Cauliflower Curried Cabbage	
06-Apr-26	07-Apr-26	08-Apr-26	09-Apr-26	10-Apr-26
	<b>Bolognese</b>	<b>Fish Cakes</b>	<b>Chicken a la King</b>	<b>Grilled Beefstrips with Onion</b>
	Beans, onion & potato Beetroot salad	Coleslaw Steamed Veggies	Corn Steamed Butternut	Cinnamon & Honey Carrots Sweet potato with garlic butter
13-Apr-26	14-Apr-26	15-Apr-26	16-Apr-26	17-Apr-26
<b>Asian Style Beef Strips</b>	<b>Grilled Chicken Breast</b>	<b>Grilled Pork Chops</b>	<b>Malay Chicken Curry</b>	<b>Meatloaf</b>
Stirfry Veggies -	Copperpenney Salad Steamed Broccoli	Baked Pumpkin Cabbage, onion & potato	Tomato & Onion Sambal Braised Spinach with Onion	Sousboontjies Carrot, onion & potato
20-Apr-26	21-Apr-26	22-Apr-26	23-Apr-26	24-Apr-26
<b>Savoury Mince</b>	<b>Tuna &amp; Red Onion Crustless Quiche</b>	<b>Braised Beef Shortrib</b>	<b>Chicken Parmesan</b>	<b>Cottage pie</b>
Gems with Cinnamon Ratatouille	Broccoli Salad Green salad	Beetroot Salad French Beans	Braised Cabbage Baked Butternut	Seasonal Roast Veggies -
27-Apr-26	28-Apr-26	29-Apr-26	30-Apr-26	01-May-26
	<b>Grilled Pork Strips</b>	<b>Roast Chicken</b>	<b>Roast Beef</b>	
	Sweet Peas Savoury Hubbard Squash	Green Salad Carrot & Pine Salad	Creamed Spinach Steamed Pumpkin	

**WE HAVE A NEW ADDRESS! SHOP 353 24th ave c/o Pierneef & Villieria (DVH Deli opposite Tuinhoekie)**

NOTE NO KINDS MEALS AVAILABLE IN THE HEALTHY OPTION

NOTE: We have a **NEW BANK ACCOUNT**. Please use the **NEW ABSA** Account when making payments.

**REMEMBER THAT WE DO CATERING FOR ALL SIZES OF FUNCTIONS AND EVENTS. CALL US FOR A BESPOKE QUOTATION.**