

Bonappetit Banting Meal of the day September 2020

- 1 GREEN BEAN STEW ON SAUTEED CABBAGE WITH BUTTERNUT
- 2 MILD INDIAN BEEF CURRY ON BANTING RICE WITH VEGGIES
- 3 CREAMY CAJUN CHICKEN STRIPS ON STIRFRY WITH VEGGIES
- 4 CHICKEN A LA KING ON GREENS AND VEGGIES
- 7 CHEESY BOLOGNESE ON FRIED CABBAGE & GARDEN SALAD
- 8 BEEF CON CARNE ON BANTING RICE WITH CINNAMON PUMPKIN
- 9 BANGERS ON BANTING MASH WITH GRAVY AND VEGGIES
- 10 CHICKEN FILLET WITH SAUCE ON AUBERGINES AND VEGGIES
- 11 CURRY MINCE FILLED OMELETTES WITH SALAD
- 14 MEDITERRANEAN CHEESY CAULI/CABBAGE BAKE & SALAD
- 15 BEEF & BACON, MARROW POTJIE ON BANTING RICE AND VEG
- 16 ROAST GAMMON ON CHEESY OVEN ROAST & VEG
- 17 FRIKKADELS WITH SMOOR ON STIRFRY & CHEESY GEMS
- 18 SAUSAGE, PORK RASHER AND SALADS
- 21 CHEESY TACO CAULI/CABBAGE BAKE WITH GARDEN SALAD
- 22 SAUCY STEAK AND MIX PEPPERS ON STIRFRY WITH VEG
- 23 ROAST CHICKEN ON CHEESY OVEN ROAST & VEGGIES
- 24 PUBLIC HOLIDAY
- 25 CRUMBED PORK CHOP, ONION RINGS & SALAD
- 28 BACON & CHEESE CAULI/CABBAGE BAKE AND SALAD
- 29 BANTING SHEPPERDS PIE WITH CHEESY OVEN ROAST
- 30 BOBOTIE ON GARDEN FRIED GREENS AND 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 Meal of the day September 2020

- 1 GREEN BEAN STEW ON RICE WITH CINNAMON BUTTERNUT
- 2 MILD MALAY BEEF CURRY ON RICE WITH VEGGIES
- 3 CHICKEN FINGERS ON HERB MASH, DIPPING SAUCE & CURRY, PEACH NOODLE SALAD
- 4 CHICKEN PIE ON SAVOURY RICE & POTATO SALAD
- 7 SPAGETTI BOLOGNAISE WITH MINI BUN AND GARDEN SALAD
- 8 BEEF CON CARNE ON RICE WITH SWEET PUMPKIN
- 9 BANGERS ON MASH WITH GRAVY AND VEG
- 10 CHICKEN SNITZEL ON GARLIC & PARSLEY BABY POTATOES WITH GEMS
- 11 FILLED CURRY MINCE PANCAKES WITH SALAD
- 14 MEDITERRANEAN PASTA BAKE WITH MINI BUN AND SALAD
- 15 BEEF AND BACON & VEG HOTPOT ON RICE WITH BUTTERNUT
- 16 ROAST GAMMON ON SAVOURY RICE, ROAST POTATOES & CHEESY VEG
- 17 FRIKKADELS WITH SMOOR ON MASH WITH VEG
- 18 SAUSAGE, PORK RASHER, GARLIC BREAD AND SALAD
- 21 TACO MINCE PASTA WITH MINI BUN AND FRUITY GARDEN SALAD
- 22 FISH CAKES ON CORN MASH & SWEET PEAS/CARROTS
- 23 ROAST CHICKEN ON STIRFRY RICE, ROAST POTATOES & VEGGIES
- 24 PUBLIC HOLIDAY
- 25 CRUMBED PORK CHOP, ONION RINGS & SALAD
- 28 BACON CHEESE AND MACARONNI WITH MINI BUN AND SALAD
- 29 SHEPPERDS PIE ON RICE & SWEET CINNAMON BUTTERNUT
- 30 BOBOTIE, RAISON RICE & CITRUS SWEET POTATO

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

R60 PER SERVING

Bonappetit Gi Low Meal of the day September 2020

- 1 GREEN BEAN STEW ON BROWN RICE WITH CINNAMON BUTTERNUT
- 2 MILD MALAY BEEF CURRY IN GI LOW RICE WITH VEGGIES
- 3 CAJUN CHICKEN STRIPS ON SWEET POTATO MASH & CURRY, PEACH NOODLE SALAD
- 4 CHICKEN A LA KING ON SAVOURY GI LOW RICE & BABY JACKET POTATO SALAD
- 7 GI LOW SPAGETTI BOLOGNASISE WITH SEEDED BUN & GARDEN SALAD
- 8 BEEF CON CARNE ON BROWN RICE WITH STEAMED PUMPKIN
- 9 BANGERS ON SWEET POTATO HERB MASH & GRAVY AND VEGGIES
- 10 CHICKEN SNITZEL, SAUCE ON GARLIC BABY POTATOES & FILLED GEMS
- 11 FILLED CURRY MINCE PANCAKES WITH SALAD
- 14 MEDITERRANEAN GI LOW PASTA BAKE WITH SEEDED BUN AND SALAD
- 15 BEEF AND BACON POTJIE ON GI LOW RICE WITH BUTTERNUT
- 16 ROAST GAMMON ON SAVOURY BROWN RICE, ROASTBABY POTATOES & VEG
- 17 FRIKKADELS WITH SMOOR ON SWEET POTATO MASH & CHEESY VEG
- 18 SAUSAGE, PORK RASHER, GARLIC BREAD AND SALAD
- 21 TACO GI LOW MINCE PASTA WITH GI LOW BUN AND SALAD
- 22 FISH CAKES ON CORN, SWEET POTATO MASH PEAS/CARROTS
- 23 ROAST CHIKEN ON GI LOW STIRFRY RICE, ROAST POTATO & VEGGIES
- 24 PUBLIC HOLIDAY
- 25 CRUMBED PORK CHOP, ONION RINGS & SALAD
- 28 BACON, PARMESAN AND GI LOW MACARONI WITH MINI GI LOW BUN & SALAD
- 29 SWEET POTATO SHEPPERDS PIE ON BROWN RICE WITH STEAMED CINNAMON BUTTERNUT
- 30 BOBOTIE ON RAISON GI LOW RICE & SWEET POTATO

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

R60 PER SERVING

Bonappetit Banting Salad Menu September 2020

- 1 BACON, EGG, CHEESE, TOMATO, GHERKINS
- 2 MUSHROOMS, FETA, PEPPADEW, OLIVES, SMOKED CHICKEN AND BASIL LEAVES
- 3 TUNA, EGG, TOMATO, GHERKINS, CHEESE AND LETTUCE
- 4 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
- 10 GAMMON CHICKEN, CELLARY, GHERKINS, PEPPADEW AND CHEESE
- 11 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
- 17 GAMMON CHICKEN, CELLARY, GHERKINS, PEPPADEW AND CHEESE
- 18 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
- 24 PUBLIC HOLIDAY
- 25 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

orders@bonappetitmeals.co.za - www.bonappetitmeals.co.za - Debi 084 532 4643

PLEASE NOTE MEALS ARE PAYABLE ON ORDER

MENU IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE DUE TO AVAILABILITY

R60/serving