

BRiGiD's Catering

Healthy, Homestyle Cooking ~
Delivered to your Door!



LOW CARB MEALS:

SOUPS

Thick Veg Soup	R20
Chicken & Veg Soup	R20
Beef & Veg Soup	R20
Tomato & Basil Soup	R20

MAIN MEALS

Lemon & herb, Peri-Peri or Cajun Chicken breasts	R25
Peri Peri Chicken Livers	R30
Chicken a la King	R35
Green Thai Chicken Curry	R40
Red Thai Chicken Curry	R40
Chicken & Veg Stir Fry	R40
Bolognaise with Zoodles	R40
Sweet and Sour Chicken Breast	R40
Chicken & Broccoli Bake	R40
Mince Rissoles in Tomato or Mushroom Sauce	R40
BBQ Kassler Chop	R40
Chicken Breasts Stuffed with Spinach & Feta, Wrapped in Bacon	R40
Chicken and Spinach Bake	R45
Malay Chicken Curry with Cauliflower Rice	R45
Indian Chicken Curry with Cauliflower Rice	R45
Boboti	R45
Mince Stuffed Cabbage Rolls in Tomato Sauce	R45
Beef Stroganoff	R45

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Italian Meatballs with Zoodles	R45
Sweet and Sour Pork chop	R45
Pork Bangers in Onion & Tomato Relish with Cauliflower Mash	R50
Steak Chilli Con Carne	R50
Chicken Coq au Vin	R50
Beef & Veg Stir Fry	R55
Mince Lasagne	R55
Chicken Lasagne	R55
Indian Style Beef Curry with Cauliflower Rice	R60
Malay Style Beef Curry with Cauliflower Rice	R60
Irish Stew	R60
Mushroom Fish Bake	R65

1. All the above meals are made as low carb as possible
2. All recipes are sugar free
3. Coconut Oil is used in the cooking process
4. Brinjal is used instead of lasagne sheets for both lasagne dishes