



Home Food
DELI

4 WEEK ROTATIONAL LUNCH MENU

Week 1

MONDAY

- 1) Tender lemon & herb chicken fillet served on sweet potato mash
- 2) Delicious spaghetti bolognese topped with parmesan & freshly chopped parsley

TUESDAY

- 1) Coconut chicken curry served with rice
- 2) Chicken & mushroom quiche served with a freshly made salad

WEDNESDAY

- 1) Cajun chicken lasagne served with mixed roasted vegetables
- 2) Honey & mustard tender chicken fillet served on creamy mash

THURSDAY

- 1) Moroccan-style soft beef shin tagine served with cous-cous
- 2) Creamy smoked chicken & mushroom bow-tie pasta

FRIDAY

- 1) Beef burger topped with a slice of cheddar, fresh tomato, pickles & mustard mayo with fries
- 2) Tender chicken fillet in pesto cream served on linguini with parmesan, chilli & garlic

Week 2

MONDAY

- 1) 3 cheese mince penne pasta topped with parmesan, mozzarella & cheddar
- 2) Delicious chicken a la king served with rice

TUESDAY

- 1) Chicken curry roti with basmati rice
- 2) Teriyaki steak strip stir fry with egg noodles & julienne vegetables

WEDNESDAY

- 1) Cajun chicken tortilla baked with mozzarella & cheddar, served with a side salad
- 2) Savoury mince & vegetable orzo (pasta rice)

THURSDAY

- 1) "Melt-in-your-mouth" beef shin stew served with cous-cous
- 2) Tuscan chicken penne with spinach, sun dried tomato & cream

FRIDAY

- 1) Smoked chicken & mushroom calzone served with a fresh side salad
- 2) Grilled chicken burger with cheddar, crispy onions, BBQ mayo & fries

Week 3

MONDAY

- 1) Mexican-style mince roti with bean salsa, baked with mozzarella & cheddar
- 2) Creamy tomato & butter sauce chicken fillet served on basil infused linguini

TUESDAY

- 1) Mama Kitchen's "Xhosa-style" chicken stew (bone-in) served with rice
- 2) Spicy chicken & spinach lasagne served with mixed roasted vegetables

WEDNESDAY

- 1) Delicious beef bobotie served with turmeric rice
- 2) Tender chicken fillet smothered in creamy mushroom sauce, topped with parmesan, served with mixed roasted vegetables

THURSDAY

- 1) Chicken chow mein with egg noodles & julienne vegetables
- 2) Chicken Korma served with basmati rice

FRIDAY

- 1) Caprese chicken fillet with basil, sweet balsamic cherry tomatoes and melted mozzarella served on butternut discs
- 2) Cheddar melt beef burger with cheese and a creamy mushroom sauce served with fries

Week 4

MONDAY

- 1) Butter chicken served with basmati rice
- 2) Tender BBQ marinated chicken fillet served on creamy mashed potato

TUESDAY

- 1) Our famous beef lasagne served with mixed roasted vegetables
- 2) Pesto grilled chicken fillet served on sun dried tomato infused mashed potato

WEDNESDAY

- 1) Soft, boneless, beef shin curry served with basmati rice
- 2) Chicken Schnitzel served with crispy roast potatoes, butternut & creamed spinach

THURSDAY

- 1) Deluxe panini with BBQ grilled chicken, lettuce, tomato, cheddar, caramelised onions & a creamy ranch mayo
- 2) Moroccan-style chicken tagine with dried apricots served with cous-cous

FRIDAY

- 1) Rich tomato & tuna pasta
- 2) Mexican chicken burger with cheddar, tomato salsa, guacamole & chipotle mayo served with fries

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