

DECEMBER 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			Deliver	04-Dec R68,00	Cape Malay fish cakes with savoury rice, tomato and onion salad and coleslaw	Deliver	11-Dec R68,00	Pork Schnitzel with parsley mash, cheese sauce, sweetcorn salad and coleslaw	Deliver	18-Dec R68,00	Cold meats and salads, carrot, potato and beetroot	Deliver	25-Dec	Closed Public Holiday	Deliver
TUESDAY			Deliver	05-Dec R68,00	Chicken a la king with steamed rice and minted peas	Deliver	12-Dec R68,00	Chicken mayo Health Roll with potato salad, carrot salad	Deliver	19-Dec R68,00	Crumbed tenderised steak with savoury rice, butternut and cream spinach	Deliver	26-Dec R68,00	Closed Public Holiday	Deliver
WEDNESDAY			Deliver	06-Dec R68,00	Cottage pie with broccoli in cheese sauce and glazed carrots	Deliver	13-Dec R68,00	Spaghetti Bolognese with Greek salad and roasted vegetables	Deliver	20-Dec R68,00	chicken burger and chips with coleslaw	Deliver	27-Dec R68,00	Beef lasagne with roasted veg and Greek salad	Deliver
THURSDAY			Deliver	07-Dec R68,00	Grilled Pork Chop, apple sauce saute potatoes, fried cabbage and pumpkin	Deliver	14-Dec R68,00	Pork fillet in cream pepper sauce with steamed rice, carrots and peas	Deliver	21-Dec R68,00	Tagliatelle al Fredo in cream mushroom and ham sauce with Italian salad	Deliver	28-Dec R68,00	Coronation chicken salad, rice salad and tomato salad	Deliver
FRIDAY	01-Dec R85,00	Grilled or deep-fried Hake, with chips, tartar sauce, mushy minted peas and garden salad	Deliver	08-Dec R85,00	Grilled or deep-fried Hake with chips, tartar sauce, carrot and pineapple salad and garden salad	Deliver	15-Dec R85,00	Closed Public Holiday	Deliver	22-Dec R85,00	Grilled or deep-fried Hake with chips, tartar sauce, coleslaw and garden salad	Deliver	29-Dec R85,00	Grilled or deep-fried Hake with chips, tartar sauce, Waldorf salad and garden salad	Deliver

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.