

**JULY 2026****066224198****Healthy Meals***Catering for You***Delivery
Fee
R8.00****Daily Meals A
Daily Meals B
Healthy Meal
Kids Meals
Desserts****R73.00
R70.00
R78.00
R45.00
R38.00****Lunch Delivery's
Dinner Delivery's****12H00-14H00
15H00-19H00****CONTACT US:**

1 July Wednesday	A	Classic beef lasagne served with two veggies of the day.
	B	Chicken Macaroni and cheese served with two salads.
	Healthy	Beef and vegetable soup served with Rye bread.
	Kids	Chicken Macaroni and cheese.
	Dessert	Malva pudding topped with custard.
2 July Thursday	A	Pork roast on savoury rice served with sweet curry carrots and cabbage.
	B	Chicken biryani served with roti and a salad.
	Healthy	Chicken breasts topped with spinach and feta served with salad.
	Kids	Kids-Chicken nuggets and chips.
3 July Friday	A	Pineapple and chicken burger served chips.
	B	Fried Hake and chips.
	Healthy	Cheddar-melt chicken breast served with veggies.
	Kids	Fish fingers served with chips and butternut.
6 July Monday	A	Silverside roast on savoury rice with veggies of the day
	B	Mild butter chicken served with salad and roti.
	Healthy	Two Pita's filled with chicken and veggie stir-fry.
	Kids	Fish and chips.
7 July Tuesday	A	Crumbed pork chop served with stir-fry veggies and a curry noodle salad.
	B	Two Pancakes filled with curry mince served with chips and a salad.
	Healthy	Beef fajitas served with tortillas and a salsa salad.
	Kids	Pancake filled with plain mince served with chips.
8 July Wednesday	A	Flame grilled Portuguese 1/4 chicken, and a roll served with veggies of the day.
	B	Spaghetti Bolognese topped with melted cheese.
	Healthy	Bolognese on cauli-rice served with stir-fry veggies.
	Kids	Spaghetti Bolognese topped with melted cheese.
	Dessert	Homemade Milk tart.
9 July Thursday	A	Mild curry mince on rice served with beetroot and potato salads.
	B	Cheese griller served with chips and a coleslaw salad.
	Healthy	Gammon on cauli rice served with two veggies.
	Kids	Cheese griller and chips.
10 July Friday	A	Portuguese Chicken Trinchado served with fresh rolls.
	B	Chicken and vegetable stir fry wrap with chips.
	Healthy	Beef Trinchado, chicken stir fry and two salads.
	Kids	Kiddies beef burger and chips.
13 July Monday	A	Meatloaf on savoury rice served with spinach & butternut.
	B	Home baked beef and onion pie served with chips.
	Healthy	Cajun chicken breast served with veggies.
	Kids	Ham and cheese pie.
14 July Tuesday	A	Mild chicken and beans enchilada served with potato & a green salad.
	B	Boerewors rolls with caramelized onions served with chips.
	Healthy	Grilled Hake and garlic baby potatoes served with two salads.
	Kids	Boerewors roll served with chips.
15 July Wednesday	A	Honey mustard glazed ¼ chicken served on rice and two veggies.
	B	Shell pasta and mince, topped with cheese sauce served with coleslaw and beetroot.
	Healthy	Honey mustard glazed ¼ chicken served with salads.
	Kids	Fish fingers served with chips and one veggie on the side.
	Dessert	"Bruin asyn poeding".

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16 July Thursday	A	Traditional bobotie on yellow rice served with veggies of the day.
	B	Fish cakes on rice served with veggies of the day.
	Healthy	Chicken breast served with salads.
	Kids	Fish cakes and rice.
17 July Friday	A	Fried Hake and chips.
	B	Chicken Tramezzini served with fried sweet potatoes and bean fritters.
	Healthy	Butternut soup served with healthy bread.
	Kids	Chicken Tramezzini and chips.
20 July Monday	A	Home-made cottage pie served with veggies of the day.
	B	Sweet & sour pork and vegetable stir fry served with Chinese noodles.
	Healthy	Grilled fish and baby potatoes served with a Greek salad.
	Kids	Vienna's and chips.
21 July Tuesday	A	Chicken Cordon Bleu topped with a cheese sauce served with veggies.
	B	Spaghetti Bolognaise topped with melted cheese.
	Healthy	Bolognaise on baby marrows served with stir-fry veggies.
	Kids	Fish cake & veggies.
22 July Wednesday	A	Grilled Pork Loin chop served with onion rings and veggies.
	B	Chicken kebabs on rice topped with cheese sauce served with 2 veggies of the day.
	Healthy	Chicken kebabs on basmati rice served with veggies of the day.
	Kids	Cheese pizza.
	Dessert	Sago pudding.
23 July Thursday	A	Pork bangers and mash with gravy served with carrots, green peas and corn.
	B	Old English style Fish served with salt & vinegar chips.
	Healthy	Lemon & herb chicken breasts served on basmati rice and salad.
	Kids	Kiddie's fish and chips.
24 July Friday	A	Cheese beef burger and chips.
	B	Bacon and spring onion sauce over penne pasta.
	Healthy	Grilled Hake on basmati rice with a lemon butter sauce and two veggies of the day.
	Kids	Chicken strips and chips.
27 July Monday	A	Tomato based meatballs with fresh basil served on couscous and veggies of the day on the side.
	B	Crumbed chicken strips and vegetable stir fry served with Chinese noodles.
	Healthy	Pressure cooked Beef shin, vegetable and lentils soup served with healthy bread.
	Kids	Meatballs on noodles.
28 July Tuesday	A	Short rib & beef curry on yellow rice served with Hubbert squash & green beans.
	B	Chicken breast cubes Florentine style served over linguine pasta.
	Healthy	Chicken breasts & basmati rice served with Hubbert squash & green beans.
	Kids	Fish fingers served with Hubbert squash & green beans.
29 July Wednesday	A	Spicy chicken strips on savoury rice served with veggies of the day.
	B	Spaghetti bolognaise topped with melted cheese.
	Healthy	Bolognaise on basmati rice topped with melted cheese served with salad.
	Kids	Spaghetti bolognaise topped with melted cheese.
	Dessert	Cheese cake.
30 July Thursday	A	Chicken bobotie on yellow rice served with veggies of the day.
	B	Ham, onion, green pepper, garlic, mozzarella and cheddar cheese pizza slices.
	Healthy	Chicken, spinach and feta quiche served with a salad.
	Kids	Fish fingers with veggies.
31 July Friday	A	Sweet & sour chicken and vegetable stir fry served over pasta.
	B	Rib burger topped with caramelized onions served with wedges.
	Healthy	Grilled Hake on basmati rice served with salads of the day.
	Kids	Kiddie's chicken burger and wedges.

