

OCTOBER 2022

Daily Meal Prices:

R68-00

Additional Charges: Take Away container fee

R 7-00

Kindy book your meals as follow:
Lunch bookings to be made by 10am for the following day

For any Dietary Requirements please contact us at the Bistro

We do have card facilities available, and you are more than welcome to use your account. Please note we are do not accept cash.





OCTOBER 2022

| DATE | MAIN COURSE |
|--------------------------------|--|
| Monday 3 October 2022 | Beef Tomato Bredie with White Rice, Sauteed Green Beans & Roasted Pumkin |
| Tuesday 4 October 2022 | Asian Chicken & Stir Fry Vegetables on Egg noodles |
| Wednesday 5 October 2022 | Crunchy Pork Schnitzel with Cheese Sauce, Garlic Baby Potatoes & Roasted Vegetables |
| Thursday 6 October 2022 | Beef Sausages with Onion Gravy, Creamy Mashed Potatoes & Pan-Fried Vegetables |



| Friday | Fried/Grilled Hake with Tartar Sauce, Fresh Lemon, |
|-----------------|--|
| 7 October 2022 | Chips & Coleslaw |
| Monday | Tuscan Chicken with Cauliflower Pilaf |
| 10 October 2022 | & Stir-Fried Vegetables |
| Tuesday | Beef Bobotie with Yellow Rice, Tomato & Onion |
| 11 October 2022 | Sambals, Pan-Fried Greens |
| Wednesday | Butter Chicken with Basmati Rice, Poppadom's |
| 12 October 2022 | & Roasted Vegetables |
| Thursday | Creamy Mushroom, Bacon & Spinach |
| 13 October 2022 | Tagliatelle with Greek Salad |



| Friday | Deep Fried Calamari with Tartar Sauce, Fresh |
|------------------------------|---|
| 14 October 2022 | Lemon, Chips & Coleslaw |
| Monday | Roasted Chicken & Caramelized Leek Quiche |
| 17 October 2022 | With Oven Roast Potato Wedges & Garden Salad |
| Tuesday | Thai Fish Cakes with Sweet & Sour Sauce, |
| 18 October 2022 | Creamy Mashed Potatoes & Stir-Fried Vegetables |
| Wednesday 19 October 2022 | Homemade Chicken & Leek Pie with Gravy, Garlic Baby Potatoes & Roast Vegetables |
| Thursday 20 October 2022 | Beef Curry with Basmati Rice & Seasonal Vegetables |



| Friday | Fried/Grilled Hake with Tartar Sauce, Fresh Lemon, |
|---------------------------|--|
| 21 October 2022 | Chips & Coleslaw |
| Monday 24 October 2022 | Potato & Aubergine Melanzane with Greek Salad |
| Tuesday | Beef Salisbury Steak with Mushroom Sauce, Creamy |
| 25 October 2022 | Mashed Potatoes, Stir-Fried Vegetables |
| Wednesday | Harissa Chicken |
| 26 October 2022 | With Garlic Baby Potatoes & Pan-Fried Greens |
| Thursday | Lamb Liver with Onion Gravy, Mashed Potatoes & |
| 27 October 2022 | Stir Fry Vegetables |
| Friday | Deep Fried Calamari with Tartar Sauce, Fresh |
| 28 October 2022 | Lemon, Chips & Coleslaw |