

HOT *Ginger*



All food, all soul

Shelley Manning

Cell: 0735795303

Email: hotginger3@gmail.com

Tel: 011 726 2710

Pre-cooked menu

**Freshly prepared
individual portions**

Monday 6 January

Chicken a la king with rice or baby potatoes and two veg

Or, chicken a la king with fresh garden salad

OR

Lemon, rosemary and garlic risotto and veg or a garden salad

Tuesday 7 January

Pork stir fry with egg-fried rice or Chinese noodles

OR

Vegetable stir fry with additional vegetables, egg-fried rice or noodles

Wednesday 8 January

Chicken sosaties marinated in mild curry sauce with potato wedges & veg or salad

OR

Butternut and chickpea ragout with potato wedges & veg or a salad

Thursday 9 January

Cottage pie with vegetables or a garden salad

OR

Lentil cottage pie with fresh vegetables or a salad

Friday 10 January

Chicken Kiev with cheese sauce, new potatoes and veg or a salad

OR

Rich Macaroni & cheese with a salad or veg and garlic bread

Saturday 11 January

Beef and ale pot pie with Hasselback potatoes & vegetables or a salad

OR

Vegetable puff pie, Hasselback potatoes, fresh veg or a garden salad

Sunday 12 January

Bacon arrabiatta with fusilli, garlic bread, veg or a salad

OR

Courgette fritters with fresh vegetables, Hasselback potatoes or

Salad

SOUP

TOMATO GAZPACHO

CARROT , ORANGE AND CORIANDER

PEA AND HAM

POTATO AND LEEK

BROCCOLI AND BLUE CHEESE

CHINESE CHICKEN AND CORN SOUP

CHICKEN NOODLE

VEGETABLE MINESTRONE

SOUPS ARE AVAILABLE IN 500ML PORTIONS AT R30.00 AND AT ANY TIME





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