



4 WEEK ROTATIONAL LUNCH MENU

Week 1

MONDAY

- 1) Traditional spaghetti bolognese topped with fresh parsley & grated parmesan.
- 2) Chicken curry roti with basmati rice, served with seasonal vegetables.

TUESDAY

- 1) Cajun chicken lasagne served with mixed roasted vegetables.
- 2) Chicken schnitzel served with crispy roast potatoes, creamed spinach & cinnamon roasted butternut.

WEDNESDAY

- 1) Monkey Gland grilled tender chicken fillet with rosemary potato wedges & crunchy slaw.
- 2) Baked Nachos with beef mince, fried beans, corn, chilli, melted cheese & tomato salsa.

THURSDAY

- 1) Creamy chicken a la king served with rice & seasonal vegetables.
- 2) "Melt-in-your-mouth" beef shin stew served with cous-cous & seasonal vegetables.

FRIDAY

- 1) Grilled chicken burger topped with cheddar, crispy crumbed onions & BBQ mayo served with hand-cut fries.
- 2) Teriyaki steak strip stir-fry with egg noodles, stir fried veg & sesame seeds.

Week 2

MONDAY

- 1) Moroccan-style chicken Tagine served with herbed cous-cous, dried apricots & seasonal vegetables.
- 2) Mexican-style mince roti with fried beans, corn & chilli, baked with cheddar & mozzarella, served with mixed roasted vegetables.

TUESDAY

- 1) Our famous beef lasagne served with mixed roasted vegetables.
- 2) Chicken chow mein with egg noodles, stir fried veg, sesame seeds, ginger, chilli & coriander.

WEDNESDAY

- 1) Coconut chicken curry served with sticky rice & fresh coriander.
- 2) Slow-cooked brisket stew with potatoes & beans, served with rice.

THURSDAY

- 1) Steak pie with puff pastry lid, mash & veggies.
- 2) Mama kitchen's "Xhosa-style" chicken stew (bone-in) served with rice.

FRIDAY

- 1) Classic beef burger topped with cheddar, tomato, pickles & mustard mayo, served with hand-cut fries.
- 2) Spicy Chicken Nachos baked with cheese, topped with a tomato salsa.

Week 3

MONDAY

- 1) Traditional South African bobotie served with turmeric rice & seasonal vegetables.
- 2) Prawn curry with crisp veg & sticky rice.

TUESDAY

- 1) Medium-rare rump steak, egg & chips.
- 2) Cajun chicken tortilla baked with cheddar & mozzarella, served with mixed seasonal vegetables.

WEDNESDAY

- 1) Portuguese grilled chicken fillet served with wild brown rice & a chunky salad.
- 2) Fragrant soft beef shin curry served with basmati rice.

THURSDAY

- 1) Chicken Korma served with basmati rice & seasonal vegetables.
- 2) Savoury mince pie with puff pastry lid, mash & veggies.

FRIDAY

- 1) Panko crumbed chicken burger topped with jalapeno & cheddar, served with hand-cut fries.
- 2) Soft flour tacos with beef mince, sour cream, pineapple salsa, grated cheese & guacamole.

Week 4

MONDAY

- 1) Butter chicken served with basmati rice & garlic butter roti.
- 2) 3-cheese penne with rich Italian-inspired tomato mince, cheddar, mozzarella, parmesan & fresh parsley.

TUESDAY

- 1) Beef bangers, mash & gravy served with peas & sweet carrots.
- 2) Spicy chicken & spinach lasagne served with mixed roasted vegetables.

WEDNESDAY

- 1) Slow-cooked beef brisket served with creamy mash & seasonal vegetables.
- 2) Shredded Spicy Chicken soft tacos with grated cheese & tomato salsa.

THURSDAY

- 1) Creamy tomato chicken linguini served on basil infused linguini, topped with parmesan & fresh herbs.
- 2) Moroccan-style beef Tagine with chickpeas served with herbed cous-cous & seasonal vegetables.

FRIDAY

- 1) Tuscan chicken penne with creamed spinach, sun dried tomato & parmesan.
- 2) Cheddarmelt beef burger with a slice of cheddar, creamy mushroom sauce & hand-cut fries.

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