

BRiGiD's Catering

Healthy, Homestyle Cooking ~
Delivered to your Door!



LOW FAT MEALS:

SOUPS

Butternut Soup	R20
Thick Veg Soup	R20
Chicken & Veg Soup	R20
Hearty Lentil Soup	R20
Chinese Chicken & Corn Soup	R20
Tomato & Basil Soup	R20

MAIN MEALS

Baked Ziti	R25
Chickpea Patties	R25
Tuna Pasta Bake	R30
Bacon Napoli Pasta	R30
Curried Chicken Pasta	R30
Lentil Boboti	R35
Chicken a la King	R35
Baked Ziti with Mince	R35
Grilled Salmon Fish Cakes	R35
Green Thai Chicken Curry	R40
Red Thai Chicken Curry	R40
Chicken Stir Fry Served with Brown Rice	R40
Spaghetti Bolognaise	R40
Low fat Sweet and Sour Chicken Breast	R40
Chicken & Broccoli Bake	R40
Mince Rissolis in Tomato or Mushroom Sauce	R40

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Chicken and Spinach Bake	R45
Low Fat Sweet and Sour Pork Bangers	R45
Malay Chicken Curry with Brown Rice	R45
Indian Chicken Curry with Brown Rice	R45
Boboti	R45
Lean Mince & Sweet Potato Meatloaf	R45
Lean Mince Stuffed Cabbage Rolls in Tomato Sauce	R45
Beef Stroganoff	R45
Italian Meatballs and Spaghetti	R45
Sweet and Sour Pork chop	R45
Steak Chilli Con Carne	R50
Lemon & herb, Peri-Peri, Honey mustard or Cajun Chicken breasts with steamed Veg and brown Rice	R50
Beef Stir Fry Served with Brown Rice	R55
Indian Style Beef Curry with Brown Rice	R60
Malay Style Beef Curry with Brown Rice	R60
Mushroom Fish Bake	R65

1. All the above meals are made as low fat as possible.
2. We use lean cuts of meat or chicken, no skin, no bone where possible.
3. Low fat milk, olive oil (as little as possible) and low-fat cooking methods are used, such as steaming and grilling rather than frying.
4. Brown rice is used instead of rice, mash or noodles.
5. Cheese is left off or used sparingly (mozzarella as its lower in fat) where possible to reduce fat.
6. With pasta dishes whole wheat pasta is used instead of regular pasta.