



DECEMBER 2019

Kindly Book Your Meals as Follows:

Lunch Bookings by 4pm for the following day

Friday Fish & Chips by 9am on the day

Sunday Bookings by 4pm on Fridays

Social Evening Bookings by 4pm on Tuesdays

MEAL PRICES:

Cappuccino	R 20.00
Social Evenings	R 55.00
Premium Main Course	R 48.00
Sunday Lunch	R 76.00
Dessert	As Per Bistro Menu
Take Away Charge	R 5 .00

Yours in Service



FRIDAY Is Fish Day

Two Seasonal Table Salads

STARTS FROM 12:30 PM

**Fried Or Grilled Hake & Fries
Served With Tar-Tar Sauce & A Lemon Wedge**

Table Bookings To Be Done With Dwayne or Boitumelo

Before 16:00 on Thursdays



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Beef Cottage Pie with Seasonal Vegetables

3

Chicken A La King with Rice & Vegetables

4

Fish Cakes with Mash Potato, Crème Sauce, Vegetables & Salad

5

Spaghetti Bolognese & Salad

6

Fried or Grilled Hake with chips & Salad

9

Beef Stir-fry & Egg Noodles

10

Moussaka & Yellow Rice with Seasonal Vegetables

11

Beef Curry & Rice with Seasonal Vegetables

12

Sweet & Sour Pork with Mash Potato & Seasonal Vegetables

13

Fried or Grilled Hake with Chips & Salad

16

Traditional Beef Bobotie & Greek Salad

17

Lemon & Herb Chicken Fillet with Mash Potato & Green Salad

18

Peri-Peri Chicken Livers, Mash Potato & Seasonal Vegetables

19

BBQ Chicken Kebab, Roast Potatoes & Seasonal Vegetables

20

Fried or Grilled Hake with Chips & Salad

23

Curry & Savoury Rice with Seasonal Vegetables

24

Tempura Pork Served with Rice & Seasonal Vegetables

25

Christmas Lunch

26

Meatloaf with Mash Potato & Seasonal Vegetables

27

Fried or Grilled Hake with Chips & Salad

30

Chicken Curry & Sambal, Lentil Rice & Seasonal Vegetable

31

Spaghetti Bolognese, with Cheddar Cheese & Garden Salad

Wednesday is Social



Thursday is Cake & Coffee Day



Friday is Fish Day





SOCIAL EVENING

11 December 2019

STARTERS

Build Your Own Salad

MAIN MEAL OPTION 1

Succulent Chicken Cordon Bleu,

Served with Homemade Cheese Sauce,

Sided with Chive Infused Mash Potato, Chutney Roasted Beetroot & Coleslaw

MAIN MEAL OPTION 2

Cubed Beef Curry, Savoury Yellow Rice,

Served with Tomato Sambal and Poppadums,

With Coconut and Chutney

Pre-Drinks from 5pm & Supper Starts at 6pm

R55.00 per person

Confirm Bookings by Tuesday, 4pm at The Bistro on ext. 1209

November Resident Of The Month



WANTED

SUE JACKSON

Please claim your free coffee at the Bistro

Jackson is a dangerous criminal on the loose

Please approach with caution. If sighted, report to the Bistro Ext 1209



SUNDAY LUNCH

15 December 2019

STARTERS

Sweet Chilli Chicken & Feta Phyllo Parcel

MAIN MEAL OPTION 1

Apricot Roasted Pork Neck Roll & Apple Sauce, Served with
Paprika Potatoes & Basmati Rice, sided with Cream Spinach and
Glazed Sweet Carrots

Pre-Drinks from 12pm & Lunch Starts at 12.30pm

R76.00 per person

Confirm bookings by Friday 4pm at The Bistro on ext. 1209



CHRISTMAS LUNCH

25 December 2019

Pre-Drinks from 12pm & Lunch Starts at 12.30pm

STARTERS

Prawn and Avocado Cocktail

MAIN MEAL

Roasted Pork Belly in Red Wine Sauce

Beef Fillet with Pepper Sauce

Served with Potato and Cream Gratin

Baked Spiced Sweet Potato Mash

Whisky and Maple Glazed Beetroot

Minted Peas

DESSERT

Buffet of Mini Desserts

Including Fruit Mince Pies and Brandy Tarts,

Served with Ice Cream

**Book before Thursday 19 December 2019 at 5pm
at Bistro on ext. 1209**

Residents R180 per person

Visitors R210 per person

Kids under 12 R120 Per Person