

FEB 2025



Healthy Meals

Catering for You

Daily Meals a R69.00
Daily Meals B R67.00
Healthy Meals R74.00
Kids Meals R42.00
Desserts R35.00



CONTACT US:

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ALL MEALS ARE PAYABLE IN ADVANCE

3 Feb. Monday	A	Mild Butter Chicken served on rice with two veggies.
	B	Boerewors and pap topped with a tomato & onion sauce.
	Healthy	Chicken kebab with two veggies and a salad.
	Kids	Boerewors roll.
4 Feb. Tuesday	A	BBQ chicken pieces served on couscous with veggies.
	B	Chicken enchilada served with a bean salad and chips.
	Healthy	Chicken Wrap served with two salads.
	Kids	Hot dog and chips with a veg.
5 Feb. Wednesday	A	Crumbed pork chop served with stir-fry veggies and a curry noodle salad.
	B	Spaghetti bolognaise topped with cheddar cheese.
	Healthy	Bolognaise on baby marrows served with stir-fry veggies.
	Kids	Spaghetti bolognaise topped with cheddar cheese.
	Dessert	Fridge baked Milk tart.
6 Feb. Thursday	A	Pork roast on savoury rice and gravy served with two veggies.
	B	Chicken breast Florentine style served over penne pasta.
	Healthy	Lemon and herb Chicken breast served with basmati rice and two salads.
	Kids	Chicken burger and chips with a veg.
7 Feb. Friday	A	Chicken Prego rolls served with potato wedges.
	B	Creamy chicken and mushroom penne pasta.
	Healthy	Grilled Hake with three salads.
	Kids	Frankfurter & chips.
10 Feb. Monday	A	¼ chicken in a Ginger ale sauce served on rice and two veggies.
	B	Home baked Cornish pie with chips.
	Healthy	Pepper minute steak over brown rice with veggies.
	Kids	Chicken Nuggets and chips with a veg.
11 Feb. Tuesday	A	Sweet chilli chicken kebab on rice with two veggies.
	B	Old English style fish served with salt & vinegar chips.
	Healthy	Marinated chicken kebab served on Chinese noodles and a Greek salad.
	Kids	Cheese pizza.
12 Feb. Wednesday	A	Pork goulash on mash potatoes served with two veggies.
	B	Mild curry mince on rice served with beetroot and potato salads.
	Healthy	Pork fillet and gravy served with two veggies and Broccoli salad.
	Kids	Pork roast and fried potatoes.
	Dessert	Sago pudding.
13 Feb. Thursday	A	Roasted silverside on savoury rice and gravy served with two veggies of the day.
	B	Chicken a la king on rice served with two veggies of the day.
	Healthy	Chicken and Feta cheese salad.
	Kids	Chicken a la king on rice.
14 Feb. Friday	A	Chicken bobotie served with a garlic roll and salad.
	B	Footlong cheese griller served with chips and a Coleslaw.
	Healthy	Chicken Wrap served with two salads.
	Kids	Cheese griller served with chips.



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17 Feb. Monday	A	Classic beef lasagne served with two veggies of the day.
	B	Butter chicken served on rice with two veggies of the day.
	Healthy	Butter chicken on cauliflower rice served with salads.
	Kids	Classic beef lasagne.
18 Feb. Tuesday	A	¼ chicken and mashed potatoes served with stir fried veggies.
	B	Shell pasta and mince, topped with cheese sauce served with coleslaw and beetroot.
	Healthy	Oven baked Portuguese chicken with stir fried veggies and salad.
	Kids	Shell pasta and mince.
19 Feb. Wednesday	A	Italian chicken roll filled with tomatoes, onions, herbs, and cheese served with veggies.
	B	Fried fish served with rice salad with a tar-tar sauce on the side.
	Healthy	Chicken breast with pineapple and stir-fried veggies.
	Kids	Chicken Nuggets and chips with a veg.
	Dessert	Home-made ginger brown pudding with custard.
20 Feb. Thursday	A	Traditional bobotie on yellow rice served with beans and a tomato & onion salad.
	B	Macaroni and cheese served with two salads.
	Healthy	Chicken trinchado on Basmati rice served with salad.
	Kids	Macaroni and cheese.
21 Feb. Friday	A	Cheese beef burger and chips.
	B	Rib burger topped with caramelized onions served with chips.
	Healthy	Melted cheese and mushroom burger without a roll served with salads.
	Kids	Fish fingers and chips with a veg.
24 Feb. Monday	A	Pork bangers and mash with gravy served with carrots, green peas, and corn.
	B	Old English style Fish with salt & vinegar chips.
	Healthy	Lemon & herb chicken breasts served on basmati rice and salad.
	Kids	Smoked Vienna's and chips with a veg.
25 Feb. Tuesday	A	Cottage pie served with two veggies of the day.
	B	Chicken strips and Arrabbiata sauce served on penne pasta.
	Healthy	Fruit salad with double cream Greek yogurt.
	Kids	Toasted chicken mayo served with chips with a veg.
26 Feb. Wednesday	A	Chicken schnitzel topped with cheese sauce and served with spinach and butternut.
	B	Beef shawarma served with chips.
	Healthy	Grilled Hake on basmati rice with a lemon butter sauce and veggies of the day.
	Kids	Chicken nuggets served with chips and butternut
	Dessert	Malva pugging topped with custard.
27 Feb. Thursday	A	Flame grilled Portuguese ¼ 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.
28 Feb. Friday	A	Sweet & sour pork and vegetable stir fry served on Chinese noodles.
	B	Grilled chicken burger topped with pineapple served with chips.
	Healthy	Sweet & sour pork and vegetable stir fry.
	Kids	Kiddies beef burger and chips.

FROZEN MEALS menu available www.healthymeals.co.za

Please note free delivery will not apply for orders less than R67.00

