

BONAPPETIT MEAL OF THE DAY AUGUST 2020

- 3 SPAGETTITI BOLOGNAISE MINI BUN AND SALAD
- 4 GREEN BEANS STEW ON RICE AND VEG
- 5 SAUSAGE ROLL ON CREAMY MASH WITH PEA AND CORN SALAD
- 6 CHICKEN SHNITZEL, CHEESE SAUCE GARLIC & PARSLEY POTATOES & VEG
- 7 CURRY MINCE VETKOES WITH SALAD
- 10 PUBLIC/HOLIDAY
- 11 CAPE MALAY MILD BEEF CURRY ON RICE WITH VEG
- 12 CHICKEN PIE ON CORN MASH WITH SALAD
- 13 GAMMON ON FRUITY RICE ROAST POTATOES AND VEG
- 14 CHEESY SAVOURY COTTAGE PIE ON RICE WITH BUTTERNUT
- 17 BACON CHEESE AND MACARONI, MINI BUN AND SALAD
- 18 FILLED PANCAKES WITH CURRY PEACH NOODLE SALAD
- 19 CHICKEN FINGERS WITH DIP ON SAVOURY RICE WITH VEG
- 20 FISH CAKES ON MASH WITH SWEET PEAS & CARROTS
- 21 BOBOTIE ON YELLOW RICE WITH SWEET POTATOES
- 24 CHEESY & CREAMY MINCE PASTA WITH COCKTAIL BUN & SALAD
- 25 BEEF AND VEG HOTPOT ON RICE AND VEG
- 26 MILD SAVOURY CURRY MINCE ON RICE WITH VEG
- 27 PORK BANGERS ON STIRFRY RICE AND VEG
- 28 FRIKKADELS WITH SMOOR ON MASH AND SALAD
- 31 MEDITERRANEAN PASTA BAKE WITH MINI BUN AND SALAD

orders@bonappetitmeals.co.za -www.bonappetitmeals.com

Debi 084 532 4643

PLEASE NOT MEALS ARE PAYABLE ON ORDER

Menu is subject to change without prior notice due to availabilaty

R60/serving

BONAPPETIT GI LOW MEAL OF THE DAY AUGUST 2020

- 3 GI LOW SPAGETTITI BOLOGNAISE MINI SEEDED BUN AND SALAD
- 4 GREEN BEAN STEW ON GI LOW RICE AND VEG
- 5 SAUSAGE AND SMOOR ON SWEET POTATO MASH & VEG
- 6 CHICKEN FILLET, CHEESE SAUCE ON GARLIC & PARSLEY POTATOES & VEG
- 7 CURRY MINCE ON BROWN RICE WITH SALAD
- 10 PUBLIC/HOLIDAY
- 11 CAPE MALAY MILD BEEF CURRY ON GI LOW RICE WITH VEG
- 12 CHICKEN A LA KING ON BROWN RICE WITH VEG
- 13 GAMMON ON FRUITY BROWN RICE ROAST BABY POTATOES AND VEG
- 14 CHEESY SWEET POTATO COTTAGE PIE ON GI RICE AND VEG
- 17 BACON, PARMESAN GI LOW PASTA, SEEDED BUN AND SALAD
- 18 FILLED PANCAKES WITH CURRY PEACH NOODLE SALAD
- 19 CHICKEN FINGERS WITH DIP SAUCE ON STIRFRY & VEG
- 20 FISH CAKES ON SWEET POTATO MASH PEAS & CARROTS
- 21 BOBOTIE ON YELLOW BROWN RICE AND STEAMED SWEET POTATO
- 24 PARMESAN & CREAMY MINCE GI LOW PASTA WITH SEEDED BUN & SALAD
- 25 BEEF AND VEG HOTPOT ON BROWN RICE AND VEG
- 26 MILD SAVOURY CURRY MINCE ON GI LOW RICE AND VEG
- 27 PORK BANGERS ON STIRFRY RICE AND VEG
- 28 FRIKKADELS WITH SMOOR, SWEET POTATO MASH & SALAD
- 31 MEDITERRANEAN PASTA BAKE WITH MINI GI BUN & SALAD

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Bonappetit Banting Salad Menu August 2020

- 3 CHICKEN, BASIL, 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 PUBLIC HOLIDAY
- 11 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 12 GAMMON CHICKEN, CELLERY, GHEKINS, PEPPADEW AND CHEESE
- 13 HAM, EGG, CHEESE, MUSHROOM, TOMATO, CELLERY
- 14 STEAK, GHERKINS, SPINNACH LEAVES, TOMATO, OLIVES, PEPPADEWS AND CHEESE
- 17 CHICKEN, BASIL, FETA, TOMATO, CUCUMBER, OLIVES AND PEPPADEW
- 18 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 19 MUSHROOMS, FETA, PEPPADEW, OLIVES, SMOKED CHICKEN AND BASIL LEAVES
- 20 TUNA, EGG, TOMATO, GHERKINS, CHEESE AND LETTUCE
- 21 HAM, EGG, CHEESE, MUSHROOM, TOMATO, CELLERY
- 24 BALSAMIC AND OLIVE STEAK, CUCUMBER, TOMATO, BABY SPINACH, FETA, MUSHROOMS
- 25 SALAMI, OLIVES, CHEESE, TOMATO, GHERKINS, PICKLE ONION, PEPPADEW
- 26 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 27 CHICKEN, BASIL, FETA, TOMATO, CUCUMBER, OLIVES AND PEPPADEW
- 28 STEAK, GHERKINS, SPINNACH LEAVES, TOMATO, OLIVES, PEPPADEWS AND CHEESE
- 31 TUNA, EGG, TOMATO, GHERKINS, CHEESE AND LETTUCE

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R60/serving

BONAPPETIT BANTING MEAL OF THE DAY AUGUST 2020

- 3 CHEESY BOLOGNAISE ON FRIED CABBAGE AND SALAD
- 4 GREEN BEAN STEW ON BANTING RICE AND VEG
- 5 SAUSAGE AND SMOOR ON STIRFRY & VEG
- 6 CREAMY CHICKEN FILLET ON GARDEN GREENS & VEG
- 7 CURRY MINCE ON BANTING MASH & VEG
- 10 PUBLIC/HOLIDAY
- 11 CAPE MALAY MILD BEEF CURRY ON GARDEN GREENS WITH VEG
- 12 CHICKEN A LA KING ON BANTING RICE & VEG
- 13 GAMMON ON OVEN ROAST AND CHEESY VEG
- 14 CHEESY BANTING COTTAGE PIE WITH VEG
- 17 BACON AND CHEESE CAULI CABBAGE BAKE AND SALAD
- 18 FILLED OMLETTES WITH SALAD
- 19 CREAMY CAJUN CHICKEN STRIPS ON STIRFRY AND VEG
- 20 MEDITERRANEAN STEAK FINGERS ON SPICY CABBAGE AND VEG
- 21 BOBOTIE ON SAUTEED GREENS AND CHEESY VEG
- 24 SAVOURY MINCE, BACON, CHEESE & CAULI, CABBAGE BAKE & SALAD
- 25 BEEF AND VEG HOTPOT ON STIRFRY AND VEG
- 26 MILD SAVOURY CURRY MINCE ON SAUTEED CABBAGE AND VEG
- 27 PORK BANGERS WITH GRAVY ON CHEESY MASH & VEG
- 28 FRIKKADELS WITH SMOOR ON OVEN ROAST AND SALAD
- 31 MEDITERRANEAN CAULI/CABBAGE CHEESE BAKE & SALAD

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R65/serving