

What's Happening this week...

2nd May 2022 – 6th May 2022



Social Activities:

Monday 2nd May 2022

PUBLIC HOLIDAY – Workers Day

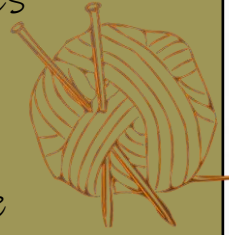
9am Therapeutic Water Aerobics

10am Art class

10am Knit & Natter

1pm Duplicate Bridge

5pm Snooker / Pool + Waterhole



Tuesday 3rd May 2022

9am Therapeutic Exercise class

2.30pm Crafters Club

2.30pm Scrabble

5pm Ladies Pool + Waterhole

Wednesday 4th May 2022

10am Art Class

2pm Rummikub in club house



5.30pm Social dinner

Thursday 5th May 2022

9am Yoga – contact Kiloran (House 63)

2pm Bridge

3pm Petanque

6pm Movie Night

Friday 6th May 2022

9am Beginners Line Dancing Class

9.30am Line Dancing – Main Class

12:30pm Fish and Chips

5pm Waterhole

Sunday 8th May 2022

MOTHER'S DAY Lunch

HAPPY
mother's
DAY

NATIONAL ORANGE JUICE DAY

4 MAY 2022



NATIONAL ORANGE JUICE DAY

Orange juice holds a large margin over second-place apple juice, too. People have been waking up to a glass of orange juice for many years and enjoying the health benefits it gives them.

One 8 ounce serving of orange juice has 124 mg of vitamin C and also supplies potassium, thiamine, and folate.

That little bit of sunshine in the morning can add a boost to your day. Get your orange juice fresh squeezed, bottled or in concentrated form in the freezer section. You can also enjoy orange juice blends for delicious combinations.

Another excellent way to add orange juice to your diet if you are watching your sugar intake is to include it as an ingredient in a recipe. Orange juice adds great flavour to smoothies, whole-grain waffles or French toast.



EVERGREEN BROADACRES

WHAT'S COOKING

EVERGREEN
lifestyle
broadacres

02 - 06 May 2022

Date	Standard Menu – R58.00	Premium Menu – R68.00
Monday Lunch 02 May	Closed - Public Holiday	Closed - Public Holiday
Tuesday Lunch 03 May	Chicken Schnitzel with cheese sauce, parsley potatoes, hubbard squash and savoury corn	Thai chicken curry in coconut milk, steamed basmati rice and pawpaw salsa
Wednesday Lunch 04 May	Beef Moussaka with ratatouille vegetables	Beef Kefta with tomato Chermoula, Mediterranean couscous and roasted vegetables
Thursday Lunch 05 May	BBQ Roasted chicken drumsticks, tomato salsa, pasta and beetroot salad	Orange glazed chicken with potato bake and pan fried broccoli
Friday Lunch 06 May	Crisp battered or grilled hake and chips, served with tartar sauce, Waldorf salad and garden salad Bistro R75.00 Home delivery R82.00	Six grilled prawns with lemon and garlic butter, sweet chilli and chips R120.00 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


Order to be placed by 16:00 prior day

PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.

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Meals only available as sit-down meal in Bistro and not available as take away.

Order to be placed by 16:00 prior day



EVERGREEN BROADACRES

WHAT'S COOKING

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Wednesday 04 May 2022 – R80

Starter

Cream of sweet corn and potato chowder

Main Course

Crumbed pork chop, applesauce,
rosemary jus mashed potatoes
with fried cabbage

Or

Chicken paprika with roasted peppers and mushrooms
served with penne pasta

Vegetarian option available on request – R70

Dessert

Choc Brownie
with ice cream and chocolate sauce - R40

**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 by 17:00 on Monday.**