# What's Happening this week...

7th March 2022 -11th March 2022

## Social Activities:

#### Monday 7<sup>th</sup> March 2022

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

#### Tuesday 8<sup>th</sup> March 2022

9am Therapeutic Exercise class 10am Sashni Audiologist 2.30pm Crafters Club 2.30pm Scrabble 5pm Ladies Pool + Waterhole

#### Wednesday 9<sup>th</sup> March 2022

9am Shuttle to Broadacres Shopping Centre 10am Art Class 2:30pm Christian Fellowship & House 69 5.30pm Social dinner

#### Thursday 10<sup>th</sup> March 2022

9am Yoga - contact Kiloran (House 63) 10am Visual Music D House 83 3pm Petanque 6pm Movie Night

#### Friday 11<sup>th</sup> March 2022

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

#### Saturday 12<sup>th</sup> March 2022

9:30am Presentation by Debbie Beech: How to Navigate the many types of loss



#### 07-11 March 2022

Date	Standard Menu - R58.00	Premium Menu – R68.00	
Monday Lunch 07 March	Meat loaf with tomato gravy and mash, served with roast pumpkin	Meatballs in tomato sauce with spaghetti, Parmesan cheese and Italian salad	
Tuesday Lunch 08 March	Chicken stroganoff, served with steamed rice, carrots and peas	Grilled chicken breast, baked potato, cheese sauce sauted brocolli and onions	
Wednesday Lunch 09 March	Fishermans Pie served with buttered gem squash and sweet corn	Homemade fish cakes with parsley mash, fried egg, tartar sauce and minted peas	
Thursday Lunch 10 March	Pork schnitzel with potato wedges, seasonal mixed vegetables, and mushroom sauce	Crumbed shoulder chop with sauté potatoes, pepper sauce, grilled apple and cream spinach	
Friday Lunch 11 March	Crisp battered or grilled hake and chips, served with tartar sauce, Waldorf salad and garden salad Bistro R75.00 Home delivery R82.00	Grilled Prawns x 6 served lemon & garlic butter and peri-peri sauce with chips R120.00 Mussel pot in cider cream sauce served with chips R120.00	
PLEASE NOTE: NO CASH PAYMENTS 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 Order to be placed by 16:00 prior day		PLEASE NOTE: NO CASH PAYMENTS 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!



#### WEDNESDAY SOCIAL DINNER MENU'S

### **March 2022**

	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert (Optional)
2 March 2022 R85.00 pp	Roasted Mediterranean vegetable salad in balsamic and honey dressing, with feta, olives and croutons	Roast topside of beef with Yorkshire pudding, thyme jus, roast potatoes and broccoli in cheese sauce	Moroccan Chicken with apricots, dates and almonds served with jewelled basmati rice, grilled baby marrow and onions in lemon butter	Steamed Plum pudding With cinnamon custard – R40
9 March 2022 R75.00 pp	Chef's roasted crudites with tzstziki	Build your own burger served with potato wedges, braised onions, mushroom or pepper sauce	Chicken and cream sweetcorn on baked potato with coleslaw	Fridge tart – R35
16 March 2022 St Patricks Evening R95.00 pp	Cock a leaky soup with cheese croutons	Pork chops with balsamic braised red cabbage and apples served with stuffed Parmesan potatoes	Corned beef with colcannon and dark ale jus, roasted carrots	Irish apple cake and whiskey and honey cream – R45
23 March 2022 R75.00 pp	Roasted beetroot and apple salad in balsamic and honey dressing	Beef moussaka served with roasted vegetables and tzatziki	Chicken kebabs with Spanish rice and cream peri-peri sauce, green side salad	Tiramisu <b>– R45</b>
30 March 2022 R85.00 pp	Chilled gazpacho with soured cream and garlic croutons	Beef Schnitzel with three cheese sauce, sauté potatoes and grilled cauliflower	Green Thai chicken curry in coconut milk, with brinjals, beans and potatoes, served with Basmati rice and pawpaw salsa	Seasonal fruit salad in orange, ginger & cinnamon syrup served with ice cream – R40

PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED. PLEASE PAY BY PRE-PAID ACCOUNT or CARD PRIOR BY TUESDAY at 17:00 at the Bistro.

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

Please note that no shows or last-minute cancellations will be charged. No late bookings can be accepted.