

MAY 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			week 5				
MONDAY	01-May	Public Holiday	sit down	08-May	BBQ grilled pork chops with grilled apple, cheesy mash, spinach and carrots	sit down	15-May	Slow braised beef short rib, potato wedges, cream spinach and roast butternut	sit down	22-May	Ox liver and onions served with Parmesan mash, roast pumpkin, cauliflower in cheese sauce	sit down	29-May	Meat loaf in BBQ tomato gravy with parsley potatoes, cream spinach and sweet carrots	sit down		
	R68,00		collect			R68,00			collection			R68,00			collection	R68,00	collection
	Deliver		Delivery			Delivery			Delivery								
	TUESDAY	02-May	Sweet n Sour Pork fried rice and vegetable stir-fry	sit down	09-May	Beef lasagne with roast veg salad and garden salad	sit down	16-May	Chicken lasagne with beetroot salad and garden salad	sit down	23-May	Chicken chow mein served with Asian cabbage coleslaw	sit down	30-May	Pork schnitzel with mushroom sauce, saute potatoes, roast butternut and peas and corn	sit down	
		R68,00		collect			R68,00			collection			R68,00			collection	R68,00
Deliver		Delivery		Delivery			Delivery										
WEDNESDAY		03-May	Steak n kidney pie with mash and gravy, roast carrots and cauliflower	sit down	10-May	Chicken schnitzel, saute potatoes, cheese sauce and seasonal vegetables in herb butter	sit down	17-May	Peppered pork fillet with cream leek sauce, mash potatoes, pumpkin and fried cabbage	sit down	24-May	Feta stuffed meatballs with tomato and basil coulis, pasta and Italian salad	sit down	31-May	Beef goulash with parsley mash, roasted vegetables	sit down	
		R68,00		collect			R68,00			collection			R68,00			collection	R68,00
	Deliver	Delivery		Delivery			Delivery										
	THURSDAY	04-May	Chicken casserole with penne pasta, green beans and beetroot salad	sit down	11-May	Beef stroganoff with steamed rice, saute green beans and sweet corn	sit down	18-May	Cape babotie with yellow raisin rice, banana salad and tomato and cucumber sambal	sit down	25-May	Mild chicken curry in coconut milk with potatoes, beans and brinjals, basmati rice and paw paw salsa	sit down			sit down	
		R68,00		collect			R68,00			collection			R68,00	collection	R68,00	collection	
Deliver		Delivery		Delivery			Delivery										
FRIDAY		05-May	Grilled or deep-fried Hake, with chips, tartar sauce, coleslaw and garden salad	sit down	12-May	Grilled or deep-fried Hake with chips, tartar sauce, Waldorf salad and garden salad	sit down	19-May	Grilled or deep-fried Hake with chips, tartar sauce, mushy minted peas and garden salad	sit down	26-May	Grilled or deep-fried Hake with chips, tartar sauce, pea and sweetcorn salad, garden salad	sit down			sit down	
		R85,00		collect			R85,00			collection			R85,00	collection	R85,00	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.