

AUG 2026



Healthy Meals

Catering for You

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

**Delivery
Fee
R8.00**

CONTACT US:

066 224 1982

ALL MEALS ARE PAYABLE IN ADVANCE

3 Aug Monday	A	Silverside roast on savoury rice with fried potatoes, gravy, carrots and green beans.
	B	Creamy chicken & spring onion on linguine pasta topped with cheese.
	Healthy	Silverside roast on brown rice a green salad and veggies.
	Kids	Chicken nuggets and chips.
4 Aug Tuesday	A	Crumbed pork chop and "pap tert" served with curry noodle salad and coleslaw.
	B	Creamy mushroom & chicken pasta.
	Healthy	Pork loin chop on cauli rice served with hubbard squash and broccoli.
	Kids	Creamy cheese & bacon pasta.
5 Aug Wednesday	A	Pepper sauce pork schnitzel and chips with two veggies of the day.
	B	Fried Hake on salt and vinegar chips.
	Healthy	Lemon and Herb chicken breast on basmati rice served with two veggies of the day.
	Kids	Fish fingers and veggies.
	Dessert	Home baked Brown pudding with custard.
6 Aug Thursday	A	Chicken biryani served with Roti and a sambal salad.
	B	Meatballs & Spaghetti topped with a Napolitano sauce and fresh Basil leaves.
	Healthy	Meatball cabbage rolls served with two veggies of the day.
	Kids	Toasted ham and cheese sandwich served with veggies of the day.
7 Aug Friday	A	Cheddarmelt chicken burger served with chips.
	B	Peri-peri chicken livers served with a fresh Portuguese roll.
	Healthy	Salami & cheese salad.
	Kids	Kiddies fish fingers and chips.
10 Aug Monday	A	*****Closed Public holiday***** Women's Day
	B	
	Healthy	
	Kids	
11 Aug Tuesday	A	Short rib & beef curry on yellow rice served with veggies of the day.
	B	Chicken breast cubes Florentine style served over linguine pasta.
	Healthy	Butternut & chives soup served with health bread.
	Kids	Fish fingers and chips.
12 Aug Wednesday	A	Home-made cottage pie served with pumpkin cakes and steamed cauliflower & broccoli.
	B	Chicken and vegetable wrap served with fried sweet potatoes and salad.
	Healthy	Grilled Hake served with three salads.
	Kids	Hotdog and chips.
	Dessert	Cheese cake.
13 Aug Thursday	A	Beef stroganoff on mashed potatoes served with veggies of the day.
	B	Chicken bobotie on yellow rice served veggies of the day.
	Healthy	Garlic & parsley pork fillet served with salad.
	Kids	Fried chicken strips and veggies.
14 Aug Friday	A	Sweet & sour pork and vegetable stir fry served with Chinese noodles.
	B	Fried fish & chips.
	Healthy	Sweet & sour pork and vegetable stir fry.
	Kids	Chicken nuggets on noodles.



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17 Aug Monday	A	Mayonnaise ¼ chicken on rice served with sweet carrots and cheesy cauliflower.
	B	Chicken Bunny Chow served with a salad.
	Healthy	Thick creamy potato, bacon and parsley soup with croutons.
	Kids	Kids beef burger and chips.
18 Aug Tuesday	A	Classic beef lasagne served with two veggies of the day.
	B	Spaghetti bolognese topped with melted cheese.
	Healthy	Beef fajita served with a bean/cheese salad and a tortilla.
	Kids	Vienna's and veggies.
19 Aug Wednesday	A	Pork goulash on mashed potatoes served with veggies and a sweet and sour sauce.
	B	Pan fried chicken strips and pineapple with veggies served on noodles.
	Healthy	Italian chicken rolled up with spinach, feta and a sweet chilli sauce served with salad.
	Kids	Crumbed chicken strips on saucy noodles.
	Dessert	Milk tart.
20 Aug Thursday	A	Butter chicken served on rice with two veggies of the day.
	B	Shell pasta and mince, topped with cheese sauce served with coleslaw and beetroot.
	Healthy	Butter chicken served on cauli rice with two veggies of the day.
	Kids	Fish fingers with chips and a veg.
21 Aug Friday	A	Chicken and beef "Vet koek" combo.
	B	Chicken shawarma served with fried potatoes.
	Healthy	Marinated curry chicken kebab served with salad and sweet potato chips.
	Kids	Ham and cheese mini pita.
24 Aug Monday	A	Monkey gland meatballs served on rice and veggies of the day.
	B	Spicy crumbed chicken strips with garlic mash and coleslaw.
	Healthy	Fruit salad with double cream Greek yogurt.
	Kids	Cheesy pizza.
25 Aug Tuesday	A	Ginger ale saucy ¼ chicken with sliced boiled potato and veggies of the day.
	B	Spaghetti bolognese topped with melted cheese.
	Healthy	Chicken breast topped with mushrooms, fresh herbs and cheese served with veggies.
	Kids	Spaghetti bolognese topped with melted cheese.
26 Aug Wednesday	A	Marinated curry chicken kebab on rice and veggies of the day.
	B	Creamy chicken & spring onion on penne pasta topped with mozzarella cheese.
	Healthy	Stir fried veggies topped with beef strips and soya sauce.
	Kids	Chicken nuggets and chips.
	Dessert	Home baked brown pudding with custard.
27 Aug Thursday	A	Mild curry mince on rice served with two veggies of the day.
	B	Fried fish served with potato wedges and a creamy garlic sauce.
	Healthy	Mild curry mince on cauli rice served with two veggies of the day and brinjal slices.
	Kids	Kiddie's chicken pie and chips.
28 Aug Friday	A	Chicken Prego rolls served with chips.
	B	Boerewors with pap topped with a tomato & onion sauce.
	Healthy	Vegetable and beef shin soup served with health bread.
	Kids	Chicken nuggets and chips.
31 Aug Monday	A	Chicken schnitzel and a cheese sauce served with spinach and butternut.
	B	Traditional bobotie on yellow rice served veggies of the day.
	Healthy	Grilled hake on basmati rice served with veggies.
	Kids	Fish fingers and chips.

FROZEN MEALS menu available www.healthymeals.co.za

