

Social Activities:

Monday 10th January 2022

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

Tuesday 11th January 2022

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

Wednesday 12th Janaury 2022

10am Art Class 5:30pm Social Dinner

Thursday 13th January 2022

2pm Bridge 3pm Petanque 6pm Movie Night



Friday 14th 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

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.



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

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
Please book at Bistro for Daily Meals
only between Monday- Sunday 08:00 and 17:00
Please book by 17:00 on Monday



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

Vegetarian Option on request – R70

Dessert - R45

Lemon passion cheesecake with wild berry coulis

Please book at Reception EXT 1200 for social evenings only between 08:00 and 17:00 Please book by 17:00 on Monday.

See you there!