

What's Happening this week...

6th March 2023 – 12th March 2023




EVERGREEN
lifestyle
bergvliet

Monday 6th February 2023

11:30am Anti-Aging
2:30pm Canasta

Tuesday 7th February 2023

2pm Scrabble

Wednesday 8th March 2023

11am Anti-Aging

Thursday 9th March 2023

2pm Art Class

Friday 10th March 2023

10am kind-2-hearing
6pm Bingo
7pm Cape Welsh Choir @ Muizenberg

Saturday 11th March 2023

Sunday 12th March 2023

IT'S A CELEBRATION
HAPPY BIRTHDAY WISHES
TO

10th Myrle Mawman (H 53)
10th Harold (Buddy) Mockford (A7)
11th Maureen Horwitz (H 27)
11th Leslie Mortimer (H 68)
11th Trevor Honeysett (H78)



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.

THE BISTRO

Breakfast

Served with your choice of white/brown or whole-wheat bread

The Bistro R 40

Grilled bacon, choice of 2 eggs served with 1 slice of toast and preserves

Pure R 35

Creamy plain yoghurt layered with fresh fruit, crunchy muesli drizzled with honey

Full House R 65

Grilled beef sausage and bacon, served with your choice of 2 eggs, fries, 2 slices of toast and preserves

Muffin/Croissant R30

Served with cheese and preserves

Crusted

Served with salad on white/brown or whole-wheat bread

Cheese R 22

Cheese & Tomato R 24

Ham & Cheese R 29

Bacon & Cheese R 39

Bacon, Egg & Cheese R 42

Chicken Mayo R 32

Wraps

Served with a side salad

Chicken Mayo R 45

BLT (bacon, lettuce and tomato) R 45

Hot Beverages

Cappuccino R 30

Café Latte R 28

Americano R 25

Espresso R 20

Hot Chocolate R 30

Tea (rooibos, English) R 20

Cooldrinks

Tinned cooldrink R 19

(Coke, Fanta, Coke Light, Cream soda)

Iced Tea R25

(Peach/Lemon)

Apple – or Grapetizer R 25

Fruit Juice R 24

Mineral Water R 16

The Sweet Tooth

Please enquire at the waitress for our daily specials.

Breakfast is served from 08h30 to 11h30. Booked lunch will be served from 12h30 to 13h30. Crusted, wraps and "sweet tooth" available all day. All items are prepared in a kitchen that makes use of tree nuts, legumes, dairy, eggs, wheat, gluten, fish, shellfish and pork

a **TSEBO** solution

See you there!



MARCH 2023 – WEEK 2

Date	Option 1 – R65.00	Option 2 – R65.00
6 March 2023	Slow Baked chicken thighs with fresh lemon and thyme, served with buttery sweet potatoes and gravy with seasonal vegetables	Sweet 'n Sour Pork meatballs served on a bed of spaghetti with roasted vegetables and green salad
7 March 2023	Beef Lasagne with a cocktail garlic roll and Greek salad	Seafood Paella with fresh lemon wedges, accompanied by a medley of vegetables
8 March 2023	Flame Grilled chicken leg ¼ with an orange and rosemary glaze, roast potatoes, broccoli, cauliflower au gratin and coriander carrots	Tenderized Beef Strips baked in a sour cream and brown onion sauce, served on creamy mash with baby onions and coriander carrots
9 March 2023	Mild Butter Chicken served with basmati rice, tzatziki and sauteed green beans	Saucy BBQ Beef Sausages served on a bed of parmesan mash with brown onion gravy with corn wheels and peas
10 March 2023	Deep Fried Hake and chips with fresh lemon wedges, tartare sauce and coleslaw	Garlic and Herb crusted pork chops with mushroom sauce, savoury rice, roasted beetroot and green beans

**PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD
KINDLY BOOK YOUR LUNCH BY 14h00 FOR FOLLOWING DAY.
(FOR TAKE AWAY CONTAINERS PLEASE ADD AN EXTRA R10.00)**

See you there!




EVERGREEN BERGVLIET – SOCIAL DINNER - MARCH 2023

R195.00 PER MEAL

DATE	MENU		DESSERT
	OPTION 1	OPTION 2	
WEDNESDAY 1 MARCH	MUSTARD RUBBED BEEF FILLET MEDALLIONS SERVED WITH A RICH BEEF JUS CREAMY POMME PUREE AND SEASONAL GREENS	GRILLED KINGKLIP SMOTHERED IN A CAPER AND LEMON CRÈME SAUCE WITH A SIDE OF DRESSED BROCCOLI AND POTATO CROQUETTE'S	SEASONAL FRUIT AND CHEESE PLATE OR CRÈME BRULEE
WEDNESDAY 8 MARCH	HERB CRUSTED LAMB CUTLETS SERVED WITH A CAULIFLOWER PUREE, CANDIED BABY CARROTS AND A WHITE WINE DEMI GLAZE	CREAMY PRAWN AND MUSSEL KORMA WITH COCONUT CREAM AND GINGER SERVED WITH BASMATI RICE AND A MANGO AND RED ONION SAMBAL	SEASONAL FRUIT AND CHEESE PLATE OR PANNA COTTA TOPPED WITH SEASONAL BERRIES
WEDNESDAY 15 MARCH	CRISPY ROASTED PORK BELLY WITH A HERBED BUTTER SERVED WITH SAGE AND GARLIC CREAMY POTOATO BAKE, ROASTED ROOT VEGGIES, CHUNKY APPLE SAUCE AND A PORK JUS	PAN GRILLED SALMON, HONEY GLAZED STRING BEANS, BUTTERED BABY POTATOES WITH LASHINGS OF ZESTY HOLLANDAISE	SEASONAL FRUIT AND CHEESE PLATE OR BAKED BAKLAVA WITH HONEYED CREAM CHEESE AND PECAN DUST
WEDNESDAY 22 MARCH	MORROCAN STYLE PULLED LAMB NESTLED IN A FLUFFY FLAT BREAD WITH AN ASSORTMENT OF SIDES (HUMMUS/BABA GHANOUSH/HARRISA/PICKLED RED ONION/TZATSIKI) SERVED WITH MARINATED AUBERGINE	SEAFOOD PLATTER: LIGHTLY FLOURED AND GRILLED HAKE FILLET, CALAMARI TUBES, CALAMARI HEADS (FRIED), GRATINATED MUSSELS SERVED WITH ROASTED SWEET POTATO STUFFED WITH SAVOURY RICE	SEASONAL FRUIT AND CHEESE PLATE OR DOUBLE CHOCOLATE BROWNIE WITH VANILLA ICE CREAM

See you there!



EVERGREEN BERGVLIET

WHAT'S COOKING

EVERGREEN
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WEDNESDAY 29 MARCH	THE CLASSIC BEEF WELLINGTON, FILLED WITH A MUSHROOM DUXELLES, SPINACH AND RENDERED BACON ROLLED IN BUTTERY PUFF PASTRY SERVED WITH A CREAMY GARLIC POMME CREME AND HONEY GLAZED BABY CARROTS WITH LASHINGS OF RED WINE JUS	VELVETY, MILDLY SPICED CHICKEN AND PRAWN KORMA SERVED WITH SOFT AND FLUFFY NAAN BREAD or MUSTARD SEED AND FRIED ONION BASMATI RICE WITH A SIDE OF TURMERIC AND CUMIN BRAISED AUBERGINE AND CARROT, RED ONION AND CORIANDER SALAD	SEASONAL FRUIT AND CHEESE PLATE OR CARAMELIZED APPLE AND PEAR TART TOPPED WITH TOASTED PECANS AND A GENEROUS SCOOP OF VANILLA ICE CREAM
<p>All reservations for Social Dinner will need to be made in our 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.</p> <p><u>No more telephonic bookings will be taken for Social Dinner. Bookings must be confirmed by no later 12pm Monday.</u></p> <p>Please note that we have <u>Vegetarian Options</u> available – please make enquiries when booking.</p> <p>PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD</p>			

See you there!





CAPE WELSH CHOIR
Côr Cymraeg Y Penrhyn
NPO 016-713



CONCERT

A feast of Choral singing and music

**Evergreen Lifestyle
Muizenberg**

Friday 10th March at 19h00

Tickets R50-00

Available at Reception

DID YOU HEAR?

OUR SERVICES

- FREE Hearing Screenings *(T's & C's Apply)*
- Full Diagnostic hearing tests *(Medical aid claimable)*
 - Wide range of Hearing Devices
- Free cleaning of all types of Hearing Devices
 - Batteries & Accessories
 - Noise Protection

We are visiting Evergreen lifestyle Bergvliet

Date:

10 March

Time:

10:00 - 12:00

14 April

10:00 - 12:00



☎ 021 612 0227

✉ platteklouf@k2h.co.za

Toll Free: 0800 200 100

www.kind2hearing.co.za



Join us for

BINGO NIGHT

R80pp

FRIDAY, 10 MARCH AT 6PM
IN THE CLUBHOUSE

Kindly book with Reception on
Ext 3200 for seating and
catering purposes.

Kindly book by
FRIDAY, 3 MARCH 2023.

MUSIC EVENING

PROGRAMME

Mozart Clarinet Concerto

Soloist: Arngunur Amadottic
With the Iceland Symphony Orchestra
Conducted by Cornelius Meister

Beethoven Symphony No.5

With the Iceland Symphony Orchestra
Conducted by Suzanna Malkki

For more information, please contact Jill Dower on Ext 3032
or Ursula Athiros on EXT 33109
Kindly book with Reception on EXT 3200 by Friday, 10 February.



DATE: Tuesday, 14 March
TIME: 7pm
VENUE: Lounge



CANASTA NIGHT



DATE: Saturday, 18 March
TIME: 7pm
VENUE: Clubhouse

You are welcome to bring your own refreshments.
Please book with reception on Ext 3200 by Friday,
10 March.

For more information, please contact Jacky Orton
on Ext 3031.



Quiz Night



Date: Thursday, 23 March
Time: 6pm
Venue: Clubhouse
R70 p.p

Kindly book with Reception on EXT
3200 for catering and seating
purposes by Monday, 20 March.