

Banting June - 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Wors Cauli Pap & Sauce Southern fried corn	<b>2</b> Portuguese chicken Creamy spinach Cinnamon Pumpkin	<b>3</b> Spaghetti bolognaise Butternut soup  Cinnamon mug cake	<b>4</b> Pork Bangers Sweet potato mash Mixed veggies	<b>5</b> <b><u>Bake ME:</u></b> Biltong Spinach & Feta Quiche	<b>6</b>
<b>7</b>	<b>8</b> Filled Sweet potato Veggie soup	<b>9</b> Chicken bacon & mozzarella quisadellas	<b>10</b> Creamy steak Zucchini noodles  Malva & Vla	<b>11</b> Lemon & herb chicken Green beans Sweet corn cakes	<b>12</b> <b><u>Bake ME:</u></b> Lasagna	<b>13</b>
<b>14</b>	<b>15</b> Tomato stew Sweet potato mash Greek salad	<b>16</b> Butter chicken Cauli Rice & roti Pumpkin cubes	<b>17</b> Roast pork enchiladas  Chocolate brownies	<b>18</b> Stuffed chicken breast Cauli Mash Carrots & Peas	<b>19</b> <b><u>Bake ME:</u></b> Chicken pie	<b>20</b>
<b>21</b>	<b>22</b> Basil pesto chicken Cauli noodels Biltong soup	<b>23</b> Roast pork belly Sweet potato Mash Mixed Veggies	<b>24</b> Chicken skewers Veggie biryani  Apple Pie	<b>25</b> Pot roast Cauli & broccoli bake Roasted Sweet potato pie	<b>26</b> <b><u>Bake ME:</u></b> Biltong Pie	<b>27</b>
<b>28</b>	<b>29</b> Chicken ala king Cauli Rice Grilled Butternut	<b>30</b> Pepper steak pie Roast veggies				