



March 2018

Fresh cooked meals by Mel

076 8911125

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
				Chicken Penna Pasta with pesto basil & peas	Turmeric Pork chops with roast sweet potatoes & savoury rice
	5	6	7	8	9
	Chicken lentil potatoes curry with rice	Lemon & herb Pan fried fish with carrots & peas, garlic mash	Slow cooked Beef Bourguignon with rice	Stuffed Chicken breast with broccoli & cheese with gem squash, broccoli & mushrooms	Bobotie with yellow rice & butternut
	12	13	14	15	16
	Pork Chops with pepper sauce with mash potatoes & butternut	Chicken Breast with pesto & lime couscous, & carrots	Tuna with red kidney beans, butterbeans, broccoli & carrots	Spicy lentil Chicken stew with yellow rice	Green bean Beef Stew with butternut, potatoes & rice
	19	20	21	22	23
	Moroccan Chicken couscous with butternut & green beans	Slow cooked Beef Bourguignon with rice	Chicken Penna Pasta with pesto basil & peas	Lime pork chops with spinach & couscous & carrots	Pan fried fish with butter beans, oregano & tomatoes
	26	27	28	29	30
	Chicken lentil potatoes curry with rice	Bobotie with yellow rice & butternut	Lemon & herb Pan fried fish with carrots & peas, garlic mash	Rosemary & Garlic Pork Chops with orzottoe & beetroot	Good Friday - Close

Contact number: 076 8911125

Order by 11am for next day delivery

Banking details:

Reference:

Capitec Bank

A/C Name: M Sauls

Acc Nr : 1499076809

Branch Code : 470010

Please use your name and surname