

# **Social Activities:**

# MONDAY - 12<sup>th</sup> December 2022

10am Art Classes 10am Knit & Natter 1pm Bridge 5pm Pool & Waterhole

# TUESDAY – 13<sup>TH</sup> December 2022

9am Therapeutic Exercise Classes in clubhouse

(Gym closed for pool repairs)

## 10am Sashni Audiologist

2pm Rummikub 2:30pm Scrabble 5pm Pool & Waterhole

# WEDNESDAY – 14<sup>TH</sup> December 2022

10am Art Classes 2:30pm Christian Fellowship (Contact Heather Ext 1069) 5:30pm Social Dinner

### THURSDAY 15<sup>™</sup> December 2022

9am Yoga (Contact Kiloran Ext 1063) in Clubhouse
2pm Bridge
3pm Petanque
6pm Movie Night

# FRIDAY 16<sup>TH</sup> December 2022

### **PUBLIC HOLIDAY**

10:30am Bible Study 12:30pm Fish & Chips 5pm Waterhole



# 12 - 16 December 2022

Date	Standard Menu - R68.00	Premium Menu – R78.00
Monday Lunch 12 December	Slow braised beef short rib, served with parsley mash, carrots and sweet corn	Hungarian goulash Parmesan mash, carrots and sweet corn
Tuesday Lunch 13 December	Chicken a la King, with steamed rice, cream spinach and butternut	Mild chicken curry in coconut milk, basmati rice and sambals
Wednesday Lunch 14 December	Ox liver and mash potatoes, roast pumpkin and garden peas	Steak n kidney pie, Parmesan mash, roast pumpkin and garden peas
Thursday Lunch 15 December	Chicken paprika with mushrooms and peppers, sauté potatoes, grilled baby marrow and sweet corn	BBQ chicken breast, baked potato with mushroom & cheese sauce, grilled baby marrows and side salad
Friday Lunch 16 December	Crisp battered or grilled hake and chips, served with tartar sauce, coleslaw, garden salad Bistro R85.00 Home delivery R92.00	Grilled prawns, lemon & garlic butter sauce & peri-peri, chips, coleslaw, garden salad  R125.00
PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.		PLEASE NOTE: NO CASH PAYMENTS WILL BE

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PLEASE PAY BY PRE-PAID ACCOUNT or CARD

Meals eaten or collected at Bistro R68.00, if delivered R75.00 or otherwise specified

The R7.00 surcharge covers all packaging

Order to be placed by 16:00 prior day

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Order to be placed by 16:00 prior day



# Wednesday - 14 December 2022

#### Starter platter per table

Chicken liver pate with crostini and side salad

#### Main Course

Pork schnitzel with mushroom sauce, sauté potatoes, mint peas and cauliflower stir-fry - R78

Or

Chicken and mushroom pie, mash and gravy, served with green beans with toasted almonds – R78

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Vegetarian option available on request - R75

#### Dessert

Apple crumble with vanilla ice cream and berry compote – R45

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.