



**Regular portion R86**

**Pensioner portion R65**

**WEEK 1 (3 – 9 June)**

Meal 1: Chicken trinchado served with sweet potato mash and garlic green beans

Meal 2: Beef curry and rice served with peas and carrots

Meal 3: Pork stroganoff served with rice pasta and roast butternut

Meal 4: Chicken stir-fry served with rice and Korean zucchini

Meal 5: Cheeseburger patties served with three baked beans and steamed broccoli

Meal 6: Tilapia Florentine served with couscous with lemon tomato and balsamic tomatoes

Meal 7: Brisket potjie served with butternut mash and green pepper casserole

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**WEEK 2 (10 - 16 May)**

Meal 1: Beef keema and rice served with tomato wedges

Meal 2: Beef bourguignon served with creamed corn and mixed vegetables

Meal 3: Creamy French pork and lentils served with grilled eggplant

Meal 4: Citrus coconut hake served with garlic mash and red onion green beans

Meal 5: Chicken cacciatore served with couscous and Dijon vegetables

Meal 6: Irish style beef stew served with rice and Brussel sprouts

Meal 7: Chicken, bacon and corn chowder served with scalloped butternut and cauliflower cheese

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**WEEK 3 (17 – 23 May)**

Meal 1: Lemon garlic chicken served with butternut and spicy cowboy beans

Meal 2: Mediterranean beef penne served with broccoli cheese

Meal 3: Pork roast served with sweet potato mash and roast veg

Meal 4: Chicken paprikash, mash with greens and cheesy pearl onions

Meal 5: Savoury mince and rice served with ratatouille

Meal 6: Chicken piccata served with pasta and crunchy buttery cabbage

Meal 7: Bacon wrapped pork fillets served with pumpkin and green beans with plump tomatoes

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**WEEK 4 (24 – 30 May)**

Meal 1: Beef shepherds pie served with a side of veg

Meal 2: Chicken and broccoli pasta served with stuffed gem squash

Meal 3: Braised beef short-rib served with mash and wilted spinach

Meal 4: Thai red curry chicken with couscous and candied carrots

Meal 5: Fried pork chops with apples served with sweet potato and mixed veg

Meal 6: Garlic mushroom steaks with pumpkin and green beans

Meal 7: Spaghetti meatballs served with marinated roast onions and oven cauliflower



**Regular portion R86**  
**Pensioner portion R65**

**WEEK 1 (3 – 9 June)**

- Meal 1: Chicken trinchado served with sweet potato mash and garlic green beans
  - Meal 2: Beef curry and broccoli rice served with mixed vegetables
  - Meal 3: Pork stroganoff served with veg pasta and roast butternut
  - Meal 4: Chicken stir-fry served with rice and Korean zucchini
  - Meal 5: Cheeseburger patties served with green beans and steamed broccoli
  - Meal 6: Tilapia Florentine served with cauliflower rice with lemon tomato and balsamic tomatoes
  - Meal 7: Brisket potjie served with butternut mash and green pepper casserole
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**WEEK 2 (10 - 16 May)**

- Meal 1: Beef keema and veg rice served with tomato wedges
  - Meal 2: Beef bourguignon served with creamed kale and mixed vegetables
  - Meal 3: Creamy French pork and pumpkin served with grilled eggplant
  - Meal 4: Citrus coconut hake served with garlic cauli mash and red onion green beans
  - Meal 5: Chicken cacciatore served with sweet potato bake and Dijon vegetables
  - Meal 6: Irish style beef stew served with stuffed peppers and Brussel sprouts
  - Meal 7: Chicken and bacon chowder served with scalloped butternut and cauliflower cheese
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**WEEK 3 (17 – 23 May)**

- Meal 1: Lemon garlic chicken served with butternut and spicy green beans
  - Meal 2: Creamy Mediterranean beef casserole served with broccoli cheese
  - Meal 3: Pork roast served with sweet potato mash and roast veg
  - Meal 4: Chicken paprikash, cauli mash with greens and cheesy pearl onions
  - Meal 5: Savoury mince and broccoli rice served with ratatouille
  - Meal 6: Chicken piccata served with veg pasta and crunchy buttery cabbage
  - Meal 7: Bacon wrapped pork fillets served with pumpkin and green beans with plump tomatoes
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**WEEK 4 (24 – 30 May)**

- Meal 1: Beef shepherds pie served with a side of veg
- Meal 2: Chicken and broccoli veg pasta served with stuffed gem squash
- Meal 3: Braised beef short-rib served with veg mash and wilted spinach
- Meal 4: Thai red curry chicken with steamed green veg and garlic eggplant
- Meal 5: Fried pork chops with apples served with sweet potato and mixed veg
- Meal 6: Garlic mushroom steaks with pumpkin and green beans
- Meal 7: Italian meatballs served with marinated roast onions and oven cauliflower

## Mediterranean mix & match menu - Meals delivered every - Tuesday at R75 per address

### BEEF

Dutch oven Mediterranean beef stew R89  
Mediterranean ground beef stir-fry R79  
Moussaka R89  
Egyptian goulash pie with puff pastry R89  
Beef lasagna R79  
Middle Eastern meatball stew R85  
Kofta kebobs with a yoghurt sauce R82

### CHICKEN

Mediterranean chicken skillet R79  
Piccata chicken with cream R79  
Creamy chicken stew R79  
Chicken and chorizo ragu R85  
Spicy chicken and chickpea curry R79  
Chicken, spinach and mushroom pot pie R89  
Chicken arrabiata stew R76  
Chicken lasagna R76  
Chicken parmigiana R89

### PORK

Teriyaki pork roast R79  
Sausage manicotti R72  
Tangy tender pork chops R82  
Bacon and mushroom carbonara R72

### FISH

Mediterranean baked white fish R82  
Sicilian fish R82  
Homemade fish cakes R89

### SIDE DISHES – (1 portion gives you 2 servings)

Stuffed onions R36  
Arabic keema rice R38  
Spinach rice R35  
Mediterranean vegetables R35  
Stuffed eggplant R34  
Cheesy zucchini R34  
Greek potatoes R38

## Kiddies mix & match menu - Meals delivered every Tuesday at R75 per address

### Regular Meal R49

### Gluten-free Meal R59

#### BEEF

Spaghetti bolognese with hidden veg  
Spaghetti meatballs with hidden veg  
Beef bobotie with vegetable rice  
Cheesy mince pasta with carrots  
Beef and veg lasagna

#### CHICKEN

Chicken and veg casserole on mash  
Chicken and bacon casserole on pumpkin mash  
Chicken drumsticks on creamy vegetable mash (Gluten-free option not available)  
Chicken nuggets with mash and carrots (Gluten-free option not available)  
Chicken and veg lasagne  
Chicken ala-king on vegetable rice

#### PORK

Pork stroganoff on mash  
Creamy pork and veg stew on mash  
Bangers and mash with peas (Gluten-free option not available)  
Bacon and mushroom carbonara with carrots  
Cauliflower macaroni and cheese topped with bacon

#### FISH

Fish bites with sweet potato mash and peas (Gluten-free option not available)  
Fish fingers, mashed veg and corn fritters (Gluten-free option not available)



Menus subject to change without prior notice.  
DELIVERIES FOR WEEKLY MEALS DONE TUESDAYS AT R75 PER ADDRESS.

Portion sizes indication (raw weights): Steak 180g, Mince 160g, Chops 160g, Chicken fillets 180g, Fish 140g