

# What's Happening this week...

30th January – 3rd February 2023



# Social Activities:

## **MONDAY – 30<sup>th</sup> January 2023**

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

## **TUESDAY – 31<sup>st</sup> January 2023**

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

## **WEDNESDAY – 1<sup>st</sup> February 2023**

10am Art Classes  
5:30pm Social Dinner

## **THURSDAY – 2<sup>nd</sup> February 2023**

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

## **FRIDAY – 3<sup>rd</sup> February 2023**

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

# WORLD CANCER DAY

4 FEBRUARY 2023



## World Cancer Day

Sooner or later, it seems that cancer has an impact on us all. World Cancer day is an important day to raise awareness about prevention, detection, and treatment.

World Cancer Day was made official at the first World Summit Against Cancer in 2000. The event took place in Paris and was attended by members of cancer organizations and prominent government leaders from around the world. Advancement and increased investment in researching, preventing, and treating cancer was also highlighted.

Cancer has various types, so there are various colors and symbols used to mark specific type of cancer and promote the fight against it. For example, the orange ribbon is for creating awareness of cancer in children, while the pink ribbon is globally associated with breast cancer awareness.

On this day, hundreds of events and fundraisers take place around the world each year, to bring individuals, communities, and organizations together in hospitals, schools, businesses, markets, community halls, parks, etc. to campaign and deliver the powerful reminder that those hit by cancer are not alone and we all share a responsibility in reducing the global impact of this disease.

EVERGREEN BROADACRES

# WHAT'S COOKING

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## 30 January – 03 February 2023

Date	Standard Menu – R68.00	Premium Menu – R78.00
Monday Lunch 30 January	Meat loaf with mashed potatoes, cream spinach and glazed carrots	Bobotie, savoury rice, glazed carrots, tomato and onion sambal, banana salad
Tuesday Lunch 31 January	Peppered pork fillet with cream leek sauce, apple sauce, sauté potatoes, gem squash and sweet corn	Pork Schnitzel with cheese sauce, baked potato and sour cream, creamed gem squash and sweet corn
Wednesday Lunch 01 February	Ox liver and onions, mashed potatoes, roast pumpkin and fried cabbage	Asian beef stir-fry with vegetable stir fry and fried rice, pawpaw salsa
Thursday Lunch 02 February	Chicken casserole, savoury rice, Dutch beans and beet salad	Chicken fricassee in cream white wine and mustard sauce with peas, served with savoury rice and seasonal vegetables
Friday Lunch 03 February	Crisp battered or grilled hake and chips, served with tartar sauce, carrot and pine salad, garden salad Bistro R85.00 Home delivery R92.00	Mussel pot in cream white wine sauce served with chips, carrot 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 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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**Wednesday –  
01 February 2023**

***Plated starter***

Greek salad platter per table

***Main Course***

Beef stroganoff,  
steamed rice,  
creamed spinach  
and roast butternut R80

Or

Chicken lasagne,  
served with creamed spinach  
and roast butternut R75

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Vegetarian option available on request – R75

***Dessert***

Banana split, with ice cream,  
caramel and chocolate sauce,  
toasted pecan nuts – 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.**

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## FEBRUARY 2023 SOCIAL DINNER MENU'S

### Starter on the tables

### Main Course Option 1

### Main Course Option 2

### Dessert

**Wednesday –  
01 Feb 2023**

Greek salad platter per table

Beef stroganoff, steamed rice,  
creamed spinach and roast  
butternut **R80**

Chicken lasagne, served  
with creamed spinach  
roast butternut **R75**

Banana split, with ice  
cream, caramel and  
chocolate sauce, toasted  
pecan nuts – **R45**

**Wednesday -  
08 Feb 2023**

Chicken noodle soup

Pork sage meatballs stuffed with  
feta, served with cream onion and  
garlic sauce, pasta rice and Greek  
salad – **R80**

Mediterranean chicken  
kebabs with roasted  
tomato sauce, roasted  
baby marrows and  
couscous – **R80**

White and dark layered  
chocolate mousse with  
wild berry compote – **R45**

**Wednesday –  
15 Feb 2022  
Valentines**  
(\*Chef of the  
Year winning  
menu)

\*Beetroot Carpaccio with  
deep-fried feta, garlic aioli,  
sweet potato crisps and red  
wine balsamic reduction

\*Spicy Moroccan lamb with  
jewelled rice, grilled brinjals and  
baby marrows – **R105**

Poached chicken in a  
cream white wine and  
tomato sauce, baby  
seasonal vegetables and  
Parsley mash – **R105**

\*Crème Catalan infused  
with cinnamon and  
lemon, with brulee  
topping and rosewater  
crème fraiche – **R55**

**Wednesday –  
22 Feb 2022**

Potato and leek soup with  
cheese croutons

Pork schnitzel with cheese sauce,  
sauté potatoes, carrots and peas-  
**R80**

Chicken pie with mash  
and gravy served with  
carrots and peas – **R75**

Malva pudding and  
custard – **R40**

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**Please book at Reception with Tshwanelo only on EXT 1200  
between 08:00 and 17:00.  
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## Sunday Lunch – 26<sup>th</sup> February 2023

### ***Salad platter per table***

Roasted butternut salad in balsamic and honey dressing,  
with toasted pumpkin seeds, feta,  
rye bread herb croutons and garden salad

### ***Main Course***

Roast chicken with red wine, baby onion and mushroom sauce  
Steak and kidney pie  
Penne pasta and vegetable bake in tomato and basil sauce with cheese crust  
Mixed seasonal vegetables in herb butter  
Cream spinach, Roast potatoes and Savoury rice

### ***Dessert***

Bread and butter pudding with raisins and toasted almonds  
Chocolate custard  
Mini milk tarts  
Chocolate brownies with berry cream  
Seasonal fruit salad  
Vanilla ice cream with chocolate and wild berry sauce  
Cheese and biscuits with cheese straws,  
savoury crackers and red onion marmalade

Residents – R165.00pp

Visitors – R185.00pp

Children under 12yrs – R135.00pp

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### ***Terms and Conditions***

1. Pre-payment required to secure bookings.
2. You will need to produce your pre-paid slip from the Bistro in order for Tshwanelo to book your table. (No exceptions)
3. Bookings close on Monday 21 February 2023 at 17:00
4. No cancellations will be accepted or refunded.
5. No deliveries