# What's Happening this week...

6<sup>th June 2022</sup> – 10<sup>th June 2022</sup>

# Social Activities:

#### Monday 6<sup>th</sup> June 2022

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

Tuesday 7<sup>th</sup> June 2022 9am Therapeutic Exercise class 12pm AGM 2pm Rummikub

2.30pm Scrabble 5pm Ladies Pool + Waterhole

### Wednesday 8<sup>th</sup> June 2022

10am Art Class **10am Apartment Sales Function** 2:30pm Christian Fellowship (House 73) 5.30pm Social dinner

## Thursday 9<sup>th</sup> June 2022

9am Yoga – contact Kiloran (House 63) 10am Visual music (House 81) 10am Sales Event - Apartments 2pm Bridge 3pm Petanque 6pm Movie Night

Friday 10<sup>th</sup> June 2022 9am Beginners Line Dancing Class 9.30am Line Dancing – Main Class 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole











# 6-10 June 2022

Date	Standard Menu - R58.00	Premium Menu – R68.00
Monday Lunch 06 June	Meatloaf with BBQ glaze, gravy and mashed potatoes, served with roast pumpkin	Parmesan crumbed frikkadels with tomato and basil sauce, mashed potatoes, and roasted seasonal vegetables
Tuesday Lunch 07 June	Chicken schnitzel with cheese sauce, cheese sauce, parsley baby potatoes, gem squash and mixed vegetables	Chicken chowmein with vegetable stirfry and Chinese noodles serverd with Asian red cabbage coleslaw
Wednesday Lunch 08 June	Beef burger with braised onions, cheese and chips served with coleslaw	Beef, bacon and mushroom burger, served with onion rings, chips and coleslaw
Thursday Lunch 09 June	Roast chicken drumsticks with savoury rice, cream spinach and seasonal vegetables	Green Thai chicken curry, with brinjals, potatoes and green beans, served with steamed rice and tomato sambal
Friday Lunch 10 June	Crisp battered or grilled hake and chips, served with tartar sauce, mushy mint peas and garden salad Bistro R75.00 Home delivery R82.00	Mussels gratin, topped with garlic and cheese crumb, lemon butter 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. 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



Wednesday 08 June 2022 - R80

#### Starter

Cream of butternut and apple soup with herb croutons

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#### Main Course

Beef Rogan Josh with coconut rice, pawpaw salsa and cucumber salad

Or

Chicken schnitzel with cheese sauce, parsley mash

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Vegetarian option available on request - R75

#### Dessert

Chocolate brownie, ice cream and salted caramel sauce - R40

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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.

