



What's Happening Next Week

3 February 2020 – 9 February 2020

Social Activities

<p>3 National Carrot Cake Day</p> <p>8.15am Aquatics 10am Art Classes 10am Knit & Natter 10am Library Book Giveaway to Staff 1pm Duplicate Bridge 5pm-7pm Snooker / Pool</p> 	<p>4 World Cancer Day</p> <p>8am Exercise Class 9am Exercise Class 2.30pm Scrabble 5pm-7pm Snooker / Pool</p> 	<p>5</p> <p>10am Art Class 2.30pm Christian Fellowship Group Meeting 5pm Social Evening</p> 	<p>6 National Frozen Yoghurt Day</p> <p>7.30am Exercise Class 10am Specialist Movies from the Arts 6.30pm Movie Evening</p> 	<p>7 National Wear Red Day</p> <p>10am Line Dancing 10.30am Christian Bible Study 5pm-7pm Waterhole</p> 
---	--	---	---	--





WEEKLY LUNCH

3 – 7 FEBRUARY 2020

MONDAY

MORROCAN CHICKEN & CHICKPEA STEW
BASMATI RICE
MIXED PEPPER, RED ONION & TOMATO SALAD

TUESDAY

TRADITIONAL COTTAGE PIE
WILTED SPINACH
& PICKLED VEGETABLE SALAD

WEDNESDAY

HAM & MUSHROOM PIZZA
GREEN SALAD

THURSDAY

HONEY MUSTARD BAKED CHICKEN
PARSLEY BUTTER NEW POTATOES
CARROT SALAD

FRIDAY

FRIED FISH WITH TARTAR SAUCE, CHIPS
& COLESLAW

R48.00 P/MEAL

CONFIRM BOOKINGS BY 09H00 ON RESPECTIVE DAYS AT THE BISTRO EXT 1209



Wednesday Social

5 FEBRUARY 2020

STARTER

Asian Cabbage Salad

MAIN

Beef Mince Pie

or

Chicken Pie

With Gravy

& Roast vegetables

R55.00 PER PERSON

DESSERT

Chocolate cake

R20.00 PER SLICE

CONFIRM BOOKINGS BY WEDNESDAY 09h00 AT THE BISTRO EXT 1209



SUNDAY LUNCH

9 FEBRUARY 2020

From 12h30 onwards

/

STARTER

Balsamic Onion & Feta Tartlets

MAIN

Cajun Pork Neck

Served with

White wine sauce,

Roast Potatoes,

Apple slaw and

Green beans

DESSERT

Peppermint Tart

R76.00 PER PERSON

PLEASE REQUEST GLUTEN FREE OPTION WHEN BOOKING

CONFIRM BOOKINGS BY FRIDAY 16:00 AT THE BISTRO EXT 1209