

# What's Happening this week...

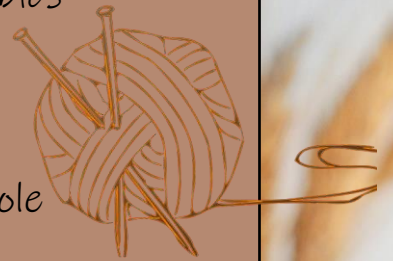
21<sup>st</sup> February 2022 – 25<sup>th</sup> February 2022



# Social Activities:

## Monday 21<sup>st</sup> February 2022

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



## Tuesday 22<sup>nd</sup> February 2022

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

## Wednesday 23<sup>rd</sup> February 2022

10am Art Class  
5.30pm Social dinner



## Thursday 24<sup>th</sup> February 2022

9-10am Yoga classes- contact Kiloran  
10am Kind to Hearing  
3pm Petanque  
6pm Movie Night

## Friday 25<sup>th</sup> February 2022

9am Beginners Line Dancing Class  
9.30am Line Dancing – Main Class  
10.30am Bible Study  
12:30pm Fish and Chips  
5pm Waterhole





# NATIONAL MUFFIN DAY

20 FEBRUARY 2022



## NATIONAL MUFFIN DAY

On February 20th, National Muffin Day serves up a delicious celebration packed with flavour and options, too!

Bakeries offer these single-serving quick breads in several sizes. From mini bite-sized muffins and jumbo ones to the favoured muffin tops, they also offer a varied nutritional value. Depending on the ingredients, a muffin can be high in fat and calories. However, substituting whole grains, changing a few other ingredients, and limiting the serving size can increase the nutritional quality of a muffin.

Baking with fresh fruits and berries brings a brightness to muffins. It also keeps them from becoming dry as they bake. One of America's favourite muffins is the blueberry muffin. Another way to add flavour and texture is by mixing in nuts and oats. Bakers often have bits of chocolate and bananas that need to be used. Mixing them into the muffin batter will keep your muffin eaters happy in the morning, too!




21 - 25 February 2022

Date	Standard Menu – R58.00	Premium Menu – R68.00
Monday Lunch 21 February	Chicken a la king, steamed rice with carrots and peas	Chicken schnitzel with sauté potatoes, seasonal vegetables and cheese, mustard sauce
Tuesday Lunch 22 February	Beef lasagne with side salad	Beef kofta on couscous salad with grilled Mediterranean vegetables and tzatziki
Wednesday Lunch 23 February	Roast chicken thigh, roast potatoes and cauliflower in cheese sauce	Chicken and mushroom quiche with side salad
Thursday Lunch 24 February	Cheese burger and chips with coleslaw	Beef and bacon burger with mushroom sauce, potato wedges and coleslaw
Friday Lunch 25 February	Crisp battered or grilled hake and chips, served with tartar sauce, mushy peas and garden salad Bistro R75.00 Home delivery R82.00	Deep-fried kingklip and calamari served with chips and tartar sauce R120.00  Prawn and mussel pot in cider cream sauce served with chips R120.00

**PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.**  
**PLEASE PAY BY PRE-PAID ACCOUNT or CARD**  
 Meals eaten or collected at Bistro R58.00, if delivered R65.00 or otherwise specified  
 The R7.00 surcharge covers all packaging  
 \* 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, or 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!



EVERGREEN BROADACRES

# WHAT'S COOKING

EVERGREEN  
Lifestyle  
broadacres

23 February 2022 – R75

**Cream of tomato and basil soup  
topped with crème fraiche and rye croutons**

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***Main Course***

**Sticky roast pork neck,  
with apple sauce,  
roast potatoes  
and seasonal vegetables**

**Or**

**Chicken lasagne  
served with savoury spinach**

***Vegetarians option available on request - R70***

***Dessert - R45***

**Individual strawberry cheesecake,  
served with vanilla ice cream  
and wild berry coulis**

**PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.  
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD**

**Please book with **Tshwanelo** at Reception EXT 1200  
only between 08:00 and 17:00.  
Please book by 17:00 on Monday.**

*See you there!*