

# What's Happening this week...

**1<sup>st</sup> August 2022 – 7<sup>th</sup> August 2022**



**Monday 1<sup>st</sup> August 2022**

11:30am Anti-Ageing Exercise class  
2:30pm Canasta

**Tuesday 2<sup>nd</sup> July 2022**

2pm Art class  
2pm Scrabble

**Wednesday 3<sup>rd</sup> July 2022**

11am Anti-Ageing Exercise class  
6:30pm Social Dinner

**Thursday 4<sup>th</sup> July 2022**

2pm Art class  
2pm Stitch-In-Time

**Friday 5<sup>th</sup> July 2022**

16h30pm Pizza Night

**Saturday 6<sup>th</sup> July 2022**

7pm Movie Night – Meet the Parents

**Sunday 7<sup>th</sup> July 2022**



## August 2022

Date	MENU
<b>MONDAY</b> 1 August	Vegetable Soup with Homemade Bread <b>R50.00</b>
<b>TUESDAY</b> 2 August	Salmon & Spinach Quiche with Chips and Garden Salad <b>R60.00</b>
<b>WEDNESDAY</b> 3 August	Cape Malay Chicken Curry with Basmati Rice, Poppadum's and Sambals <b>R65.00</b>
<b>THURSDAY</b> 4 August	Napolitana Spaghetti Meatballs Served with Green Salad <b>R60.00</b>
<b>FRIDAY</b> 5 August	Fried Calamari Strips Served with Savoury Rice, Lemon Wedges, Tartar Sauce and Chef Salad <b>R70.00</b>
<p><b>KINDLY BOOK YOUR LUNCH BY 14H00 FOR FOLLOWING DAY.</b>  <b>PLEASE ADD AN EXTRA R10.00 FOR TAKE AWAY CONTAINERS AND FOR DELIVERIES, R7.00</b></p> <p><b>PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.</b></p>	

*See you there!*



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# WHAT'S COOKING

## SOCIAL DINNER MENU – R120 PER PERSON

AUGUST 2022

	MAIN COURSE OPTION 1	MAIN COURSE OPTION 2	DESSERT
<b>WEDNESDAY 3 August</b>	Roasted Pork Neck Fillet with a Dijon Mustard Sauce, Hasselback Potatoes & Pan-Fried Vegetables	Crusted Spinach, Mozzarella Stuffed Chicken with Dijon Mustard Sauce, Hasselback Potatoes and Pan-Fried Vegetables	Rooibos infused Stewed Fruit and Custard or Mini Cheese Plate Biscuits
<b>WEDNESDAY 10 August</b>	Beef Bouguignon with Basmati Rice	Lemon & Butter Baked Salmon Roasted Vegetable and Herb Couscous <b>R145pp</b>	Chocolate Mousse or Mini Cheese Plate Biscuits
<b>WEDNESDAY 17 August</b>	Roasted Chutney Chicken, Potato Au Gratin with Roasted Butternut and Brussel Sprout	Apricot & Apple Glazed Gammon, Potato Au Gratin with Roasted Butternut and Brussel Sprout	Chocolate Brownie with Ice Cream or Mini Cheese Plate Biscuits
<b>WEDNESDAY 24 August</b>	Butter Chicken, Basmati Rice and Naan Bread & Sambals	Roasted Lamb Shank on Crushed Potatoes with Pan Fried Beans and Rosa Tomatoes <b>R145pp</b>	Chocolate & Caramel Tart with Chantilly Cream or Mini Cheese Plate Biscuits
<b>WEDNESDAY 31 August</b>	Moussaka Eggplant Casserole Served with a Fresh Green Salad	Roasted Sirloin, Roasted Potatoes, Baby Carrots and Creamed Spinach	Pecan Tart with Espresso Cream or Mini Cheese Plate Biscuits

All reservations for the Social Dinners will need to be made in our new bookings file at the Bistro. Kindly come to the Bistro to ensure you make your booking and choice of menu option on the sheets provided. No more telephonic bookings will be taken for Social Dinners. Bookings must be confirmed by no later than 12pm on Monday. Please pay for your meal either by account or credit card. Unfortunately, **NO LATE BOOKINGS** will be accepted. No-shows or last-minute cancellations will unfortunately have to be charged to your account.

# Meet the Parents



MOVIE NIGHT

## - Meet the Parents -

SATURDAY, 06 AUGUST AT 7:00pm

*A young man's first visit to his girlfriend's parents' house turns out to be more nightmarish than he could ever have imagined. Hoping to use the weekend as a chance to propose to his girlfriend, he only succeeds in incurring the wrath of his prospective father-in-law and almost destroys their home in the process.*

Please contact Jacky Orton on Ext 3031 for any additional information. Please confirm your attendance for seating purposes with reception on Ext 3200. Unfortunately space limited to 12 residents due to social distancing. You are welcome to bring your own refreshments.



# Sonnenhof Bistro

Join us for a Glass of  
Sparkling Wine and Bacon  
Eggs Benedict.



Date: Friday, 12 August 2022

Price: R60 pp

Time: 9h30 - 11h00

Please book at the Bistro by 6 August 2022



Western Province Caterers



# Sonnenhof Bistro

## Pizza Night

Join us for our First Pizza Evening.

Date: Friday, 5 August 2022

Time: 16h30 till 18h00

Price R76-00 including a glass of wine

Take Away R 70-00

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- Vegetarian Pizza  
red onion, zucchini, tomato, mushrooms & peppers  
or
- Chicken, Pineapple & Feta

**Please book at the Bistro, bookings close 3 August at 2pm**



Western Province Caterers



IT'S A CELEBRATION

HAPPY BIRTHDAY WISHES

TO

2<sup>nd</sup> Alida Oldroyd (Unit 22)  
3<sup>rd</sup> Roger Cummins (Unit 20)  
3<sup>rd</sup> David Walker (Unit 42)



## BISTRO

Our lunch offering includes a special of the day, a selection of breakfast, toasted sandwiches, cake plus hot and cold beverages. Kindly be sure to give us a heads up by 2pm the day before if you would like to order the Daily Special in the Bistro. Kindly note that no cash payments will be accepted. Kindly pay on pre-paid account, credit or debit card.

**Social Dinner** is hosted every Wednesday evening at 6.30pm. Bookings to be confirmed no later than 12pm on a Monday. Late bookings will not be accepted. No-show or last minute cancellations will unfortunately have to be charged to your account.





***FRIDAY, 26<sup>th</sup>  
AUGUST 6pm***



**Join us for our popular social event Friday, 26 August from 6pm. Please book at reception on EXT3200 for catering purposes or to buy a book of tickets for R100.**