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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)

Sept-26

Monday	Tuesday	Wednesday	Thursday	Friday
31-Aug-26	01-Sept-26	02-Sept-26	03-Sept-26	04-Sept-26
	Lemon & Herb Chicken Sosatie	Beef Goulash	Grilled Chicken 1/4	Grilled Fish
	Crisp Cucumber & Tomato Salad	Stemed Carrot Roundels	Steamed Broccoli & Cauliflower	Coleslaw
	Spinach & Feta Tartlets	Savoury Gem Squash	Sweet Potato Mash	Corn on the Cob
07-Sept-26	08-Sept-26	09-Sept-26	10-Sept-26	11-Sept-26
Roast Beef	Grilled Pork Sosatie	Grilled Chicken Breast	Bobotie	Roast Chicken Thighs
Steamed Carrots	Roasted Butternut	Carrot & Pineapple Salad	Steamed Pumpkin	Seasonal Roast Veggies
Braised Beans & Onion	Braised Broccoli	Braised Spinach & Onion	Butter Peas	-
14-Sept-26	15-Sept-26	16-Sept-26	17-Sept-26	18-Sept-26
Savoury Mince	Chicken Stir Fry	Grilled Fish with Peppers	Chicken Casserol	Braised Beef Stew
Baked Beetroot	Braised Stirfry Veggies	Three-Bean Salad	Braised Cabbage	Roasted Sweet Potato
Steamed Cauliflower	-	Braised Carrot & Onion	Savoury Mixed Veg	Green Salad
21-Sept-26	22-Sept-26	23-Sept-26	24-Sept-26	25-Sept-26
Bacon Cheese Egg Souffle	Basaar Curry Mince	Grilled Chicken Strips		Boerewors
Ratatouille	Stemed Gem Squash	Baked Butternut		Beetroot Salad
Baked Pumpkin	French Beans	Savoury Hubbard Squash		Broccoli Salad
28-Sept-26	29-Sept-26	30-Sept-26		
Lamb Pie Filling	Chicken Korma Curry	Meatballs in Tomato Sauce		
Sweet Potato with Ginger	Tomato & Onion Sambal	Seamed Country Veg		
Creamed Spinach	Braised Green Beans	Coleslaw		

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