

JANUARY 2024 - 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-Jan	Closed Public Holiday	sit down collect Deliver	08-Jan	Chicken mayo health roll with potato salad and carrot salad R68,00	sit down collection Delivery	15-Jan	Cold meats and salads, carrot, potato and beetroot R68,00	sit down collection Delivery	22-Jan	Fishermans pie with buttered gem squash and mixed vegetables R38,00	sit down collection Delivery	29-Jan	Chicken pie, mash and gravy with buttered gem squash and peas R68,00	sit down collection Delivery
TUESDAY	02-Jan	Italian meat balls, tomato and basil sauce, spaghetti and roasted veg and green salad R68,00	sit down collect Deliver	09-Jan	Beef lasagne with roasted vegetables and green salad R68,00	sit down collection Delivery	16-Jan	Chicken straganoff with steamed rice, mashed pumpkin and saute beans R68,00	sit down collection Delivery	23-Jan	Meat loaf with BBQ glaze, cheese mash and rattatouille vegetables R68,00	sit down collection Delivery	30-Jan	Slow braised beef with steamed rice, roast pumpkin and cream spinach R68,00	sit down collection Delivery
WEDNESDAY	03-Jan	Pork Schintzel with parsley mash, cheese sauce, butternut and cream spinach R68,00	sit down collect Deliver	10-Jan	Ox - Liver, onion gravy, cheese mash with fried cabbage and peas R68,00	sit down collect Deliver	17-Jan	Pork bangers, mash and onion gravy, carrots and peas R68,00	sit down collect Deliver	24-Jan	Tagliatelle al Fredo in cream mushroom and ham sauce with Italian salad R68,00	sit down collect Deliver	31-Jan	Spaghetti Bolognese with roasted vegetables and green salad R68,00	sit down collect Deliver
THURSDAY	04-Jan	Chicken stir-fry with stir-fried veg and fried rice R68,00	sit down collect Deliver	11-Jan	Grilled Pork Chop, apple sauce saute potatoes, saute baby marrows and roast pumpkin R68,00	sit down collect Deliver	18-Jan	Ox Liver stir-fry, with peppers, and peas, soy sauce and fried rice R68,00	sit down collect Deliver	25-Jan	Hawaian chicken fillets with pineapple and sweet chilli glaze, vegetable stir-fry and fried rice R68,00	sit down collect Deliver			sit down collect Deliver
FRIDAY	05-Jan	Grilled or deep-fried Hake, with chips, tartar sauce, mushy minted peas and garden salad R85,00	sit down collect Deliver	12-Jan	Grilled or deep-fried Hake with chips, tartar sauce, carrot and pineapple salad and garden salad R85,00	sit down collect Deliver	19-Jan	Grilled or deep-fried Hake with chips, tartar sauce, pea and sweetcorn salad and garden salad R85,00	sit down collect Deliver	26-Jan	Grilled or deep-fried Hake with chips, tartar sauce, coleslaw and garden salad R85,00	sit down collect Deliver			sit down collect Deliver

PLEASE NOTE THAT THE 2023 PACKAGE DISCOUNT SPECIAL HAS ENDED.

Terms and Conditions

1. Delivery meals will be charged an additional R10.00 for packaging.
2. 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.
3. Meal orders need to be placed by 16:00 the previous day.
4. Meals are to be booked with Bistro directly on Ext 1209