

# February 2018

## Fresh home cooked meals by Mel

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
			Pork Cutlets with pepper sauce, carrots, peas and roast sweet potatoes	Green bean beef stew with potatoes, butternut & rice
5	6	7	8	9
Bobotie with yellow rice & raisins, butternut	Chicken lentil potatoes curry with rice	Asian style beef strips with mushroom, broccoli & greenbeans	Lemon & herb Pan fried fish with garlic mash, broccoli	Chicken Penna Pasta with pesto basil & peas
12	13	14	15	16
Tumeric Pork chops with roast sweet potatoes & carrots & beetroot	Tuna with red kidney beans, butterbeans, broccoli & carrots	Moroccan Chicken couscous with butternut & green beans	Green bean beef stew with potatoes, butternut & rice	Stuffed chicken breast with broccoli & cheese with gem squash, greenbeans & mushrooms
19	20	21	22	23
Green bean beef stew with potatoes, butternut & rice	Lemon & herb Pan fried fish with garlic mash, broccoli	Chicken lentil potatoes curry with rice	Pork Cutlets with pepper sauce, carrots, peas and roast sweet potatoes	Chicken breast with spinach, butternut, mushrooms
26	27	28	1	2
Bobotie with yellow rice & raisins, butternut	Moroccan Chicken couscous with butternut & green beans	Tuna with red kidney beans, butterbeans, broccoli & carrots		

Contact number: 076 8911125

Banking details:

Capitec Bank

A/C Name: M Sauls

Acc Nr : 1499076809

Branch Code : 470010

Order by 11am for next day delivery

Reference:

Please use your name and surname