

MAR 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:

066 224 1982

ALL MEALS ARE PAYABLE IN ADVANCE

3 Mar. Monday	A	Beef Schnitzel with pepper sauce, savoury rice and two veggies.
	B	Chicken a la King on rice served with two salads.
	Healthy	Brinjals filled with lean mince topped with mozzarella cheese served with Ratatouille.
	Kids	Fish fingers and veggies.
4 Mar. Tuesday	A	Beef stroganoff on mashed potatoes served with veggies.
	B	Crumbed chicken strips on spicy savoury rice, perinaise served with vegetables.
	Healthy	Garlic & Parsley minute steak served with salads.
	Kids	Fried chicken strips and veggies.
5 Mar. Wednesday	A	Portages chicken breast on rice served with veggies.
	B	Boerewors with pap topped with a tomato & onion sauce.
	Healthy	Chicken wrap served with salads.
	Kids	Chicken nuggets and chips.
	Dessert	Fridge baked Milk tart.
6 Mar. Thursday	A	Mild curry mince on rice served with two veggies of the day.
	B	Home baked beef and onion pie served with chips.
	Healthy	Mild curry mince on cauli rice served with two veggies of the day and brinjal slices.
	Kids	Kiddie's chicken pie and chips.
7 Mar. Friday	A	Cheese beef burger and chips.
	B	Vetkoek and curry mince.
	Healthy	Cheese beef burger patty served with three salads.
	Kids	Cheese and jam Vetkoek.
10 Mar. Monday	A	Crumbed pork chop served with potato bake, corn on the cob and beans.
	B	Chicken and vegetable wrap served with fried sweet potatoes and chips.
	Healthy	Grilled loin pork chop served with three salads.
	Kids	Hotdog and chips.
11 Mar. Tuesday	A	Mild Chicken biryani served with two veggies of the day.
	B	Meatballs & Spaghetti topped with a Napolitano sauce.
	Healthy	Meatballs on basmati rice served two veggies of the day.
	Kids	Toasted ham and cheese sandwich served with sweet potato chips.
12 Mar. Wednesday	A	Short rib & beef curry on yellow rice served with veggies of the day.
	B	Spaghetti Bolognese topped with melted cheese.
	Healthy	Butternut & chives soup served with health bread.
	Kids	Fish fingers and chips.
	Dessert	Malva Pudding and custard.
13 Mar. Thursday	A	Pork roast on rice and gravy served with pumpkin cakes and beans.
	B	Mince Mac & Cheese served with two salads.
	Healthy	Grilled Hake and Basmati rice served with a Greek salad.
	Kids	Mac & Cheese.
14 Mar. Friday	A	Rib burger topped with caramelized onions served with chips.
	B	Fried fish & chips.
	Healthy	Tikka chicken mixed green salad.
	Kids	Frankfurter & chips.



www.healthymeals.co.za



healthymeals700@outlook.com



@HealthyMeals7

17 Mar. Monday	A	Honey mustard glazed ¼ chicken served with a potato 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 with chips and butternut on the side.
18 Mar. Tuesday	A	Chicken Schnitzel and a cheese sauce served with bean fritters and butternut.
	B	Old English style Fish served with salt & vinegar chips.
	Healthy	Sweet & sour pork and vegetable stir fry.
	Kids	Chicken nuggets on noodles.
19 Mar. Wednesday	A	Roasted silverside on savoury rice and gravy served with two veggies of the day.
	B	Spaghetti Bolognese topped with melted cheese.
	Healthy	Minute steak and a pepper sauce served with two veggies and a salad.
	Kids	Kids beef burger and chips.
	Dessert	Home-made ginger brown pudding served with custard.
20 Mar. Thursday	A	Italian chicken roll filled with tomatoes, onions, herbs, and cheese served with veggies & a salad.
	B	Portuguese chicken Trinchado bunny chow served with sambal salad.
	Healthy	Beef fajita served with salad and a tortilla.
	Kids	Vienna's and veggies.
21 Mar. Friday	A	**** Closed due to public Holiday**** Human Rights Day
	B	
	Healthy	
	Kids	
24 Mar. Monday	A	Chicken Cordon Bleu topped with a cheese sauce served with veggies.
	B	Grilled chicken on penne pasta topped with a cheese sauce.
	Healthy	Seasonal fruit salad topped with double Greek yogurt.
	Kids	Chicken strips and chips.
25 Mar. Tuesday	A	Mayonnaise ¼ Chicken on rice with sweet carrots and cheesy cauliflower.
	B	Classic chicken and vegetable lasagne served with two salads.
	Healthy	Beef strips on a Greek salad.
	Kids	Chicken nuggets & chips.
26 Mar. Wednesday	A	Chutney and brown onion chicken with Garlic Concertina potatoes served with veggies.
	B	Savoury mince spud served with veggies.
	Healthy	Grilled hake on brown rice served with veggies.
	Kids	Hake strips and veggies.
	Dessert	Brown vinegar pudding.
27 Mar. Thursday	A	Cheddar melt Chicken Schnitzel served with chips and onion rings.
	B	Old English style Fish served with salt & vinegar chips.
	Healthy	Sweet & sour pork served with vegetable stir fry.
	Kids	Chicken nuggets on noodles.
28 Mar. Friday	A	Chicken and beef vetkoek combo.
	B	Chorizo sausage & mushroom pasta.
	Healthy	Chicken breast topped with mushrooms & herbs served with veggies of the day.
	Kids	Vienna and cheese pasta.

FROZEN MEALS menu available www.healthymeals.co.za

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

