

BRiGiD's Catering

Healthy, Homestyle Cooking ~
Delivered to your Door!



LOW GI MEALS:

SOUPS

Butternut Soup	R20
Thick Veg Soup	R20
Beef & Veg Soup	R20
Chicken & Veg Soup	R20
Pea & Ham Soup	R20
Beef & Bean Soup	R20
Hearty Lentil Soup	R20
Tomato & Basil Soup	R20
Leek & Potato Soup	R20

MAIN MEALS

Chickpea Patties	R20
Lentil Boboti	R30
Veg Breyani with Dhal	R30
Brown Rice, Lentil and Veg Bake	R30
Bean and Chickpea Curry	R30
Lentil Cottage Pie with Sweet Potato Topping	R35
Butternut & Spinach Lasagne	R35
Lentil Moussaka	R40
Roasted Mushroom & Lentil Cakes	R40
Bacon, Butternut & Thyme Pasta	R40
Chicken & Butternut Stir-fry	R40

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Roasted Mediterranean Vegetables with Cous Cous	R40
Chicken & Veg Stir Fry with Brown Rice	R40
Chickpea, Chorizo & Chilli Stew	R45
Mince and Sweet Potato Meat Loaf	R45
Basil Pesto, Chicken & Almond Pasta	R45
Chicken, Bell Peppers & Olive Stew	R45
Steak Chilli Con Carne	R45
Lemon & herb, Peri-Peri, Honey Mustard or Cajun Chicken breasts with Brown rice & Veg	R50