What's Happening this week...

19th December – 23rd December 2022





9am Therapeutic Water Aerobics 10am Art Classes 10am Knit & Natter 1pm Bridge 5pm Pool & Waterhole

TUESDAY – 20TH December 2022

9am Therapeutic Exercise Classes
2pm Rummikub
2:30pm Scrabble
5pm Pool & Waterhole

WEDNESDAY - 21st December 2022

10am Art Classes 5:30pm Social Dinner

THURSDAY - 22nd December 2022

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

FRIDAY – 23rd December 2022

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

SUNDAY - 25TH December 2022

12pm Christmas Day Lunch

19-23 Dec 2022

Date	Standard Menu - R68.00	Premium Menu – R78.00
Monday Lunch 19 December	Beef lasagne with roast Mediterranean style vegetables	Cape Malay Bobotie served with yellow rice, tomato sambal and banana salad
Tuesday Lunch 20 December	Pork stroganoff with steamed rice, cream spinach and butternut	Peppered pork fillet with cheese sauce, baked potato, sour cream, mixed seasonal vegetables
Wednesday Lunch 21 December	Chicken casserole, parsley baby potatoes, Dutch beans and pumpkin	Crumbed chicken thighs, sweet and sour sauce, fried rice and veg stir-fry
Thursday Lunch 22 December	Grilled Boerewors, tomato and onion gravy, mashed potatoes, grilled baby marrow and sweet corn	Sausage, bacon and bean casserole in cream paprika tomato sauce, served with mashed, grilled baby marrow and sweet corn
Friday Lunch 23 December	Crisp battered or grilled hake and chips, served with tartar sauce, mushy minted peas, garden salad Bistro R85.00 Home delivery R92.00	Seafood, mussel pot in cream white wine sauce, served with chips, mushy peas and side 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 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		PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED. PLEASE PAY BY PRE-PAID ACCOUNT or CARD Meals eaten or collected at Bistro R78.00, if delivered R85.00 or otherwise specified The R7.00 surcharge covers all packaging Order to be placed by 16:00 prior day

See you there!



Wednesday – 21 December 2022 Social Evening Dinner

Starter per table

Cream of tomato soup with pest cream and Parmesan & herb croutons

Main Course

Slow braised short rib of beef served with mashed potato; roast pumpkin and cream spinach – R80
Or

Chicken schnitzel with cheese sauce, mash potatoes, roast pumpkin and cream spinach – R78

Vegetarian option available on request - R75

Dessert

Eaton mess, meringues with seasonal berries and cream, served with ice cream - 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.

See you there!