

## **Bonappetit Banting Meal of the day June 2019**

- 3 CHEESY BOLOGNAISE ON SAUTEED CABBAGE AND GARDEN SALAD
- 4 MILD CAPE MALAY BEEF CURRY ON BANTING RICE WITH VEGGIES
- 5 CHICKEN, ONION & MUSHROOM BAKE ON STRIFRY WITH VEG
- 6 BACON AND CHEESE QUICHE WITH SALAD
- 7 CREAMY CAJUN CHICKEN STRIPS ON SPICY STIRFRY AND VEG
- 10 TUNA AND CHEESE CAULI/CABBAGE BAKE AND SALAD
- 11 CREAMY TANDOORI CHICKEN STRIPS ON GARLIC & PARSLEY SAUTEED GREENS & VEG
- 12 STEAK FINGERS, MIXED PEPPERS ON BANTING RICE WITH CHEESY VEG
- 13 SAVOURY CURRY MINCE ON STIRFRY & VEG
- 14 BEEF STROGANOFF ON SAUTEED VEG AND SALAD
- 17 PUBLIC HOLIDAY
- 18 CHEESY TACO MINCE WITH FRIED CABBAGE AND GARDEN SALAD
- 19 GREEN BEAN STEW ON BANTING RICE WITH VEGGIES
- 20 SAUSAGE WITH SMOOR ON STIRFRY AND CHEESY VEG
- 21 CURRIE MINCE ON GARDEN GREENS WITH VEG
- 24 BACON AND CHEESE CABBAGE BAKE WITH SALAD
- 25 CHICKEN ALA KING ON STIRFRY VEG & CHEESY VEG
- 26 HEARTY HERB BEEF & VEG STEW ON SAUTEED MARROW & VEG
- 27 CHEESY BANTING SHEPPERDS PIE AND VEG
- 28 BOBOTIE ON STIRFRY & 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 June 2019

- 3 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
- 10 JAPANESE CUCUMBER, OYSTER CHICKEN STRIPS, TOMATOES.
- 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
- 17 PUBLIC HOLIDAY
- 18 CHICKEN, BASIL, FETA, TOMATO, CUCUMBER, OLIVES AND PEPPADEW
- 19 STEAK, GHERKINS, SPINNACH LEAVES, TOMATO, OLIVES, AND BLUE CHEESE SAUCE
- 20 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 21 GAMMON CHICKEN, CELLARY, GHEKINS, PEPPADEW AND CHEESE
- 24 BALSAMIC AND OLIVE STEAK, CUCUMBER, TOMATO, BABY SPINACH, FETA, MUSHROOMS
- 25 ITALIAN SWEET BASIL CHICKEN STRIPS WITH CREAM CHEESE FILLED CUCUMBER
- 26 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 27 GAMMON CHICKEN, CELLARY, GHEKINS, PEPPADEW AND CHEESE
- 28 TUNA, EGG, TOMATO, GHERKINS, CHEESE AND LETTUCE

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Min of 4 meals per week to one delivery address R60/serving

## Bonappetit Gi Low Meal of the day June 2019

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

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**R60 PER SERVING**

## **BONAPPETIT KIDDIES MEAL JUNE 2019**

- 3 SPAGETTI BOLOGNAISE WITH CHEESE BUN AND TREAT
- 4 CHEESY CHICKEN BITES, HASH BROWN & TREAT
- 5 MINI CHICKEN PIES, VEGGIE NUGGETS BANANA AND BAKED BEANS SALAD
- 6 BACON CHEESE QUICHE ON MASH WITH TREATS
- 7 CHICKEN FINGERS ON CHEESY CORN MASH & YOUGART
- 10 CHEESY TUNA PASTA, CHEESE BUN AND TREAT
- 11 FISH CAKE ON CHEESY MASH & SWEET PEAS AND CARROTS
- 12 MINI STEAK PIES CHEESY MASH AND YOUGART
- 13 FISH FINGERS CHIPS AND FRITTERS
- 14 CHEESE CHICKEN BURGER WITH CHIPS
- 17 PUBLIC HOLIDAY
- 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
- 24 BACON CHEESE AND MAC WITH CHEESE BUN AND TREATS
- 25 HAWAIIINE CHEESE AND PINE CHICKEN BURGER AND CHIPS
- 26 CHICKEN NUGGETS ON CHEESY MASH AND TREAT
- 27 FISH NUGGETS, HASH BROWNS AND PUMPKIN FRITTERS
- 28 BOBOTIE COCKTAIL PIES ON MASH AND SWEET CARROTS

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### **PLEASE NOTE MEALS ARE PAYABLE ON ORDER**

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R40 PER SERVING

# Bonappetit Meal of the June 2019

- 3 SPAGETTI BOLOGNAISE WITH MINI BUN AND GARDEN SALAD
- 4 MILD CAPE MALAY CURRY ON RICE WITH VEGGIES
- 5 CHICKEN PIE ON SAVOURY RICE & POTATO SALAD
- 6 BACON AND CHEESE QUICHE ON GARLIC BUTTER POTATOES WITH SALAD
- 7 CHICKEN FINGERS ON HERB MASH, DIP SAUCE & CURRY PEACH NOODLE SALAD
- 10 TUNA AND CHEESE MACARONNI BAKE WITH MINI BUN AND SALAD
- 11 CHICKEN SNITZEL WITH SAUCE ON GARLIC, PARSLEY BUTTER POTATOES & VEG
- 12 STEAK PIE ON SPICY MIXED PEPPER RICE WITH CINNAMON BUTTERNUT
- 13 SAVOURY CURRIE MINCE ON MASH & VEG
- 14 BEEF STROGANOFF ON FRAGERANT RICE & CITRUS SWEET POTATO
- 17 PUBLIC HOLIDAY
- 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 CURRY MINCE VETKOE WITH BANANA NOODLE SALAD
- 24 BACON CHEESE AND MACARONNI WITH MINI BUN AND SALAD
- 25 CHICKEN, BACON A LA KING ON RICE & VEG
- 26 IRISH BEEF STEW ON RICE WITH VEG
- 27 SHEPPERDS PIE ON RICE WITH SWEET CINNAMON BUTTERNUT
- 28 BOBOTIE PIE ON YELLOW RAISON RICE & SWEET POTATO

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**R60 PER SERVING**

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

