

or

Honey & mustard

chicken

Chicken schnitzel

## October 2024 Meals Menu

Tel: 079 249 6569

42 Main Road

078 666 0855

Fish Hoek

info@khulumameals.co.za www.khulumameals.co.za

| Trading l           | hours: |
|---------------------|--------|
| Mon - Fri: 9am - 4. | .00pm  |
| Sat: 9am - 12:      | 00pm   |

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|--|---|--|---|---|---|
| MON  | TUES  | WED  | THURS   | FRI   | SAT   |
|  | Bobotie<br>or<br>Chicken & veg<br>casserole               | Roast pork<br>shoulder<br>or<br>Veggi bryani             | Chicken pasta<br>bake<br>or<br>Beef & noodle<br>stirfry | 4 Battered fish or Pork rib burger & chips Pudding - R30 Pineapple cheese cake              | 5 SPECIAL  Roast Lamb, Roast Chicken, Roast Gammon, rice, potato & 2 veggies. see below for pricing     |
| 7 Thai green chicken curry or Wellington meat loaf   | 8 Cream sliced steak & noodles or Apricot chicken         | 9<br>Chicken & ham<br>pie<br>or<br>Lambs livers          | Sausage & mash<br>or<br>Chicken<br>stroganhoff          | Fish cakes<br>or<br>Lamb curry<br>Pudding - R30<br>Trifle                                   | 12 SPECIAL  Roast Lamb, Roast Chicken, Roast Rump, rice, potato & 2 veggies. see below for pricing      |
| Chicken strifry<br>or<br>Pasta alfredo               | Mince lasagna<br>or<br>Sweet & sour<br>pork               | Garlic & herb<br>roast chicken<br>or<br>Cottage pie      | Macaroni & cheese with mince or Pork schnitzel          | Grilled fish or Beef burger & chips Pudding - R30 Apple bake                                | 19 SPECIAL  Roast Lamb,  Roast Chicken,  Roast Pork,  rice, potato & 2  veggies.  see below for pricing |
| Chicken & pineapple stirfry rice or Beef stroganhoff | Spaghetti<br>bolognaise<br>or<br>bacon & spinach<br>quich | 23<br>Steak &<br>mushroom pie<br>or<br>Chicken a la king | Bobotie<br>or<br>Steak & fried pot<br>(all-in-one)      | 25 Fish cakes<br>or<br>Lamb vindaloo<br>curry<br>Pudding - R30<br>Granadilla cheese<br>cake | 26 SPECIAL  Roast Lamb, Roast Chicken, Roast Rump, rice, potato & 2 veggies. see below for pricing      |
| Macaroni & cheese                                    | Baked pot with savoury mince                              | 30 Braised pork chop                                     | 31<br>Rich & tasty<br>beef stew                         |   |   |

or

Roast pork

You have a choice of rice, mashed potato or mashed cauliflower, + all meals are served with 2 vegetables of the day. You can collect your meal on your way home at our shop (42 Main Road Fish Hoek) or have it delivered to your door for a small fee of R15 (Fish Hoek only) and please remember to secure your booking before 11am to ensure availability. Delivery areas include Fish Hoek, Sunnydale, Sun Valley and Capri

or

Tex mex meat

balls

## Vegetarian meals available on request

| Desert available every   |          | Per Day | Per 5 days |
|--|----------|---------|------------|
| Friday at R30.00 per portion.  Delivery times:  12pm – 1pm (Fish Hoek only)  4:00pm – 5:30pm (All areas) | Large    | R100    | R500       |
|  | Standard | R90     | R450       |
|  | Small    | R70     | R350       |



**SPECIAL** 

Choice of 1 Roast meat = R90.00

Med - 2 Roast meats =R100.00

Large - 2 Roast meats =R110.00