

June - 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Wors Pap & Sauce Southern fried corn	2 Portuguese chicken Rice Creamy spinach Pumpkin fritters	3 Spaghetti bolognaise Butternut soup Cinnamon roll cake	4 Pork Bangers Mash Mixed veggies	5 Bake ME: Biltong Spinach & Feta Quiche	6
7	8 Filled pancakes Veggie soup	9 Chicken bacon & mozzarella trammazini Wedges	10 Creamy steak Fettuccini Malva & Vla	11 Lemon & herb chicken Rice Corn Soufflé Green beans	12 Bake ME: Lasagna	13
14	15 Tomato stew Rice Sweet potato	16 Butter chicken Rice & roti Pumpkin cubes	17 Roast pork Panini Wedges Chocolate brownies	18 Sesame crumbed chicken Mash Carrots & Peas	19 Bake ME: Mac & Cheese	20
21	22 Chicken pesto Pasta Biltong soup	23 Roast pork belly Mash Mixed Veggies	24 Chicken skewers Veggie biryani Apple Pie	25 Pot roast Potato dish Sweet potato pie Cauli & broccoli bake	26 Bake ME: Pizza Pasta Bake	27
28	29 Chicken ala king Rice Grilled Butternut	30 Pepper steak pie Roast veggies				