

# BRiGiD's Catering

Healthy, Homestyle Cooking ~  
Delivered to your Door!



## LOW GI MEAL OPTIONS

### SOUPS

Tomato & Basil Soup R15

### MAIN MEALS

Vegetable Lasagna	R25
Chickpea Patties	R25
Roasted Mushroom & Lentil Cakes	R25
Baked Chicken Meatballs	R30
Penne Pasta with Bacon, Herbs and a Creamy Pumpkin Sauce	R30
Beef Stir-fry	R30
Chicken & Butternut Stirfry	R30
Chicken Stew with Red & Green Peppers & Olives	R30
Roasted Mediterranean Veg on Cous Cous	R30
Chickpea, Chorizo & Chilli Stew	R30
Pork Chow Mein	R30
Red Wine Beef Stew	R35
Penne with Basil pesto Chicken & Almonds	R35