

# What's Happening this week...

10<sup>th</sup> January 2022 – 14<sup>th</sup> January 2022



# Social Activities:

## Monday 10<sup>th</sup> January 2022

9am Therapeutic Water Aerobics  
10am Art Classes  
10am Knit & Natter  
1pm Duplicate Bridge  
5pm Snooker / Pool  
5pm Waterhole



## Tuesday 11<sup>th</sup> January 2022

9am Therapeutic Exercise Classes  
2.30pm Scrabble  
5pm Ladies Pool + Waterhole

## Wednesday 12<sup>th</sup> January 2022

10am Art Class  
5:30pm Social Dinner

## Thursday 13<sup>th</sup> January 2022

2pm Bridge  
3pm Petanque  
6pm Movie Night



## Friday 14<sup>th</sup> January 2022

9am Beginners Line Dancing Class  
9.30am Line Dancing – Main Class  
10.30am Bible Study  
12pm Fish and Chips  
5pm Waterhole

# Menu Booking

## Meal Booking Procedure

Monday to Friday Meals

Please book/order at the Bistro EXT 1209

Monday to Sunday between 08:00 and 16:00

Premium Meals available in the bistro as sit-down only.

Order to be placed by 16:00 a day before your required meal  
No orders will be taken on the day for that specific day meal.

Social Dinners and Special Events

Bookings to be made at Reception EXT 1200

ONLY Monday to Friday between 08:00 and 17:00.

Cut-off is Monday - Please book by 17:00 on Monday.

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# WHAT'S COOKING

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10-14 January 2022

Date	Standard Menu – R58.00	Premium Menu – R68.00
Monday Lunch 10 January	Fishermans Pie, buttered gem squash and sweet corn	Smoked salmon and feta quiche with side salad
Tuesday Lunch 11 January	Chicken and mushroom casserole with steamed rice and roasted pumpkin	Chicken schnitzel with mushroom sauce, parsley mash and seasonal vegetables
Wednesday Lunch 12 January	BBQ pork fillet with potato wedges and coleslaw	Beef and mushroom fettucine in cream tomato sauce topped with feta crumb and side salad
Thursday Lunch 13 January	Hawaiian chicken kebab on fried rice with vegetable stir-fry	BBQ grilled pork chop with pepper sauce and baked potato, served with coleslaw
Friday Lunch 14 January	Crisp battered or grilled hake and chips, served with tartar sauce, carrot & pineapple salad and garden salad Bistro R75.00 Home delivery R82.00	Grilled Kingklip and chips with lemon butter sauce R120.00 6 x Prawns and hake with tartar sauce, served with chips R120.00


**Standard Meal**

**Premium Meal**

**PLEASE NOTE:** NO CASH PAYMENTS WILL BE ACCEPTED.  
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD  
Meals eaten or collected at Bistro R58.00, If delivered R68.00 or otherwise specified  
The R7.00 surcharge covers all packaging  
\*Re-heating guide, set oven to 160 deg C and warm gently for 15-20min  
Order to be placed by 16:00 prior day

**PLEASE NOTE:** NO CASH PAYMENTS WILL BE ACCEPTED.  
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD  
**Meals only available as sit-down meal in Bistro and not available as take away.**  
Order to be placed by 16:00 prior day

See you there!



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# WHAT'S COOKING

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**12 January 2022 – R85**

## **Salad platter on the table**

Seasonal melon salad with feta cheese

### ***Main Course***

Roast beef, potato rostis, rosemary and red wine jus with seasonal vegetables

Or

Sweet and sour pork with fried rice and vegetable stir-fry

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Vegetarian Option on request – R70

### ***Dessert – R45***

Lemon passion cheesecake with wild berry coulis

**PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.**

**PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD**

**Please book at Reception EXT 1200**

**only between 08:00 and 17:00**

**Please book at 17:00 on Monday**

*See you there!*