



Monday 19th September 2022

10am Art class
10am Knit & Natter

5pm Snooker / Pool + Waterhole

Tuesday 20th September 2022

9am Therapeutic Exercise class
2pm Rummikub
2.30pm Scrabble
5pm Ladies Pool + Waterhole

Wednesday 21st September 2022

10am Art Class 5.30pm Social dinner

Thursday 22nd September 2022

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

Friday 23rd September 2022

9.30am Line Dancing Class
9.30am Line Dancing – Main Class
10:30am Bible Study
12:30pm Fish and Chips
2:30pm BINGO
5pm Waterhole

Saturday 24th September 2022

Heritage Day Braai

Heritage Day Braai

Saturday, 24th of September 2022 16:00 pm - late

Get your drinks and cooler boxes ready for this years
Heritage Day Braai.
Show off your heritage by decorating your tables.

Hennie's famous Pap & Sous will be provided for all to enjoy.

Book your table at Reception (EXT 1200)

BOOKING CLOSING DATE: Wednesday, 21st of September by 17:00



19-23 September 2022

| Date | Standard Menu – R63.00 | Premium Menu – R73.00 |
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| Monday Lunch 19 September | Beef lasagne, served with roasted seasonal vegetables and side salad | Bacon, pear and brie quiche served with Greek salad |
| Tuesday Lunch 20 September | Ox liver with onion gravy, cream mashed potatoes, roast pumpkin and cream spinach | Beef stroganoff with parsley baby potatoes, roast seasonal vegetables and peas |
| Wednesday Lunch 21 September | Grilled chicken in tomato and basil sauce, topped with herb cheese crust, penne pasta and side salad | Butter chicken with basmati rice and tomato sambal and side salad |
| Thursday Lunch 22 September | Grilled pork chop, mash potatoes, apple sauce, fried cabbage with bacon and peas | Peppered pork fillet with baked potato and sour cream, mushroom sauce, fried cabbage, bacon and peas |
| Friday Lunch 23 September | Crisp battered or grilled hake and chips, served with tartar sauce, carrot and pineapple salad and garden salad Bistro R80.00 Home delivery R87.00 | Prawn curry in coconut milk, fried rice and chips, served with carrot and pineapple salad and garden salad R125.00 |
| PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED. PLEASE PAY BY PRE-PAID ACCOUNT or CARD Meals eaten or collected at Bistro R63.00, if delivered R70.00 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 eaten or collected at Bistro R73.00, if delivered R80.00 or otherwise specified The R7.00 surcharge covers all packaging Order to be placed by 16:00 prior day |

See you there!



Wednesday – 21 September 2022 Social Evening Dinner

Starter

Chilled vichyssoise, potato and leek soup, topped with soured chive cream and croutons

Main course

Pork schnitzel with grilled apples and blue cheese sauce, baked potato and glazed carrots – R80

Or

Sweet and sour chicken with fried rice and vegetable stir-fry - R75

Vegetarian option available on request – R70

Dessert

Citrus cheesecake with chocolate ganache, vanilla ice cream - R45

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.

See you there!