

APRIL 2023 - LUNCH MENUS

Resident name: _____

Unit number: _____

Please indicate your meal choices by writing the number of meals in the block next to the meal and indicating if you are choosing sit down, collect or have your meal delivered. Also please indicate the number of meals.

	Week 1			week 2			week 3			week 4			
MONDAY	03-Apr R68,00	Greek style Kofta on rattatouille, braised rice with Parmesan and tzatziki	sit down	10-Apr R68,00	Grilled pork with grilled apple, cream onion and mustard sauce, potato wedges, spinach and carrots	sit down	17-Apr R68,00	Crumbed beef strips with BBQ sauce, potato wedges, cream spinach and roast butternut	sit down	24-Apr R68,00	Pork bangers and mash with onion gravy, roast pumpkin, cauliflower in cheese sauce	sit down	
			collect			collection			collection			collection	
			Deliver			Delivery			Delivery			Delivery	
	TUESDAY	04-Apr R68,00	Spinach and brinjal lasagne with cheese crust, roasted vegetable salad with feta and olives	sit down	11-Apr R68,00	Spaghetti bolognese, served with roasted vegetables and side salad	sit down	18-Apr R68,00	Chicken lasagne with beetroot salad and garden salad	sit down	25-Apr R68,00	Crumbed chicken drumsticks with mash and gravy, coleslaw and sweet corn	sit down
				collect			collection			collection			collection
Deliver				Delivery			Delivery			Delivery			
WEDNESDAY	05-Apr R68,00	Ox liver and onions with mash and gravy, roast carrots and cauliflower	sit down	12-Apr R68,00	Chicken picatta, with Parmesan crumb, saute potatoes, cream tomato sauce and seasonal vegetables in herb butter	sit down	19-Apr R68,00	Pork casserole with steamed rice, fried cabbage and peas and glazed carrots	sit down	26-Apr R68,00	Beef and cream spinach lasagne served with garden salad and carrot salad	sit down	
			collect			collection			collection			collection	
			Deliver			Delivery			Delivery			Delivery	
THURSDAY	06-Apr R68,00	Mild chicken curry in coconut milk, basmati rice, tomato and cucumber sambal and banana in yoghurt	sit down	13-Apr R68,00	Beef and onion pie served with mashed potatoes, saute green beans and sweet corn	sit down	20-Apr R68,00	Cottage pie, gravy, served with gem squash, peas and corn	sit down	27-Apr R68,00	Slow braised beef short rib with mashed potatoes, roasted seasonal vegetables	sit down	
			collect			collection			collection			collection	
			Deliver			Delivery			Delivery			Delivery	
FRIDAY	07-Apr R85,00	Grilled or deep-fried Hake, with chips, tartar sauce, pea and sweetcorn salad and garden salad	sit down	14-Apr R85,00	Grilled or deep-fried Hake with chips, tartar sauce, coleslaw and garden salad	sit down	21-Apr R85,00	Grilled or deep-fried Hake with chips, tartar sauce, mushy minted peas and garden salad	sit down	28-Apr R85,00	Grilled or deep-fried Hake with chips, tartar sauce, pea and sweetcorn salad, garden salad	sit down	
			collect			collection			collection			collection	
			Deliver			Delivery			Delivery			Delivery	

Number of standard meals selected = _____ @ R68.00 per meal = R _____
 Number of Friday meals selected = _____ @ R85.00 per meal = R _____

TOTAL PACKAGE PRICE: R _____
4.5% discount off package price: R _____
TOTAL PACKAGE PAYMENT REQUIRED: R _____

Terms and Conditions

1. In order to qualify for the package discount, packages need to be pre-paid for by the 25th of the previous month.
2. Packages are only applicable to 10 meals or more per month.
3. No cancellations allowed and meals not taken up cannot be carried over or refunded.
4. Packages can not be shared by more than one household.
5. Delivery meals will be charged an additional R10.00 for packaging.
6. Collection with own plates or can be done but plates need to be handed in at the Bistro at 10:00 and be clearly marked with unit number.