

oregano meals

www.oreganocatering.co.za

CHICKEN R80-00 per 400g portion

Caramelized Leek, chicken and Pea risotto bake

Butter Chicken Curry

Pesto Chicken Pasta shells with roasted tomatoes

Moroccan Chicken tagine with chickpeas and roasted sweet potato

Thai green chicken curry with broccoli

Cape Malay Chicken Curry in an Apricot sauce

BEEF R85-00 per 400g portion

Beef Lasagne

Traditional Beef babet

Beef Stroganoff with tagliatelle

Hungarian Beef Goulash with red peppers and mushrooms

Hoisin beef with peppers and sesame noodles

LOW-CARB R80-00 per 400g portion

Sun-dried Tomato Chicken and butternut Bake

Cottage Pie with sweet potato and caulimash

Baby Marrow "Pasta" in a chicken, bacon and broccoli cream sauce

Chicken Alfredo with butternut "pasta"

Sesame Chicken with egg-fried cauliflower

VEGETARIAN R70-00 per 400g portion

Spinach and feta cannelloni with creamy sundried tomato sauce

Roast Mediterranean vegetable lasagna

Butternut and Sage Mac and Cheese

Melanzane Parmigiana

VEGAN R70-00 per 400g portion

Hoisin Tofu with asian greens and rice noodles

Thai red coconut curry with tofu (mild)

Aubergine, Butternut and lentil Melanzane

Chickpea, potato date and cauliflower tagine

Large pies Serves 6

Chicken and Mushroom R360-00

Braised Beef and Sweet Potato R420-00