

BRiGiD's Catering

Healthy, Homestyle Cooking ~
Delivered to your Door!



LOW FAT MEALS

SOUPS

Butternut	R12
Thick Veg Soup	R12
Chicken & Veg Soup	R15
Beef & Veg Soup	R15
Leek and Potato Soup	R15
Chinese Chicken and Corn Soup	R15

MEALS

Baked Ziti	R20
Lentil "Me Loaf"	R20
Thai Chicken Curry made with fat free Plain Yogurt	R25
Chickpea Patties	R25
Chicken Stir fry Served with Brown Rice	R25
Beef or Pork Stir fry Served with Brown Rice	R30
Veg Lasagna – Made with light Margerine & Skim Milk, topped with Mozzarella Cheese	R30
Italian Meatballs and Spaghetti – Made with Lean Mince	R30
Spaghetti Bolognaise – Made with Lean Mince	R30
Baked Ziti (Lean Mince)	R30
Lean Mince & Sweet Potato Meatloaf	R30
Low Fat Sweet and Sour Pork Bangers	R30
Grilled Salmon Fish Cakes	R30
Fish Bake made with fat free smooth Cottage Cheese, White Wine & Mushroom	R30
Sweet and Sour skinless boneless Chicken – Made with 100% orange juice	R30
Sweet and Sour Lean Pork – Made with 100% orange juice	R30
Malay Chicken Curry made with skinless boneless Chicken	R30
Lean Mince Stuffed Cabbage Rolls in Napoli Sauce	R30
Broccoli & Chicken Bake (Made with Low fat milk, Yoghurt and lemon)	R30
Beef, Mushrooms, Onion & Garlic cooked in Red Wine	R35
Coq Au Vin – Skinless boneless Chicken, Mushrooms, Onion & Garlic cooked in Red Wine	R35
Lemon Dijon, peri-peri or Cajun Chicken breasts with steamed Veg and brown Rice	R35