

Normal Menu – Weekly meals delivered every Tuesday at R75 per address.



Regular portion R86
Pensioner portion R65

WEEK 1 (5 – 11 May)

Meal 1: Curry mince style cottage pie served with creamed spinach and sweet carrots
Meal 2: Beef stroganoff with butternut mash served with broccoli cheese
Meal 3: Chicken and vegetable casserole served with mash and garlic green beans
Meal 4: Fish with lemon caper butter served with rice and mixed vegetables
Meal 5: Pork roast with vegetables served with mac & cheese and pumpkin with fresh thyme
Meal 6: Yellow Thai meatballs with sweet potato mash and sautéed green beans
Meal 7: Cheeseboard mac and cheese served with steamed broccoli

WEEK 2 (12 – 18 May)

Meal 1: Pork burger patties with apple relish served with sweet pumpkin and red cabbage
Meal 2: Chili con carne with creamy mash and sautéed eggplant
Meal 3: Creamy chicken and bacon chowder served with sweet potato mash and roast peppers
Meal 4: Fish cottage pie served with peppered peas
Meal 5: Beef goulash served with rice and roast butternut
Meal 6: Creamy mushroom pork chops served with mash and steamed broccoli
Meal 7: Chicken tikka masala served with rice and lemon cabbage

WEEK 3 (19 – 25 May)

Meal 1: Ground pork and green beans stir-fry served with rice
Meal 2: Cajun sausage stew with sweet potato mash served with stuffed gems
Meal 3: Spaghetti meatballs served with parmesan broccoli
Meal 4: Butter chicken curry served with rice and spinach
Meal 5: Lemongrass and lime pork with sweet carrots and green vegetables
Meal 6: Korean beef stir-fry served with noodles and lemon cabbage
Meal 7: Creamy garlic chicken with herbs served with rice and green veg

WEEK 4 (26 May – 1 June)

Meal 1: Beef and beer stew served with mash and mixed vegetables
Meal 2: Pesto chicken stew served with pasta and spicy zucchini
Meal 3: Mince curry with potatoes served with rice and creamed carrots
Meal 4: Creamy chicken and broccoli with mash and garlic butter tomatoes
Meal 5: Moroccan sausage stew served with couscous and eggplant
Meal 6: Creamy ground beef with pasta shells served with Brussel sprouts
Meal 7: Tuscan chicken served with butternut mash and toasted cauliflower

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 180g, Chops 180g, Chicken fillets 200g, Fish 140g



Regular portion R86
Pensioner portion R65

WEEK 1 (5 – 11 May)

Meal 1: Curry mince style cottage pie with cauli topping served with creamed spinach and pumpkin
Meal 2: Beef stroganoff with butternut mash served with broccoli cheese
Meal 3: Chicken and vegetable casserole served with veg mash and garlic green beans
Meal 4: Fish with lemon caper butter served with broccoli rice and mixed vegetables
Meal 5: Pork roast with vegetables served with cauli mac & cheese and pumpkin with fresh thyme
Meal 6: Yellow Thai meatballs with sweet potato mash and sautéed green beans
Meal 7: Pork steaks with a three cheese sauce served with steamed broccoli

WEEK 2 (12 – 18 May)

Meal 1: Pork burger patties with apple relish served with pumpkin and red cabbage
Meal 2: Ground beef chili served with creamy veg mash and sautéed eggplant
Meal 3: Creamy chicken and bacon chowder served with sweet potato mash and roast peppers
Meal 4: Fish cottage pie served with mixed vegetables
Meal 5: Beef goulash served with cauli rice and roast butternut
Meal 6: Creamy mushroom pork chops served with veg mash and steamed broccoli
Meal 7: Chicken tikka masala served with squash rice and lemon cabbage

WEEK 3 (19 – 25 May)

Meal 1: Ground pork and green beans stir-fry served with cauliflower rice
Meal 2: Cajun sausage stew with sweet potato mash served with stuffed gems
Meal 3: Italian meatballs served with parmesan broccoli and pumpkin
Meal 4: Butter chicken curry served with pumpkin rice and spinach
Meal 5: Lemongrass and lime pork with garlic mushrooms and green vegetables
Meal 6: Korean beef stir-fry served with zoodles and lemon cabbage
Meal 7: Creamy garlic chicken with herbs served with cauli rice and green veg

WEEK 4 (26 May – 1 June)

Meal 1: Beef and beer stew served with veg mash and mixed vegetables
Meal 2: Pesto chicken stew served with veg pasta and spicy zucchini
Meal 3: Mince curry served with cauliflower rice and creamed patty pans
Meal 4: Creamy chicken and broccoli with sweet potato mash and garlic butter tomatoes
Meal 5: Moroccan sausage stew served with butternut rice and eggplant
Meal 6: Creamy ground beef served with Brussel sprouts and roast veg
Meal 7: Tuscan chicken served with butternut mash and toasted cauliflower