

Bonappetit Banting Meal of the day March 2019

- 1 BOBOTIE ON ROASTED GARDEN GREENS AND VEG
- 4 CHEESY BOLOGNAISE ON SAUTEED CABBAGE AND GARDEN SALAD
- 5 MILD CAPE MALAY LAMB CURRY ON BANTING RICE WITH VEGGIES
- 6 CHICKEN, ONION & MUSHROOM BAKE ON STRIFRY WITH VEG
- 7 BACON AND CHEESE QUICHE WITH SALAD
- 8 CREAMY CAJUN CHICKEN STRIPS ON SPICY STIRFRY AND VEG
- 11 TUNA AND CHEESE CAULI/CABBAGE BAKE AND SALAD
- 12 CREAMY TANDOORI CHICKEN STRIPS ON GARLIC & PARSLEY GREENS & VEG
- 13 STEAK FINGERS ON MIXED PEPPERS BANTING RICE WITH CHEESY VEG
- 14 SAVOURY CURRY MINCE ON STIRFRY & VEG
- 15 BEEF STROGANOFF ON SAUTEED VEG AND SALAD
- 18 CHEESY TACO MINCE WITH FRIED CABBAGE AND GARDEN SALAD
- 19 GREEN BEAN STEW ON BANTING RICE WITH VEGGIES
- 20 FRIKKADELS WITH SMOOR ON STIRFRY AND CHEESY VEG
- 21 GRILLED CHICKEN ON CHEESY OVEN ROASTIES & ANISEED INFUSED PUMPKIN
- 22 CURRY MINCE ON GARDEN GREENS & SALAD
- 25 BACON & CHEESE CAULI/CABBAGE BAKE AND SALAD
- 26 CHICKEN A LA KING ON STIRFRY & CHEESY VEG
- 27 HEARYY BEEF & VEG STEW ON SAUTEED MARROW & VEG
- 28 CHEESY BANTING SHEPPERDS PIE AND VEG
- 29 ROAST GAMMON ON ROSEMARY OVEN ROAST & VEG

orders@bonappetitmeals.co.za - www.bonappetitmeals.co.za Debi 0845324643

PLEASE NOTE MEALS ARE PAYABLE ON ORDER

MENU IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE DUE TO AVAILABILITY

R60 PER SERVING

Bonappetit Banting Salad Menu March 2019

- 1 CHICKEN, FETA, TOMATO, CUCUMBER, OLIVES AND PEPPADEW
- 4 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 5 MUSHROOMS, FETA, PEPPADEW, OLIVES, SMOKED CHICKEN AND BASIL LEAVES
- 6 TUNA, EGG, TOMATO, GHERKINS, CHEESE AND LETTUCE
- 7 BALSAMIC AND OLIVE STEAK, CUCUMBER, TOMATO, BABY SPINACH, FETA, MUSHROOMS
- 8 JAPANESE ZUCCHINI CUCUMBER, OYSTER CHICKEN STIPS, TOMATOES, RADISH WITH DRESSING
- 11 MUSHROOMS, FETA, PEPPADEW, OLIVES, SMOKED CHICKEN AND BASIL LEAVES
- 12 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 13 GAMMON CHICKEN, CELLARY, GHEKINS, PEPPADEW AND CHEESE
- 14 ITALIAN SWEET BASIL CHICKEN STRIPS WITH CREAM CHEESE FILLED CUCUMBER
- 15 STEAK, GHERKINS, SPINNACH LEAVES, TOMATO, OLIVES, AND BLUE CHEESE SAUCE
- 18 CHICKEN, BASIL, FETA, TOMATO, CUCUMBER, OLIVES AND PEPPADEW
- 19 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 20 GAMMON CHICKEN, CELLARY, GHEKINS, PEPPADEW AND CHEESE
- 21 TUNA, EGG, TOMATO, GHERKINS, CHEESE AND LETTUCE
- 22 JAPANESE ZUCCHINI CUCUMBER, OYSTER CHICKEN STIPS, TOMATOES, RADISH WITH DRESSING
- 25 BALSAMIC AND OLIVE STEAK, CUCUMBER, TOMATO, BABY SPINACH, FETA, MUSHROOMS
- 26 ITALIAN SWEET BASIL CHICKEN STRIPS WITH CREAM CHEESE FILLED CUCUMBER
- 27 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 28 GAMMON CHICKEN, CELLARY, GHEKINS, PEPPADEW AND CHEESE
- 29 TUNA, EGG, TOMATO, GHERKINS, CHEESE AND LETTUCE

orders@bonappetitmeals.co.za - www.bonappetitmeals.co.za - Debi 084 532 4643

PLEASE NOTE MEALS ARE PAYABLE ON ORDER

MENU IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE DUE TO AVAILABILITY

Min of 4 meals per week to one delivery address R55/serving

Bonappetit Gi Low Meal of the day March 2019

- 1 BOBOTIE ON YELLOW GI RICE WITH CITRUS SWEET POTATO
- 4 GI LOW SPAGETTI BOLOGNAISE WITH SEEDED BUN AND GARDEN SALAD
- 5 MILD CAPE MALAY LAMB CURRY ON BROWN RICE WITH VEGGIES
- 6 CHICKEN, ONION & MUSHROOM BAKE, GI LOW RICE & VEG
- 7 BACON AND CHEESE QUICHE ON GARLIC BUTTER YOUNG POTATOES WITH SALAD
- 8 CAJUN CHICKEN STRIPS ON SPICY WILD BROWN RICE AND VEG
- 11 GI LOW TUNA AND CHEESE MACARONNI WITH GI LOW BUN AND SALAD
- 12 TANDOORI CHICKEN STRIPS ON GARLIC & PARSLEY BABY JACKET POTATOES & VEG
- 13 STEAK FINGERS ON MIXED PEPPERS GI LOW RICE WITH CINNAMON BUTTERNUT
- 14 SAVOURY CURRY MINCE ON SWEET POTATO MASH & VEG
- 15 BEEF STROGANOFF ON FRAGERANT GI LOW RICE & CITRUS STEAMED SWEET POTATO
- 18 TACO MINCE GI LOW PASTA WITH WHOLEWEAT BUN AND FRUITY GARDEN SALAD
- 19 GREEN BEAN STEW ON BROWN RICE WITH CINNAMON BUTTERNUT
- 20 FRIKKADELS & SMOOR ON GI LOW MASH & VEG
- 21 CHICKEN ON STIRFRY BROWN RICE, ROAST BABY POTATOES & ANISEED INFUSED PUMPKIN
- 22 CURRY MINCE ON GI LOW RICE WITH BANANA GI LOW PASTA SALAD
- 25 BACON & PARMESAN GI LOW PASTA WITH GI LOW BUN AND SALAD
- 26 CHICKEN A LA KING ON GI LOW RICE & BABY POTATO SALAD
- 27 IRISH BEEF STEW ON BROWN RICE AND VEG
- 28 GI LOW SAVOURY SHEPPERDS PIE ON BROWN RICE & STEAMED BUTTERNUT
- 29 ROAST GAMMON, STIRFRY GI RICE, ROAST BABY POTATO & VEG

orders@bonappetitmeals.co.za - www.bonappetitmeals.co.za Debi 0845324643

PLEASE NOTE MEALS ARE PAYABLE ON ORDER

MENU IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE DUE TO AVAILABILITY

R55 PER SERVING

BONAPPETIT KIDDIES MEAL MARCH 2019

- 1 BOBOTIE COCKTAIL PIES ON MASH AND SWEET CARROTS
- 4 SPAGETTI BOLOGNAISE WITH CHEESE BUN AND TREAT
- 5 CHEESEY CHICKEN BITES, HASH BROWN & TREAT
- 6 MINI CHICKEN PIES, VEGGIE NUGGETS BANANA AND BAKED BEANS SALAD
- 7 BACON CHEESE QUICHE ON MASH WITH TREATS
- 8 CHICKEN FINGERS ON CHEESY CORN MASH & YOUGART
- 11 CHEESY TUNA PASTA, CHEESE BUN AND TREAT
- 12 FISH CAKE ON CHEESY MASH & SWEET PEAS AND CARROTS
- 13 MINI STEAK PIES CHEESEY MASH AND YOUGART
- 14 FISH FINGERS CHIPS AND FRITTERS
- 15 CHEESE BEEF BURGER WITH CHIPS
- 18 TACO PASTA WITH CHEESE BUN AND TREAT
- 19 CRUMBED CHICKEN WITH CHIPS AND MINI CORN
- 20 MINI SAUSAGE ROLLS ON CHEESY MASH & YOUGART
- 21 CHICKEN POPS, CHIPS AND MINI PIZZA
- 22 MINI VETKOEKS FILLED WITH, MINCE, CHEESE JAM & HAM AND CHEESE
- 25 BACON CHEESE AND MAC WITH CHEESE BUN AND TREATS
- 26 HAWAIIINE CHEESE AND PINE CHICKEN BURGER AND CHIPS
- 27 CHICKEN NUGGETS ON CHEESY MASH AND TREAT
- 28 FISH NUGGETS, HASH BROWNS AND PUMPKIN FRITTERS
- 29 CHICKEN AND CHEESE BURGER WITH CHIPS

orders@bonappetitmeals.co.za -www.bonappetitmeals.co.za - Debi 084 532
4643

PLEASE NOTE MEALS ARE PAYABLE ON ORDER

MENU IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE DUE TO AVAILABILITY
R35 PER SERVING

Bonappetit meal of the day March 2019

- 1 BOBOTIE PIE ON YELLOW RAISON RICE & CITRUS SWEET POTATO
- 4 SPAGETTI BOLOGNAISE WITH MINI BUN AND GARDEN SALAD
- 5 MILD CAPE MALAY CURRY ON RICE WITH VEGGIES
- 6 CHICKEN PIE ON SAVOURY SPICY RICE & POTATO SALAD
- 7 BACON AND CHEESE QUICHE ON GARLIC BUTTER POTATOES & SALAD
- 8 CHICHEN FINGERS ON HERB MASH, DIP SAUCE & CURRY PEACH NOODLE SALAD
- 11 TUNA AND CHEESE MACARONNI BAKE WITH MINI BUN AND SALAD
- 12 CHICKEN SNITZEL WITH SAUCE ON HERB MASH & SALAD
- 13 STEAK PIE ON CHUNKY PARSLEY BUTTER POTATOES & CINNAMON BUTTERNUT
- 14 SAVOURY CURRY MINCE ON CREAMY MASH AND VEG
- 15 BEEF STROGANOFF ON FRAGERANT RICE & CITRUS SWEET POTATO
- 18 TACO MINCE PASTA WITH MINI BUN AND FRUITY GARDEN SALAD
- 19 GREEN BEAN STEW ON RICE WITH CINNAMON BUTTERNUT
- 20 SAUSAGE ROLL ON GARLIC BUTTER MASH WITH SWEET CORN CHEESE GEMS
- 21 ROAST CHICKEN, STIRFRY RICE, ROAST POTATOES & ANISEED INFUSED PUMPKIN
- 22 CURRY MINCE VETKOES WITH BANANA NOODLE SALAD
- 25 BACON CHEESE AND MACARONNI WITH MINI BUN AND SALAD
- 26 CHICKEN A LA KING ON RICE WITH VEG
- 27 IRISH BEEF STEW ON RICE WITH VEG
- 28 SAVOURY SHEPPERDS PIE ON RICE & SWEET CINNAMON BUTTERNUT
- 29 ROAST GAMMON ON SAVOURY RICE, ROAST POTATOES & CHEESY VEG

orders@bonappetitmeals.co.za - www.bonappetitmeals.co.za Debi 0845324643

PLEASE NOTE MEALS ARE PAYABLE ON ORDER

MENU IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE DUE TO AVAILABILITY

R55 PER SERVING

BONAPPET
TUISGEBAK
2017

SOUTTERT

	GROOT	MEDIUM(MIN VAN 4
SPEK EN KAAS	R90	R25
SPINASIE EN KAAS	R90	R25
ASPERSIE EN KAAS	R95	R25

PASTEIE (MIN VAN 4 HAND PASTEIE)

HOENDER	R25
STEAK	R25
PEPER STEAK	R25
BOBOTIE	R25
WILD	R25

SOUTIGHEID (12 PASTEIE KLEIN)

HOENDER	R55
MAALVLEIS ROLLETJIES	R55
SPEK EN KAAS TERTJIES	R55
BOBOTIE PASTEITJIES	R55
STEAK PASTEITJIES	R55
GEMENDE SOUTHAPPIES	R55

SOETIGHEID

MELKTERTJIES(12)	R55
KARAMELHORINGTJIES(16)	R85
YSTERVARKIES(12)	R55
ECLAIRS(12)	R55
APPELTERTJIES(8)	R50

KOEKE

KARAMELROL	R95
WORTELRING	R95
SWARTWOUDE	R85
BAR ONE 3 LAAG KOEK	R115

