

AUGUST 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		07-Aug Pork Schnitzel with chive mash, cheese sauce, spinach and carrots R68,00	14-Aug Roast tomato soup with basil crème fraiche, cheese and ham Panini R68,00	21-Aug Cape Malay fish cakes with potato salad and tomato and onion salad R68,00	28-Aug Pork Bangers and cheesy mash potatoes, onion gravy, peas and carrots R68,00
TUESDAY	01-Aug Cape Bobotie with yellow rice, tomato and onion salad and banana salad	08-Aug Cream of potato and leek soup with cheese and tomato health roll R68,00	15-Aug Mild chicken curry in coconut milk with basmati rice pawpaw salsa and beetroot salad R68,00	22-Aug Hunters chicken, in mushroom and red wine sauce served with Parmesan mash and glazed carrots R68,00	29-Aug Chinese chicken noodle soup served with vegetable springrolls with sweet chilli R68,00
WEDNESDAY	02-Aug liver and onions with mash and gravy, buttered squash and carrots	09-Aug Haiwian chicken kebabs with fried rice, sweet n sour sauce, carrot salad R68,00	16-Aug Grilled pork chop, cheese sauce, mash potatoes, pumpkin and fried cabbage R68,00	23-Aug Greek style feta stuffed meat balls in tomato and basil coulis served on penne pasta with Greek Salad R68,00	30-Aug Cottage pie with broccoli in cheese sauce and glazed carrots R68,00
THURSDAY	03-Aug Chicken a la king with savoury rice, green beans and beetroot salad R68,00	09-Aug Beef goulash with cheesy mash potatoes, saute green beans and sweet corn R68,00	17-Aug Fettucini alfredo in cream mushroom and ham sauce served with Greek salad R68,00	24-Aug Chicken and mushroom pie with cheese mash and gravy, garden peas and sweetcorn R68,00	31-Aug Pork stir-fry with fried noodles and vegetable stir-fry R68,00
FRIDAY	04-Aug Grilled or deep-fried Hake, with chips, tartar sauce, Asian red cabbage coleslaw and garden salad R85,00	10-Aug Grilled or deep-fried Hake with chips, tartar sauce, carrot and pineapplesalad and garden salad R85,00	18-Aug Grilled or deep-fried Hake with chips, tartar sauce, Waldorf salad and garden salad R85,00	25-Aug Grilled or deep-fried Hake with chips, tartar sauce, coleslaw and garden salad R85,00	

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.