



# MONTHLY MEALS JULY

**FROM 1 JULY 2026**

**Monday to Friday (Weekends not Included)**

**Book & Pay for the full month in Advance and get the benefit of Saving.**

- Booking is essential / Book 24hrs before the first day of a new month.
- Meals NOT collected on the due date cannot be advanced but can be refrigerated for collection the NEXT DAY.
- Menu Options may change without prior notice due to availability.

## **How to Order:**

Place your order on our WHATSAPP LINE 082 897 5655

## **How to Pay for your Order:**

EFT with Reference Name & Surname

Cash or Card

NEDBANK

CHECQUE ACC

ACC NO: 1517047293

MAGRIET SE KOMBUIS

**Only R95.00 per plate (monthly meal plan).**

**Pay and order for the full month upfront and enjoy meals for just R89.00 each!**



## WEEK 1 | 6 JULY - 12 JULY

---

### MONDAY | 6 JULY

BBQ Pork Chops with mashed potatoes and vegetables of the day.

### TUESDAY | 7 JULY

Butter Chicken with basmati rice, stir-fry vegetables and green salad.

### WEDNESDAY | 8 JULY

Pasta Alfredo with grilled baby marrows and sweet butternut.

### THURSDAY | 9 JULY

Roast Chicken with rice, roast potatoes, country mix vegetables and sweet potato.

### FRIDAY | 10 JULY

Pork Bangers with mashed potatoes, green beans with feta and sliced pumpkin.

### SATURDAY | 11 JULY

Curry and rice.

### SUNDAY | 7 JULY

Sunday Buffet. Contact 082 897 5655 for the menu.



## WEEK 2 | 13 JULY - 19 JULY

---

### MONDAY | 13 JULY

Hearty Beef Stew with samp and vegetables of the day.

### TUESDAY | 14 JULY

Chicken Stir-Fry with noodles, roast butternut and sweet carrots.

### WEDNESDAY | 15 JULY

Meatballs in Gravy with white rice, braised cabbage and sweet pumpkin.

### THURSDAY | 16 JULY

Honey Mustard Pork with mashed potatoes, cauliflower bake, peas and carrots.

### FRIDAY | 17 JULY

Chicken Schnitzel with rice, potatoes, creamed spinach and mixed vegetables.

### SATURDAY | 18 JULY

Curry and rice.

### SUNDAY | 19 JULY

Sunday Buffet. Contact 082 897 5655 for the menu.



## WEEK 3 | 20 JULY - 26 JULY

---

### MONDAY | 20 JULY

Beef Trinchado with savoury rice and vegetables of the day.

### TUESDAY | 21 JULY

Chicken Pie with green beans, potatoes and sweet butternut.

### WEDNESDAY | 22 JULY

Beef Potjie with couscous, baby marrow fritters and country mix vegetables.

### THURSDAY | 23 JULY

Bacon & Mushroom Pasta with salad and sweet carrots.

### FRIDAY | 24 JULY

Chicken Cordon Bleu with mashed potatoes, crumbed cauliflower and sweet pumpkin.

### SATURDAY | 25 JULY

Curry and rice.

### SUNDAY | 26 JULY

Sunday Buffet. Contact 082 897 5655 for the menu.



## WEEK 4 | 27 JULY - 31 JULY

---

### MONDAY | 27 JULY

Mac, Mince & Cheese with vegetables of the day.

### TUESDAY | 28 JULY

Beef Curry with savoury rice, sweet pumpkin and green salad.

### WEDNESDAY | 29 JULY

Lemon & Herb Chicken with roast potatoes, peas & carrots and stir-fry vegetables.

### THURSDAY | 30 JULY

Pepper Steak Pie with potato salad and green beans with mushrooms.

### FRIDAY | 31 JULY

Chicken Stir-Fry with fried rice, caramel sweet potato and savoury carrots.

### SATURDAY | 1 AUGUST

Curry and rice.

### SUNDAY | 2 AUGUST

Sunday Buffet. Contact 082 897 5655 for the menu.