

MEAT, VEGETABLES, & SPICES

**Fresh food for a  
good mood**



**April 2018**

**Fresh cooked meals by Mel**

**076 8911125**

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	30
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Easter Monday - Closed</b>	Morroccan Chicken with Butternut & Greenbeans	Beef & Broccoli with Rice	Pork chops with Carrots & Creamed Spinach	Chicken Lentil Potatoes Curry with Rice
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Bobotie with Yellow Rice & Raisins, & Butternut	Chicken Lentil Potatoes Curry with Rice	Beef prego steak with caramelized Onions Green beans, Carrots & Mushroom medley	Turmeric Pork Chops with Sweet potatoes & Savoury rice	Pan Fried Lemon Fish with Garlic Mash with & Carrots & Peas
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Grilled Honey & Lime Chicken Breast with Carrots & Rice	Beef & Broccoli with Rice	Chicken Breast with Pepper Sauce, Butternut & Broccoli	Bobotie with Yellow Rice & raisins, & Butternut	Chicken with Pesto Pearl Barley Cheak pease with Babby Marrow & Mushrooms Medley
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Curried Beef with Sweet Potatoes & Green Beans	Chicken Penna Pasta with Pesto Basil & Peas	Bobotie with Yellow rice & raisins, Butternut	Morroccan Chicken with Butternut & Greenbeans	<b>Freedom day Closed</b>
<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Spicy Cajun Beef mince with Red beans & Butter beans with Carrots	<b>1 May - Open</b>			

Contact number: 076 8911125

Order by 11am for next day delivery

Banking details:

Capitec Bank  
A/C Name: M Sauls  
Acc Nr : 1499076809  
Branch Code : 470010  
**Please use your name and surname**

Reference: