# What's Happening this week...



# Social Activities:

#### Monday 13th June 2022

9am Therapeutic Water Aerobics
9am Howards shoes sales (Clubhouse)

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

#### Tuesday 14th June 2022

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

### Wednesday 15th June 2022

10am Art Class 5.30pm Social dinner

## Thursday 16th June 2022

#### **PUBLIC HOLIDAY – YOUTH DAY**

9am Yoga – contact Kiloran (House 63) 2pm Bridge 3pm Petanque 6pm Movie Night

#### Friday 17<sup>th</sup> June 2022

9am Beginners Line Dancing Class
9.30am Line Dancing – Main Class
10am Visual Music (House 81)
10:30am Bible study
12:30pm Fish and Chips
5pm Waterhole

Sunday 19th June 2022 FATHER'S DAY Lunch

# 13-17 June 2022

Date	Standard Menu - R58.00	Premium Menu – R68.00
Monday Lunch 13 June	Fisherman's pie with buttered gem squash and sweet corn	Homemade Cape Malay fish cakes served with fried rice, tomato salsa and sweet chilli
Tuesday Lunch 14 June	Pork & mushroom cream casserole with steamed rice and cinnamon pumpkin	Grilled pork loin chop, apple sauce, baked potato and soured cream, fried cabbage & bacon
Wednesday Lunch 15 June	Beef lasagne with roast seasonal vegetables	Beef kefta, cumin potatoes, tomato charmoula and roast baby marrow and peppers
Thursday Lunch 16 June	Closed for Public Holiday	Closed for Public Holiday
Friday Lunch 17 June	Crisp battered or grilled hake and chips, served with tartar sauce, carrot & pine salad and garden salad Bistro R75.00 Home delivery R82.00	Grilled calamari steak with lemon caper butter sauce served with seafood rice and 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		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

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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.