

Bonappetit Banting Meal of the day October 2020

- 1 GREEN BEAN STEW ON BANTING RICE WITH CINNAMON BUTTERNUT
- 2 CHICKEN, CHEESE AND PINE BANTING BURGERS WITH SALAD
- 5 CHEESY BOLOGNAISE ON FRIED CABBAGE AND SALAD
- 6 POACHED HAKE WITH SAUCE ON STIRFRY AND VEG
- 7 MILD SAVOURY CURRY MINCE ON GARDEN GREENS & VEG
- 8 BUTTERFLY CHICKEN WITH CREAMY CHEESE SAUCE ON SPICY GREENS WITH VEG
- 9 FILLED LASAGNE OMELETT WITH SAUCE AND TOPPED WITH CHEESE & SALAD
- 12 MEDITERRANEAN BANTING CABBAGE BAKE AND SALAD
- 13 BEEF AND VEG HOT POT ON BANTING RICE WITH BUTTERNUT
- 14 ROAST GAMMON ON OVEN ROAST & CHEESY VEG
- 15 BUTTERFLY CHICKEN WITH MUSHROOM SAUCE, ON STIRFRY & VEG
- 16 BANTING CHEESE BEEF BURGERS AND SALAD
- 19 CHEESY TACO MINCE ON FRIED CABBAGE & GARDEN SALAD
- 20 STEAMED HAKE WITH SAUCE ON GARDEN GREENS & VEG
- 21 ROAST CHICKEN ON CHEESY OVEN ROAST & VEGGIES
- 22 MILD MALAY BEEF CURRY ON BANTING RICE WITH VEGGIES
- 23 CHICKEN A LA KING ON STEAMED BROCCOLI AND VEG
- 26 BACON AND CHEESE CABBAGE BAKE AND SALAD
- 27 BANTING SHEPPERDS PIE WITH CINNAMON BUTTERNUT
- 28 BOBOTIE ON GREEN BEANS WITH VEG
- 29 CREAMY CAJUN CHICKEN STRIPS ON STIRFRY AND VEG
- 30 MILD SAVOURY CURRY MINCE ON BANTING RICE AND SALAD

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 Meal of the day October 2020

- 1 GREEN BEAN STEW ON RICE WITH CINNAMON BUTTERNUT
- 2 CHICKEN, CHEESE AND PINE BURGERS WITH CHIPS
- 5 SPAGETTI BOLOGNAISE WITH MINI BUN AND GARDEN SALAD
- 6 BATTERED HAKE, SAVOURY RICE, SAUCE & SALAD
- 7 MILD SAVOURY CURRY MINCE ON RICE & VEG
- 8 CHICKEN SNITZEL ON GARLIC & PARSLEY BABY POTATOES WITH VEG
- 9 FILLED LASAGNE PANCAKES WITH SAUCE AND TOPPED WITH CHEESE & SALAD
- 12 MEDITERRANEAN PASTA BAKE WITH MINI BUN AND SALAD
- 13 BEEF AND VEG HOT POT ON RICE & BUTTERNUT
- 14 ROAST GAMMON ON SAVOURY RICE, ROAST POTATOES & CHEESY VEG
- 15 CHICKEN SNITZEL WITH MUSHROOM SAUCE, MASH AND SALAD
- 16 CHEESE BEEF BURGERS, CHIPS AND SALAD
- 19 TACO MINCE PASTA WITH MINI BUN AND FRUITY GARDEN SALAD
- 20 CRUMBED HAKE ON CORN MASH & SWEET PEAS/CARROTS
- 21 ROAST CHICKEN ON STIRFRY RICE, ROAST POTATOES & VEGGIES
- 22 MILD MALAY BEEF CURRY ON RICE WITH VEGGIES
- 23 CHICKEN PIE ON SAVOURY RICE AND POTATO SALAD
- 26 CHEESE AND MACARONNI WITH SAVOURY BUN AND SALAD
- 27 SHEPPERDS PIE ON RICE & SWEET CINNAMON BUTTERNUT
- 28 BOBOTIE, RAISON RICE & CITRUS SWEET POTATO
- 29 CHICKEN FINGERS WITH DIP, ON CORN MASH AND VEG
- 30 MILD CURRY MINCE FILLED VETKOEKS AND SALAD

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R60 PER SERVING

Bonappetit Gi Low Meal of the day October 2020

- 1 GREEN BEAN STEW ON BROWN RICE WITH CINNAMON BUTTERNUT
- 2 CHICKEN, CHEESE AND PINE BURGERS WITH SWEET POTATO FRIES
- 5 GI LOW SPAGETTI BOLOGNAISE WITH SEEDED MINI BUN AND SALAD
- 6 BATTERED HAKE, SAVOURY BROWN RICE, SAUCE AND SALAD
- 7 MILD SAVOURY CURRY MINCE ON GI LOW RICE & VEG
- 8 CHICKEN SNITZEL ON GARLIC & PARSLEY BABY POTATOES WITH VEG
- 9 FILLED LASAGNE PANCAKES WITH SAUCE AND TOPPED WITH CHEESE & SALAD
- 12 MEDITERRANEAN GI LOW PASTA BAKE WITH GI BUN AND SALAD
- 13 BEEF AND VEG HOT POT ON BROWN RICE WITH BUTTERNUT
- 14 ROAST GAMMON ON SAVOURY GI LOW RICE, ROAST POTATOES & CHEESY VEG
- 15 CHICKEN SNITZEL WITH MUSHROOM SAUCE, SWEET POTATO MASH AND SALAD
- 16 CHEESE BEEF BURGERS, SWEET POTATO FRIES AND SALAD
- 19 GI LOW TACO MINCE PASTA WITH MINI SEEDED BUN AND FRUITY GARDEN SALAD
- 20 CRUMBED HAKE ON CORN SWEET POTATO MASH & PEAS/CARROTS
- 21 ROAST CHICKEN ON STIRFRY BROWN RICE, ROAST POTATOES & VEGGIES
- 22 MILD MALAY BEEF CURRY ON BROWN RICE WITH VEGGIES
- 23 CHICKEN A LA KING ON GI LOW RICE AND VEG
- 26 GI LOW CHEESE AND MACARONNI WITH SEEDED BUN AND SALAD
- 27 SWEET POTATO SHEPPERDS PIE ON BROWN RICE WITH CINNAMON BUTTERNUT
- 28 BOBOTIE ON RAISON BROWN RICE & CITRUS SWEET POTATO
- 29 CAJUN CHICKEN STRIPS ON STIRFRY GI LOW RICE AND VEG
- 30 MILD SAVOURY CURRY MINCE ON BROWN RICE AND SALAD

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Bonappetit Banting Salad Menu October 2020

- 1 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 2 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
- 7 JAPANESE CUCUMBER, OYSTER CHICKEN STIPS, TOMATOES WITH DRESSING
- 8 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 9 CHICKEN, FETA, TOMATO, CUCUMBER, OLIVES AND PEPPADEW
- 12 GAMMON CHICKEN, CELLARY, GHERKINS, PEPPADEW AND CHEESE
- 13 ITALIAN SWEET BASIL CHICKEN STRIPS WITH CREAM CHEESE FILLED CUCUMBER
- 14 STEAK, GHERKINS, SPINACH LEAVES, TOMATO, OLIVES, AND FETA
- 15 CHICKEN, BASIL, FETA, TOMATO, CUCUMBER, OLIVES AND PEPPADEW
- 16 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 19 GAMMON CHICKEN, CELLARY, GHERKINS, PEPPADEW AND CHEESE
- 20 TUNA, EGG, TOMATO, GHERKINS, CHEESE AND LETTUCE
- 21 JAPANESE CUCUMBER, OYSTER CHICKEN STIPS, TOMATOES WITH DRESSING
- 22 BALSAMIC AND OLIVE STEAK, CUCUMBER, TOMATO, BABY SPINACH, FETA, MUSHROOMS
- 23 ITALIAN SWEET BASIL CHICKEN STRIPS WITH CREAM CHEESE FILLED CUCUMBER
- 26 STEAK, GHERKINS, SPINACH LEAVES, TOMATO, OLIVES, AND FETA
- 27 CHICKEN, FETA, TOMATO, CUCUMBER, OLIVES AND PEPPADEW
- 28 MUSHROOMS, FETA, PEPPADEW, OLIVES, SMOKED CHICKEN AND BASIL LEAVES
- 29 BALSAMIC AND OLIVE STEAK, CUCUMBER, TOMATO, BABY SPINACH, FETA, MUSHROOMS
- 30 TUNA, EGG, TOMATO, GHERKINS, CHEESE AND LETTUCE

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R60/serving