



**9 Plein Street, Napier**

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**[www.meals2u.co.za](http://www.meals2u.co.za) or <https://www.facebook.com/meals2u>**

**Need a Break. Don't Feel Like Cooking. Look No Further  
Fresh Meals Delivered to your doorstep 5 Days a Week!**

**NB! Order Today for Tomorrow**

## JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<b>Chicken Salad</b> Dinner Roll Watermelon	<b>Cottage Pie</b> 2 Seasonal Vegetables	<b>Turkey Roast, 2</b> seasonal veg, roast potato, rice and gravy	<b>Bacon Mac &amp; Cheese</b> Beetroot & Orange Salad Green Salad	<b>Lasagne</b> Garlic Bread Greek Salad
9	10	11	12	13
<b>Corned Beef Slices</b> Potato Salad Coleslaw	<b>Creamy Chicken Pasta</b> Summer Salad	<b>Gammon Roast</b> 2 seasonal veg, roast potato, rice gravy	<b>Chicken Wrap</b> Crispy Salad Carrot & Pineapple Salad	<b>Homemade Beef Burgers</b> Crispy chips
<b>*16</b>	<b>*17</b>	<b>*18</b>	<b>*19</b>	<b>*20</b>
<b>Lasagne</b> Garlic Bread	<b>Beef Curry</b> With vegetables and rice	<b>Beef Roast</b> 2 seasonal veg, rice and gravy	<b>Chicken Pie</b> Roast Vegetables	<b>Meatloaf</b> Green Beans Sweet carrots
23	24	25	26	27
<b>Pork Bangers</b> Mash & Gravy Mushy Peas Squash	<b>Homemade Cornish Pies</b> Greek Salad Potato wedges	<b>Lamb Roast</b> 2 seasonal veg, roast potato rice and gravy	<b>Sweet &amp; Sour Pork</b> Sweetcorn fritters Stir fried Veg	<b>Chutney Chicken</b> Carrots & Peas Parsley Rice
30	31			
<b>Gammon Salad</b> Dinner Roll Sweet Melon	<b>Boerewors Rolls</b> Pasta Salad Melon & Corn Salad			

**Medium R30**

**Large R35**

**Delivery R5 per household Napier & Bredasdorp**

**We have a banting menu! Frozen meals available!**

\*Please take note that we will be on leave from 16-20 Jan. All meals for that week will be frozen and delivered on 13 Jan. It is important that you place your order for that week no later than 6 Jan.