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[Standard Plate R100] [Jumbo Plate R135] [Small Plate R80]
[Standard Plate 470gm] [Jumbo Plate 730gm] [Small Plate 300gm]

HEALTHY DAILY MEALS (Diabetic Friendly)

Aug-26

Monday	Tuesday	Wednesday	Thursday	Friday
03-Aug-26	04-Aug-26	05-Aug-26	06-Aug-26	07-Aug-26
Boerewors Bredie	Beef Potjie	Thai Green Chicken	Grilled Fish	Grilled Chicken Thighs
Sweet & Sour Beetroot Braided Brinjals	Marrow Pumpkin Medley Baked Pumpkin	Chickpea & Coriander Salad Julienne Carrots	Coleslaw (no sugar) Braided Broccoli	Braised Spinach & Feat Sweet Potato with Ginger
10-Aug-26	11-Aug-26	12-Aug-26	13-Aug-26	14-Aug-26
	Smoked Pork	Grilled Chicken Breast	Savoury Mince	Braised Beef & Onion
	Braised Cabbage Sweet Peas	Steamed Carrots Ratatouille	Steamed Country Veg Baked Butternut	Couscous Salad Gems with Cheese
17-Aug-26	18-Aug-26	19-Aug-26	20-Aug-26	21-Aug-26
Meatballs & Gravy	Honey & Pineapple Chicken	Traditional Lamb Stew	Tuna Quiltless Quiche	Grilled Chicken Strips
Apple Sweetpotato Braided Spinach	Savoury Hubbard Pumpkin Baked Beetroot	French Beans Steamed Pumpkin	Roast Veg Mixed -	Crunchy Veggie Strips Garden Salad
24-Aug-26	25-Aug-26	26-Aug-26	27-Aug-26	28-Aug-26
Grilled Beef Strips	Salami Crustless Quiche	Chicken a la King	Savoury Mince	Chicken Parmesan
Stirfry Veggies -	Carrot & Pine salad Three Bean Salad	Braised Spinach & Onion Steamed Carrots	Cauliflower Gratin Mushroom Peas	Braised Babymarrow Baked Pumpkin
31-Aug-26				
Bolognese Mince				
Baked Butternut Savoury Braised beans.				

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