

Bonappetit Banting Meal of the day March 2020

- 2 CHEESY BOLOGNAISE ON SAUTEED CABBAGE AND GARDEN SALAD
- 3 MILD CAPE MALAY BEEF CURRY ON BANTING RICE WITH VEGGIES
- 4 CHICKEN, ONION & MUSHROOM BAKE ON STRIFRY WITH VEG
- 5 BACON AND CHEESE QUICHE WITH SALAD
- 6 CREAMY CAJUN CHICKEN STRIPS ON SPICY STIRFRY AND VEG
- 9 TUNA AND CHEESE CAULI/CABBAGE BAKE AND SALAD
- 10 CREAMY TANDOORI CHICKEN STRIPS ON GARLIC & PARSLEY SAUTEED GREENS & VEG
- 11 STEAK FINGERS, MIXED PEPPERS ON BANTING RICE WITH CHEESY VEG
- 12 SAVOURY CURRY MINCE ON STIRFRY & VEG
- 13 BEEF STROGANOFF ON SAUTEED VEG AND SALAD
- 16 CHEESY TACO MINCE WITH FRIED CABBAGE AND GARDEN SALAD
- 17 GREEN BEAN STEW ON BANTING RICE WITH VEGGIES
- 18 SAUSAGE WITH SMOOR ON STIRFRY AND CHEESY VEG
- 19 GRILLED CHICKEN ON CHEESY OVEN ROASTIES & ANISEED INFUSED PUMPKIN
- 20 CURRIE MINCE ON GARDEN GREENS WITH VEG
- 23 BACON AND CHEESE CABBAGE BAKE WITH SALAD
- 24 BBQ CHICKEN STRIPS, COLESLAW, BACON EGG & CHEESE
- 25 HEARTY BEEF & VEG STEW ON SAUTEED MARROW & VEG
- 26 CHEESY BANTING SHEPPERDS PIE AND VEG
- 27 ROAST GAMMON ON ROSEMARY OVEN ROAST & VEG
- 30 CHEESY SLOPPY JOE CABBAGE BAKE WITH SALAD
- 31 CREAMY CHICKEN CASSEROLE ON SAUTEED GREENS AND VEG

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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 March 2020

- 2 CHICKEN, FETA, TOMATO, CUCUMBER, OLIVES AND PEPPADEW
- 3 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 4 MUSHROOMS, FETA, PEPPADEW, OLIVES, SMOKED CHICKEN AND BASIL LEAVES
- 5 TUNA, EGG, TOMATO, GHERKINS, CHEESE AND LETTUCE
- 6 BALSAMIC AND OLIVE STEAK, CUCUMBER, TOMATO, BABY SPINACH, FETA, MUSHROOMS
- 9 JAPANESE CUCUMBER, OYSTER CHICKEN STRIPS, TOMATOES, RADISH WITH DRESSING
- 10 MUSHROOMS, FETA, PEPPADEW, OLIVES, SMOKED CHICKEN AND BASIL LEAVES
- 11 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 12 GAMMON CHICKEN, CELLARY, GHEKINS, PEPPADEW AND CHEESE
- 13 ITALIAN SWEET BASIL CHICKEN STRIPS WITH CREAM CHEESE FILLED CUCUMBER
- 16 STEAK, GHERKINS, SPINNACH LEAVES, TOMATO, OLIVES, AND BLUE CHEESE SAUCE
- 17 CHICKEN, BASIL, FETA, TOMATO, CUCUMBER, OLIVES AND PEPPADEW
- 18 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 19 GAMMON CHICKEN, CELLARY, GHEKINS, PEPPADEW AND CHEESE
- 20 BALSAMIC AND OLIVE STEAK, CUCUMBER, TOMATO, BABY SPINACH, FETA, MUSHROOMS
- 23 ITALIAN SWEET BASIL CHICKEN STRIPS WITH CREAM CHEESE FILLED CUCUMBER
- 24 STEAK, GHERKINS, SPINNACH LEAVES, TOMATO, OLIVES, AND BLUE CHEESE SAUCE
- 25 JAPANESE CUCUMBER, OYSTER CHICKEN STRIPS, TOMATOES, RADISH WITH DRESSING
- 26 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 27 GAMMON CHICKEN, CELLARY, GHEKINS, PEPPADEW AND CHEESE
- 30 TUNA, EGG, TOMATO, GHERKINS, CHEESE AND LETTUCE
- 31 HAM, EGG CHEESE, TOMATOE AND GERKINS

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R60 PER/SERVING

Bonappetit Gi Low Meal of the day March 2020

- 2 GI LOW SPAGETTI BOLOGNAISE WITH SEEDED BUN AND GARDEN SALAD
- 3 MILD CAPE MALAY LAMB CURRY ON BROWN RICE WITH VEGGIES
- 4 CHICKEN, ONION AND MUSHROOM BAKE, GI RICE & VEG
- 5 BACON AND CHEESE QUICHE ON GARLIC BUTTER YOUNG POTATOES WITH SALAD
- 6 CAJUN CHICKEN STRIPS ON SPICY WILD BROWN RICE AND VEG
- 9 GI LOW TUNA AND CHEESE MACARONNI WITH GI LOW BUN AND SALAD
- 10 TANDOORI CHICKEN STRIPS ON GARLIC & PARSLEY BABY JACKET POTATOES & VEG
- 11 STEAK FINGERS ON MIXED PEPPERS GI LOW RICE WITH CINNAMON BUTTERNUT
- 12 SAVOURY CURRY MINCE ON SWEET POTATO MASH & VEG
- 13 BEEF STROGANOFF ON FRAGERANT GI LOW RICE & CITRUS STEAMED SWEET POTATO
- 16 TACO MINCE GI LOW PASTA WITH WHOLEWEAT BUN AND FRUITY GARDEN SALAD
- 17 GREEN BEAN STEW ON BROWN RICE WITH CINNAMON BUTTERNUT
- 18 SAUSAGE WITH SMOOR ON SWEET POTATO MASH & VEG
- 19 ROAST CHICKEN ON SAVOURY RICE, BABY ROAST POTATO & VEG
- 20 CURRY MINCE ON GI LOW RICE WITH BANANA GI LOW PASTA SALAD
- 23 BACON & PARMESAN GI LOW PASTA WITH GI LOW BUN AND SALAD
- 24 BBQ CHICKEN STRIPS, POTATO SALAD, COLESLAW
- 25 IRISH BEEF STEW ON BROWN RICE AND VEG
- 26 COTTAGE PIE, BROWN RICE & CINNAMON BUTTERNUT
- 27 ROAST GAMON, SAVOURY RICE, ROAST POTATO & VEG
- 30 SLOPPY JOE GI LOW PASTA BAKE, GI MINI BUN & SALAD
- 31 CHICKEN, MUSHROOM, BACON CASSEROLE ON GI RICE & VEG

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R60 PER SERVING

BONAPPETIT KIDDIES MEAL MARCH 2020

- 2 SPAGETTI BOLOGNAISE WITH CHEESE BUN AND TREAT
- 3 CHEESEY CHICKEN BITES, HASH BROWN & TREAT
- 4 MINI CHICKEN PIES, VEGGIE NUGGETS BANANA AND BAKED BEANS SALAD
- 5 BACON CHEESE QUICHE ON MASH WITH TREATS
- 6 CHICKEN FINGERS ON CHEESY CORN MASH & YOUGART
- 9 CHEESY TUNA PASTA, CHEESE BUN AND TREAT
- 10 CHICKEN SNITZEL & SAUCE ON CORN MASH & TREAT
- 11 MINI STEAK PIES CHEESEY MASH AND YOUGART
- 12 FISH FINGERS CHIPS AND SWEET PEAS & CARROTS
- 13 CHEESE BEEF BURGER WITH CHIPS
- 16 TACO PASTA WITH CHEESE BUN AND TREAT
- 17 FISH CAKE ON CHEESY MASH & MINI CORN WITH TREAT
- 18 MINI SAUSAGE ROLLS ON CHEESY MASH & YOUGART
- 19 RIB CHEESE BURGER, CHIPS AND TREAT
- 20 SAVOURY MINCE VETKOEK WITH BANANA NOEDLE SALAD
- 23 BACON CHEESE AND MAC WITH CHEESE BUN AND TREATS
- 24 SOUTHERN FRIED CHICKEN STRIPS ON CORN MASH & TREAT
- 25 HAWAIIINE CHEESE AND PINE CHICKEN BURGER AND CHIPS
- 26 COTTAGE PIE ON RICE & BUTTERNUT
- 27 CHEESE AND MAC, VIENNA HOTDOG & TREAT
- 30 SLOPPY JOE PASTA BAKE, CHEESE BUN & TREAT
- 31 FISH NUGGETS, HASH BROWNS AND MINI CORN & TREAT

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R40 PER SERVING

Bonappetit Meal of the day March 2020

- 2 SPAGETTI BOLOGNAISE WITH MINI BUN AND GARDEN SALAD
- 3 MILD CAPE MALAY BEEF CURRY ON RICE WITH VEGGIES
- 4 CHICKEN PIE ON CORN MASH & SALAD
- 5 BACON AND CHEESE QUICHE ON GARLIC BUTTER POTATOES WITH SALAD
- 6 CHICKEN FINGERS ON HERB MASH, DIP SAUCE & CURRY PEACH NOODLE SALAD
- 9 TUNA AND CHEESE MACARONNI BAKE WITH MINI BUN AND SALAD
- 10 CHICKEN SNITZEL WITH SAUCE ON GARLIC, PARSLEY BUTTER POTATOES & VEG
- 11 STEAK PIE ON SPICY MIXED PEPPER RICE WITH CINNAMON BUTTERNUT
- 12 SAVOURY CURRY MINCE ON MASH & VEG
- 13 BEEF STROGANOFF ON FRAGERANT RICE & CITRUS SWEET POTATO
- 16 TACO MINCE PASTA WITH MINI BUN AND FRUITY GARDEN SALAD
- 17 GREEN BEAN STEW ON RICE WITH CINNAMON BUTTERNUT
- 18 SAUSAGE ROLL ON GARLIC BUTTER MASH WITH SWEET CORN CHEESE GEMS
- 19 CHUTNEY CHICKEN ON RICE, BABY ROAST POTATO & VEG
- 20 CURRY MINCE VETKOE WITH BANANA NOODLE SALAD
- 23 BACON CHEESE AND MACARONNI WITH MINI BUN AND SALAD
- 24 SOUTHERN FRIED CHICKEN STRIPS, POTATO SALAD & COLESLAW
- 25 IRISH BEEF STEW ON RICE WITH VEG
- 26 COTTAGE PIE, RICE & SWEET CINNAMON BUTTERNUT
- 27 GAMMON, RICE, ROAST POTATO & SWEET POTATO
- 30 SLOPPY JOE PASTA BAKE WITH MINI BUN & SALAD
- 31 CHICKEN, MUSHROOM, BACON CASSEROLE ON RICE & VEG

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