

BRIGID'S Catering

Healthy, Homestyle Cooking -
Delivered to your Door!



Healthy
Wholesome-
Ready to "Heat-&-Eat"

FOUR WEEK MEAL PLAN

Your complimentary meal plan based on the recipes learnt over the four week beginner's cookery course.

Week 1

Monday

Roast Chicken and Potatoes, Gravy and 2 Vegetables.

Tuesday

Mince Lasagna (Can be substituted with Chicken or Veg) and Salad.

Wednesday

Malay Chicken Curry, Rice and Sambals.

Thursday

Tagliatelle Alfredo and Salad.

Friday

Mince Rissoles in Mushroom Sauce and 2 Vegetables.

Saturday

Chicken and Broccoli Bake, Rice and Salad.

Sunday

Braai with Pasta salad and Green/Greek Salad.

Week 2

Monday

Spaghetti Bolognaise and Salad.

Tuesday

Chicken Fillets wrapped in Bacon, Potato Bake and 2 Vegetables.

Wednesday

Irish stew, Rice and Salad.

Thursday

Penne Paesana and Salad.

Friday

Bobotie, Rice and 2 Vegetables.

Saturday

Lamb Curry, Rice and Sambals

Sunday

Roast Pork, Roast potatoes, Gravy and 2 Vegetables.

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Week 3

Monday

Cottage Pie and 2 Vegetables.

Tuesday

Jamaican Chicken, Savory Rice and 2
Vegetables.

Wednesday

Macaroni Cheese with or without Bacon and
Salad.

Thursday

Beef Cooked in Red Wine, Mashed Potato
and 2 Vegetables.

Friday

Chicken Curry, Rice and Sambals.

Saturday

Italian Spaghetti with Meatballs and Salad.

Sunday

Pork Chops in Sweet and Sour Sauce, Savory
Rice and 2 Vegetables.

Week 4

Monday

Pasta Carbonara and Salad.

Tuesday

Beef Curry, Rice and Sambals.

Wednesday

Baked Ziti and Salad.

Thursday

Roast Chicken, Roast Potatoes and 2
Vegetables.

Friday

Steak and Olive Pasta and Salad.

Saturday

Penne Picante and Salad.

Sunday

Braai with Garlic Potato Rosettes and Salad.