



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)**

**May-26**

Monday	Tuesday	Wednesday	Thursday	Friday
04-May-26	05-May-26	06-May-26	07-May-26	08-May-26
<b>Meatballs &amp; Tomato Sauce</b>	<b>Coronation Chicken</b>	<b>Beef Stroganoff</b>	<b>Curry Mince</b>	<b>Bacon &amp; Mushroom Egg Muffin</b>
Steamed Carrots with onion Garlic Beans	Gems with Mozzarella Cheese Pesto Babymarrow	Sweet & Sour Beetroot Braised Spinach & Onion	Corn on the Cob Steamed Peas	Pumpkin Mash Rocket Salad
11-May-26	12-May-26	13-May-26	14-May-26	15-May-26
<b>Grilled Beef Strips</b>	<b>Grilled Fish</b>	<b>Grilled Chicken Thighs</b>	<b>Mexican Mince</b>	<b>Indian Butter Chicken</b>
Braised beans with Onion Roasted Carrots with Honey	Braised Cabbage Butter Peas	Steamed Broccoli Baked Butternut	Chicpea & Coriander Salad Corn on the Cob	Tomato, onion & coriander sambal Braised Spinach
18-May-26	19-May-26	20-May-26	21-May-26	22-May-26
<b>Pork Neck Roast</b>	<b>Beef Curry</b>	<b>Bolognaise Meatball</b>	<b>Chicken &amp; Spinach Crustless Quiche</b>	<b>Meatloaf</b>
Sweet Potato w Ginger Braised beans with onion	Tomato, cucumber & onion salad Stemed Broccoli & Cauliflower	Braised Babymarrow Three-bean Salad	Gems with Cinnamon Creamy baked Cabbage	Butternut & Feta Salad Parmesan Babymarrow
25-May-26	26-May-26	27-May-26	28-May-26	29-May-26
<b>Beef Trinchado</b>	<b>Grilled Chicken Breast</b>	<b>White Fish Paella</b>	<b>Roasted Chicken Thighs</b>	<b>Beef Potjie</b>
Rattouille Sweetcorn egg muffin	Braised Spinach with peppers Steamed Butternut	Seasonal Roast Veggies -	Beetroot Salad Savoury Hubbard Squash	Green Salad Carrot & Pineapple Salad

**Order frozen meals online [www.kossiesikelela.co.za](http://www.kossiesikelela.co.za)**

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.**