

Bonappetit Banting Meal of the day May 2019

- 1 PUBLIC HOLIDAY
- 2 CREAMY CAJUN CHICKEN STRIPS ON SPICY STIRFRY AND VEG
- 3 BACON AND CHEESE QUICHE WITH MEDITERRANEAN INFUSED SALAD
- 6 CHEESY BOLOGNAISE ON SAUTEED CABBAGE AND GARDEN SALAD
- 7 MILD INDIAN BEEF CURRY ON BANTING RICE WITH VEGGIES
- 8 PUBLIC HOLIDAY
- 9 CHICKEN A LA KING ON STIRFRY AND VEGGIES
- 10 HAKE WITH CHEESE SAUCE ON SAUTEED MARROW AND MUSHROOMS & SALAD
- 13 TUNA AND CHEESE CAULI/CABBAGE BAKE AND SALAD
- 14 CRERAMY TANDOORI CHICKEN STRIPS ON GARLIC & PARSLEY BANTING RICE WITH CHEESY GEMS
- 15 SAUCY STEAK FINGERS ON OVEN ROAST WITH CHEESY VEG
- 16 BEEF POTJIE & BABY MARROW ON BANTING PARSLEY RICE AND VEG
- 17 BANTING CRUMED PORK CHOP ON STIRFRY WITH SALAD
- 20 CHEESY TACO MINCE CAULI/CABBAGE BAKE AND GARDEN SALAD
- 21 BEEF AND BACON GREEN BEAN STEW ON SAUTEED CABBAGE & OVEN ROASTIES VEG
- 22 SAUSAGE WITH SMOOR ON GARLIC SAUTEED VEG & CHEESE GEMS
- 23 ROAST CHICKEN ON CHEESY OVEN RAOST & ANISEED INFUSED PUMPKIN
- 24 MILD BEEF CURRY ON GARDEN GREANS & SALAD
- 27 BACON & CHEESE CAULI/CABBAGE BAKE AND SALAD
- 28 BEEF CON CARNE ON BANTING RICE WITH CINNAMON PUMPKIN
- 29 BANGERS WITH GRAVY ON SAUTEED VEG AND CHEESY GEMS
- 30 BANTING SHEPPERDS PIE WITH CHEESY OVEN ROAST
- 31 ROAST GAMMON ON GARLIC, PEPPERS BANTING RICE & 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

R65 PER SERVING

Bonappetit Banting Salad Menu May 2019

- 1 PUBLIC HOLIDAY
- 2 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 3 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 PUBLIC HOLIDAY
- 9 JAPANESE ZUCCHINI CUCUMBER,OYSTER CHICKEN STIPS,TOMATOES,RADISH WITH DRESSING
- 10 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
- 16 CHICKEN, BASIL, FETA, TOMATO, CUCUMBER, OLIVES AND PEPPADEW
- 17 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
- 23 BALSAMIC AND OLIVE STEAK, CUCUMBER, TOMATO, BABY SPINACH, FETA, MUSHROOMS
- 24 ITALIAN SWEET BASIL CHICKEN STRIPS WITH CREAM CHEESE FILLED CUCUMBER
- 27 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 28 CHICKEN, FETA, TOMATO, CUCUMBER, OLIVES AND PEPPADEW
- 29 MUSHROOMS, FETA, PEPPADEW, OLIVES, SMOKED CHICKEN AND BASIL LEAVES
- 30 BALSAMIC AND OLIVE STEAK, CUCUMBER, TOMATO, BABY SPINACH, FETA, MUSHROOMS
- 31 JAPANESE ZUCCHINI CUCUMBER,OYSTER CHICKEN STIPS,TOMATOES,RADISH WITH DRESSING

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R60/serving

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- 1 PUBLIC HOLIDAY
- 2 CAJUN CHICKEN STRIPS ON HERB SWEET POTATO MASH & CURRY, PEACH GI LOW NOODLE SALAD
- 3 BACON AND CHEESE QUICHE ON MEDITERRANEAN INFUSED GI LOW RICE WITH SALAD
- 6 GI LOW SPAGETTI BOLOGNAISE WITH MINI GI LOW BUN AND GARDEN SALAD
- 7 MILD INDIAN LAMB CURRY ON BROWN RICE WITH VEGGIES
- 8 PUBLIC HOLIDAY
- 9 CHICKEN A LA KING ON SAVOURY GI LOW RICE & BABY JACKET POTATO SALAD
- 10 CRUMBED HAKE ON GARLIC BABY POTATOES WITH PEA & CORN SALAD
- 13 TUNA AND PARMESAN GI LOW MACARONI WITH MINI BUN AND SALAD
- 14 TANDOORI CHICKEN STRIPS ON GARLIC & PARSLEY SWEET POTATOES WITH GEMS
- 15 SAUCY STEAK FINGERS ON SPICY MIXED PEPPER BROWN RICE WITH CINNAMON BUTTERNUT
- 16 BEEF POTJIE WITH VEGGIES ON GI LOW RICE WITH INFUSED PUMPKIN
- 17 PORK CHOP ON CORN SWEET POTATO MASH WITH STEAMED CARROTS & RAISONS
- 20 TACO MINCE GI LOW PASTA WITH MINI GI LOW BUN AND FRUITY GARDEN SALAD
- 21 BEEF AND BACON GREEN BEAN STEW ON BROWN RICE & STEAMED BUTTERNUT
- 22 SAUSAGE & SMOOR GARLIC SWEET POTATO MASH & CORN GEMS
- 23 ROAST CHICKEN ON STIRFRY BROWN RICE, ROAST BABY POTATOES & ANISEED INFUSED PUMPKIN
- 24 MILD BEEF CURRY WHOLEWHEAT ROTI WITH BANANA GI LOW NOODLE SALAD
- 27 BACON, PARMESAN AND GI LOW MACARONI WITH MINI GI LOW BUN & SALAD
- 28 BEEF CON CARNE ON BROWN RICE WITH STEAMED PUMPKIN
- 29 BANGERS & GRAVY ON SWEET POTATO MASH & PEAS AND CARROTS
- 30 SWEET POTATO SHEPPERDS PIE ON BROWN RICE WITH STEAMED CINNAMON BUTTERNUT
- 31 ROAST GAMMON ON SAVOURY BROWN RICE, ROASTBABY POTATOES & VEG

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BONAPPETIT KIDDIES MEAL MAY 2019

- 1 PUBLIC HOLIDAY
- 2 CHICKEN FINGERS ON CHEESY CORN MASH & YOUGART
- 3 BACON CHEESE QUICHE ON MASH WITH TREATS
- 6 SPAGETTI BOLOGNAISE WITH CHEESE BUN AND TREAT
- 7 CHEESEY CHICKEN BITES, HASH BROWN & TREAT
- 8 PUBLIC HOLIDAY
- 9 MINI CHICKEN PIES, VEGGIE NUGGETS BANANA AND BAKED BEANS SALAD
- 10 FISH CAKE ON PEA AN CORN MASH WITH SWEET CARROTS
- 13 CHEESY TUNA PASTA, CHEESE BUN AND TREAT
- 14 MINI VETKOES, VIENNA CHEESE, CHEESE & JAM, & CHICKEN MAYO
- 15 MINI STEAK PIES CHEESEY MASH AND YOUGART
- 16 FISH FINGERS CHIPS AND FRITTERS
- 17 CHEESE BEEF BURGER WITH CHIPS
- 20 TACO PASTA WITH CHEESE BUN AND TREAT
- 21 CRUMBED CHICKEN WITH CHIPS AND MINI CORN
- 22 MINI SAUSAGE ROLLS ON CHEESEY MASH AND TREATS
- 23 CHICKEN NUGGETS, CHIPS AND MINI PIZZA
- 24 CHEESY MINCE MACARONI, MINI BUN AND TREAT
- 27 BACON CHEESE MACARONI WITH CHEESE BUN & TREATS
- 28 FISH NUGGETS, HASH BROWNS AND PUMPKIN FRITTERS
- 29 BANGERS ON CHEESY MASH WITH SWEET PEAS & CARROTS
- 30 CHEESEY COTAGGE PIE, RICE & VEG
- 31 CHICKEN AND CHEESE BURGER WITH CHIPS

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R40 PER SERVING

Bonappetit Meal of the day May 2019

- 1 PUBLIC HOLIDAY
- 2 CHICKEN FINGERS ON HERB MASH, SAUCE & CURRY, PEACH NOODLE SALAD
- 3 BACON AND CHEESE QUICHE ON MEDITERRANEAN INFUSED RICE WITH SALAD
- 6 SPAGETTI BOLOGNAISE WITH MINI BUN AND GARDEN SALAD
- 7 MILD INDIAN BEEF CURRY ON RICE WITH VEGGIES
- 8 PUBLIC HOLIDAY
- 9 CHICKEN PIE ON SAVOURY RICE & POTATO SALAD
- 10 CRUMBED HAKE ON GARLIC POTATOES WITH PEA & CORN SALAD
- 13 TUNA AND CHEESE MACARONNI BAKE WITH MINI BUN AND SALAD
- 14 CHICKEN SNITZEL ON GARLIC & PARSLEY BABY POTATOES WITH GEMS
- 15 STEAK PIE ON SPICY MIXED PEPPER RICE WITH CINNAMON BUTTERNUT
- 16 BEEF POTJIE WITH VEGGIES ON RICE & PUMPKIN
- 17 CRUMBED PORK CHOP ON CORN MASH, HONEY GLAZED CARROTS & RAISONS
- 20 TACO MINCE PASTA WITH MINI BUN AND FRUITY GARDEN SALAD
- 21 BEEF AND BACON GREEN BEAN STEW ON RICE WITH BUTTERNUT
- 22 SAUSAGE ROLL ON GARLIC BUTTER MASH WITH SWEET CORN CHEESE GEMS
- 23 ROAST CHICKEN ON STIRFRY RICE, ROAST POTATOES & INFUSED PUMPKIN
- 24 MILD BEEF CURRY ROTI WITH BANANA NOODLE SALAD
- 27 BACON CHEESE AND MACARONNI WITH MINI BUN AND SALAD
- 28 BEEF CON CARNE ON RICE WITH SWEET PUMPKIN
- 29 BANGERS WITH GRAVY ON MASH & SWEET PEAS AND CARROTS
- 30 SHEPPERDS PIE ON RICE & SWEET CINNAMON BUTTERNUT
- 31 ROAST GAMMON ON SAVOURY RICE, ROAST POTATOES & CHEESY VEG

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BONAPPET
TUISGEBAK
2017

SOUTTERT

	GROOT	MEDUIM(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

