

# NEWSLETTER

Evergreen Broadacres June 2024

Editor: Edna Grenfell - email: ednagrenfell@gmail.com

We are halfway through winter and still enjoying warm and sunny temperatures midday. The only signs of winter are felt in the early mornings and evenings.

June has been such a busy month with lots of exciting projects and events happening. The biggest one is the Bright Black solar project, which involves trenching, barricading, and rope access all around the Lifestyle Centre and apartments.

In June, two hundred and sixty-seven panels were installed on the Lifestyle Centre's roof. As you read in this newsletter, the installation of the roof panels for Bushwillow will start soon. The trenching for the cables from the lifestyle centre across the front lawn to the village entrance has been dug, and the cables are awaiting connection. Trenching from Acacia's washing lines across to the Bushwillow building has also started. This has unfortunately blocked access to the apartment's washing lines as the paving had to be lifted, and digging had to happen. Once completed, this area will remain blocked off as the solar panel lift will be erected in front of the washing line area to give access to the flat part of the roof above the fire escape stairs. The total estimated time for this to be completed is about three weeks. In the meantime, as we try to navigate around this, we invite apartment residents to bring their washing down to our laundry for drying.

Hidden behind all the orange netting on the front lawn, you would have seen the bridge that was erected and completed over the stormwater channel. (Complete with grass over it to make for an even surface).



From  
The Village Manager  
Wilma Swart



**Trenching from LSC to the gate  
(Showing the new bridge).**



**Washing lines excavation**

## In this Issue

- Rainfall & Finance
- Security
- Nature & Birding Group
- From the library
- Events in June
- What's happening in July

And much more in between

With all the great sporting events last month, we started the "Boktown" type screenings in the lifestyle centre again. The Springboks vs. Wales game last weekend, followed by the Bulls game, was very well attended. The waterhole was open to provide drinks, and the Bistro provided chicken prego rolls. All the upcoming Springbok games will be shown on the big screen.

We cannot forget to mention the amazing dinners produced by Chef Neo in June. We are being spoiled by his culinary talents. The plated Wednesday social dinner received such praise and accolades that this will become a regular offering. He certainly has us salivating in anticipation of Christmas in July.

The addition of Promise, our new staff member to the management team in June has certainly filled the office and reception area with lots of smiles and laughter. Her infectious friendliness and smile, often followed by residents giggling with her, certainly add to the warmth of the lifestyle centre, and we love having her as part of the Evergreen family.

Like good wine, life in the Village of our dreams just seems to get better and better, and we are truly blessed to be living the Evergreen way.

# Village Rainfall

by Cecil Fann



June rainfall isn't surprising, given the erratic nature of a summer rainfall area. In fact, in only three years we experienced double-digit readings, and in four years, zero.

Please note that monthly totals reported are measured up to the 25th of each month.

Dam levels across the country show a further decrease, from 95% this time last year to 86% now. As usual, the current situation varies widely, from 94% for Mpumalanga to 69% for the Western Cape.

Our own Vaal Dam stands at 54.6% full, a decrease of 3.7% in the month. This data is at 20 June 2024.

**For this and much more weather-related information visit the websites:**

<https://www.sawx.co.za/stae-of-dams> or [dws.gov.za](https://dws.gov.za) or [Time and Date.com](https://www.timeanddate.com)

July daylight hours continue their upward march, from 10h 31m on the 1st to 10h 54m on the 31st an increase of 23 minutes.

Rainfall by month for the past year	
Jul '23	5.0
Aug '23	0.0
Sep '23	1.0
Oct '23	53.0
Nov '23	77.0
Dec '23	82.5
Jan '24	128.5
Feb '24	73.8
Mar '24	39.0
Apr '24	116.0
May '24	25.0
Jun '24	3.0
<b>Total</b>	<b>603.8</b>

June rainfall over the years	
2013	0.0
2014	0.0
2015	1.8
2016	13.0
2017	0.0
2018	6.0
2019	0.0
2020	15.5
2021	0.8
2022	14.0
2023	2.0
2024	3.0
<b>Average</b>	<b>4.7</b>

July 2024 Sunrise, Sunset, and Moon Phases				Day Length
1	06:56	17:27		10:31
2	06:56	17:27		10:31
3	06:56	17:28		10:32
4	06:56	17:28		10:32
5	06:56	17:29		10:33
6	06:55	17:29	New	10:34
7	06:55	17:29		10:34
8	06:55	17:30		10:35
9	06:55	17:30		10:35
10	06:55	17:31		10:36
11	06:55	17:31		10:36
12	06:55	17:23		10:28
13	06:54	17:32		10:38
14	06:54	17:32	First Qtr.	10:38
15	06:54	17:33		10:39
16	06:54	17:33		10:39
17	06:53	17:23		10:30
18	06:53	17:34		10:30
19	06:53	17:35		10:42
20	06:52	17:35		10:29
21	06:52	17:36	Full	10:29
22	06:51	17:36		10:45
23	06:51	17:37		10:46
24	06:51	17:37		10:46
25	06:50	17:38		10:48
26	06:50	17:38		10:48
27	06:49	17:39		10:50
28	06:49	17:39	Last Qtr.	10:50
29	06:48	17:40		10:52
30	06:47	17:40		10:53
31	06:47	17:41		10:54





# ResCom Funds

by Cecil Fann

ResCom Vice Chairman & Finance & Treasury Portfolio



The 44th 100 Club draw, held on 15 May, provided R6 500 in prizes to 10 delighted winners. Prizes ranged from R100 to R2 000, and R6 500 was given to ResCom funds.

The next draw will be held in August 2024.

Social function expenses in the month totalled R614.67.

As always, transactions in the fund will be willingly clarified if required.

**EVERGREEN BROADACRES RESCOM FUNDS**

**SUMMARY OF TRANSACTIONS FOR MAY 2024**

	<u>INCOME</u>	<u>EXPENSES</u>	<u>BALANCE</u>
<b>Funds on hand at 30/04/2024</b>			<b>13 189.30</b>
44 <sup>th</sup> 100 Club Collections	8 800.00		
44 <sup>th</sup> 100 Club Prizes		6 500.00	
45 <sup>th</sup> 100 Club Collections	500.00		
Waterhole Stock Purchase	4 000.00	3 780.00	
Social Function Supplies		614.67	
Adapter for Audio Visual Presentations		569.00	
Bank Charges		325.30	
Interest Received	6.69		
<b>Funds on hand at 31/05/2024</b>	<b>13 306.69</b>	<b>11 788.97</b>	<b>14 707.02</b> *
<b>Reserved Funds</b>			
Unutilised Lyn Huddy Memorial Fund			(114.90)
Unutilised Library Donation			(1 000.00)
Unutilised Library Functions Budget			(500.00)
Unutilised Hospitality Portfolio Budget			(1 385.33)
Unutilised 2023 Arbour Day Contributions			(777.05)
Unutilised Christian Fellowship Group Donation			(243.25)
45 <sup>th</sup> 100 Club Prizes			(650.00)
Waterhole Loan Account: Funds held for future expenses			(2 735.88)
Catering for 2024 RAC (Estimate)			(7 000.00)
New Residents Welcome (Monthly Estimate)			(230.00)
<b>TOTAL RESERVED FUNDS</b>			<b>(14 636.41)</b>
<b>Funds available after reserves</b>			<b>70.61</b>
<b>Memo: Funds on hand made up as:</b>			
<b>Bank accounts:</b>			
Business Account	11 531.81		
Savings (Call) Account	1 259.61		12 791.42
<b>Cash</b>			<b>1 915.60</b>
			<b>14 707.02</b> *

# Security



## What Causes Lithium Battery Fires?



Dave Nesbitt

### Village Emergency Numbers

Reception Desk	087 809 3366
Guardhouse	071 173 2406
Care Centre (Health)	079 579 4297
Sister Marius	082 218 4206
Sister Kate Powel	Ext 1222

Remember always to wear your Buddy Band and carry your emergency button

The following was published in the CIA Building Insurance Newsletter.

One of the biggest concerns with these systems is incorrect installation. With this booming demand, it appears that anyone and everyone is now installing alternative energy systems.

- The system must be installed and tested by a qualified electrician in compliance with all applicable legislation and manufacturer's guidelines.
- It is vitally important that the manufacturer's instruction and specifications are adhered to. This photo illustrates an incorrect installation with insufficient spacing between the inverter and battery.
- A Valid electrical certificate of compliance and test report for the system must be issued and available for inspection when required.



- Another fire trigger is thermal runaway in these batteries. A thermal runaway is a chain reaction within a battery that leads to rapid temperature and pressure increase.

### Causes of thermal runaway could be due to any of the following:

- Internal short circuits due to physical damage of manufacturing defects.
- Overcharging and discharging - exceeding the recommended charging or discharging rates.
- External heat sources - batteries exposed to high ambient temperatures or near heat generating devices.
- Age and wear and tear over time.



To prevent failure regular inspections and maintenance are recommended to identify potential risks.

do not store combustible material within two meters of any inverter or battery

<https://www.cia.co.za>

# Nature & Birding Group

There is no charge to join the group, anyone can come to the quarterly meetings.

**NEXT NATURE & BIRDING GROUP MEETING: Tuesday, 6 August 2024.** We meet at 10 a.m. for tea and eats, followed by a 10:30 a.m. talk by Sarah Orchardson from Eco Solutions, who will talk about owls and bats and walk around Evergreen property.

Mike Prior and his wife Aldean came to Evergreen from Cedar Lakes in November 2023. Mike ran the release program of rescued owls at Cedar Lakes for Eco Solutions for over seven years, during which time they released over thirty owls with the help of a volunteer group of about 30 feeders. See the pictures below of owls to be ringed and the enclosure where the rescued owls are housed until their release.

The executive director for Eco Solutions is Jonathan Haw, who has received international awards for his work on programs involving owls and bats. When Mike first contacted Eco Solutions, Jonathan put Mike in touch with Sara Orchardson, who controlled the owl release program which was set up to:

- Release rescued owls.
- Educate people about the part owls play in the nature environment. It was mainly for the education of school children in the townships who had a fear and superstition about owls.

Eco Solutions is passionate about conservation and Sara would be honoured to give a talk on owls, bats and sustainable pest management practices to the residents of Evergreen Lifestyle



Barn Owls  
prior to ringing



The two Barn Owls  
in their enclosure  
at dusk

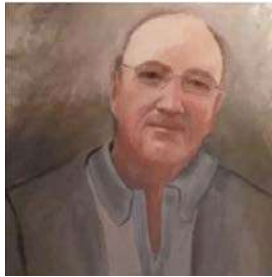


**For more information on the Nature and Birding Group please contact:  
Heather Mutch on 1080; 083 7897 311  
Or Lisa Nuttall on 11020; 071 007 4658**



# Quick & Easy Chicken Soup

with an oriental twist



*Submitted by John Schunckins*



## Chicken Soup

### INGREDIENTS

- 250g chicken pieces – use breast or deboned thighs depending on your preference.
- 1 litre chicken stock made with 2 stock cubes
- 1 Can creamed corn
- 1 Can corn kernels
- 3 tsp cornflour
- 2 tsp soy sauce
- 3 spring onions
- garlic / ginger

### METHOD

- Bring stock to a simmer
- Add garlic / ginger
- Add chicken pieces & allow them to poach in stock for 10 mins then remove
- Add corn to stock to simmer
- Add soy sauce
- Make a smooth paste of cornflour with a little cold water & add to soup
- Simmer soup for a few minutes to thicken
- Shred or slice chicken pieces & return to soup
- Serve soup garnished with chopped spring onions & accompanied by crust bread

### Notes:

- If you want to be fancy, beat two eggs & dribble gently into hot soup while stirring to create ribbons just before serving.
- Adjust amounts of soy & cornflour according to your taste. Heavier soy sauces can overpower the other flavours if used in excess. Similarly add additional cornflour if soup not thick enough. It's easy to add more before serving if necessary.
- Cooking time of chicken depends on personal preference but should not be allowed to overcook.

# From the Library

## Book Reviews



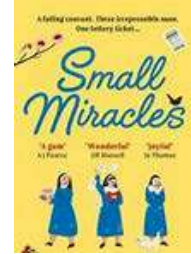
In our library - Alpsten 863

### The Tsarina's Daughter Alpsten Ellen

Dramatic story of Elizabeth, daughter of Cathrine I and Peter the Great, who ruled Russia during an extraordinary life marked by love, danger, passion and scandal.

Born into the House of Romanov the beautiful Tsarevna Elizabeth is the envy of the Russian empire.

A riveting slice of historical fiction packed full of intrigue and danger, as Tsarevna Elizabeth uses all her wit and wiles to navigate a treacherous path from Romanov royalty to penniless outcast.



In our library - Booth 3028

### Small Miracles Anne Booth

Small Miracles takes us on an uplifting journey as three unforgettable nuns learn more about life, love and friendship that they could ever have imagined. The 1990s are proving tough for the convent. The order of the Sisters of Saint Philomena is down to its three last nuns. They play the lottery to save their convent.

"Charming, witty and warm, Small Miracles is a gentle gem of a novel, a cheery balm in troubling times."



submitted by Libby



On 2 July 1966, three remarkable events unfolded where three couples in our village exchanged vows, marking the beginning of their lifelong journeys together.

-----  
They will be celebrating this again at the Social on 3 July this year.







**Pru and Graham Hall (Unit 103)** were married on a beautiful midwinter day at St Andrew's Anglian Church, Kensington. They had 300 guests who enjoyed the reception at Jeppe Quandang Club. Pru's dad paid a princely sum of R1.75 per head for the sumptuous and generous catering. They have one married son and two grandchildren. One has finished university, and the other is in third year at university. They have been incredibly blessed and hope for many years ahead.

**Hennie and Marion du Preez (Unit 72).** They met in December 1965, had a whirlwind romance, and announced their engagement in March. They were married in the Methodist Church in Potchefstroom. Marion's father was the headmaster of Potchefstroom Boys High School, and the celebration took place in the school dining room. They have two daughters and five grandchildren. The youngest started university this year, while the others are well into their careers. Hennie and Marion celebrated their 50th anniversary in Namibia and explains why they cannot remember Adi and Peter's anniversary celebrations in the old clubhouse.



**Adi Gough (Unit 70).** Peter and Adi Gough celebrated their golden anniversary in the old prefab clubhouse. Sadly, Peter is no longer with her, but it will always be a very special day for Adi and her three girls.





# Happy Father's Day

Father's Day at Evergreen was celebrated with a delicious lunch, ensuring every dad felt appreciated and special.



**Chef Neo & Team**



**Brenda Brophy**



**Kiloran Townsend**



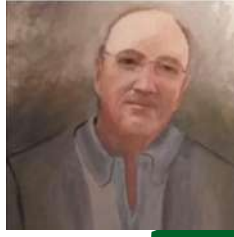
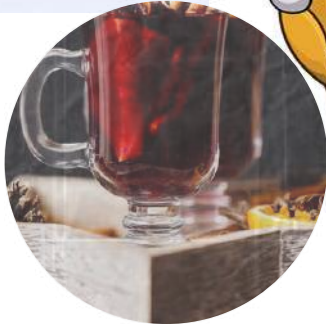
EVENTS

Happy Father's Day

Happy Father's Day



EVENTS



John & Hans

Glühwein evening  
presented by  
The Waterhole





# Wimbledon Raffle Draw

Submitted by Dennis Allen



	TOP SEEDS		RESIDENT	
1	Jannik	Sinner	Trevor	Morgan
2	Novak	Djokovic	Jenny	Hammond
3	Carlos	Alcaraz	Edna	Grenfell
4	Sasha	Zverev	Gillian	Croisier
5	Danill	Medvedev	Heather	Morgan
6	Andrev	Rublev	Glynnis	Webb murfin
7	Casper	Ruud	Marion	Du Preez
8	Hubert	Hurkacz	Elske	Fann
9	Stephanos	Tsitsipas	Joe	Rebello
10	Grigor	Dimitrov	Anne	Haselum
11	Alex	de Minaur	Sally	Smith
12	Taylor	Fritz	Beryl	Vercilotti
13	Holger	Rune	Jenny	Boswell
14	Tommy	Paul	Lynn	Turner
15	Ben	Sheldon	Penny	French
16	Nicolas	Jarry	Pauline	Joyce



Winner R1 000  
 Finalist R500  
 Semi-finalist R100 each  
 ResCom R1 000

What's  
Happening  
in



Christmas in July Dinner  
31 July @ 6 pm



Shuttle Bus  
3. 10. 17. 24 & 31  
July @ 9am



Proteas  
Cricket World Cup  
Final  
27 July



Saturday 6 July  
& 13 July  
@ 17:00



Saturday 20 July  
@ 17:00



Wimbledon Men's Final  
14 July  
@ 15:00



Sunday 7 July  
@ 17:00



Movie Night  
4. 11. 18. & 25  
July

Titles to be announced by  
Chris Edwards



## Birthdays / Anniversaries July 2024

Dave Nesbitt	1st
Margo Clarkson	3rd
Dennis Allen	5th
Robert Haselum	6th
Thomas Kneen	6th
Dave Powell	8th
Marion du Preez	9th
Kate van Rooyen	10th
Caroline Brickett	18th
Gunnar Swensson	21st
Sue Stirton	21st
Lynn Turner	23rd
Yolanda Essex-Clark	26th











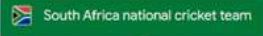


Bryan Breval	27th
Iris Haferung	27th
Emmy Murray	28th
Jan Key	28th
Kees Seegers	29th



## Anniversaries

Stewart & Loraine Phillips	1st
Hennie & Marion du Preez	2nd
Graham & Prudence Hall	2nd
Chappy & Sue Hartley	3rd
Ian & Elaine Gadstone	17th
James & Paulene Green	27th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	<b>2</b> 9am Therapeutic Exercise 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	<b>3</b> 8:15 Lower back group class 9am <b>Broadacres Shopping Centre</b>  Shuttle 9:15 Walking Group Class 10:15 Frail Care keep active class 11:15 Hip and knee group 6pm Social Dinner	<b>4</b> 9am Yoga 10am Visual Music # 81 10am Art Class 2pm Bridge 2:30 Rummikub 3pm Pétanque 6pm Movie Night	<b>5</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>6</b> 3pm Pétanque 17:00 Springboks Vs Ireland 	<b>7</b> 16:30 Soup & rolls 17:00 Movie: Lawrence of Arabia
<b>8</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	<b>9</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	<b>10</b> 8:15 Lower back group class 9am <b>Dainfern Shopping Center</b>  shuttle 9:15 Walking group class 11:15 Hip and knee group 2:30 pm Christian Fellowship 6pm Social Dinner	<b>11</b> 8am Therapeutic Exercise 9am Yoga 10am Visual Music # 81 10am Art Class 13:00 2pm Bridge 2:30 Rummikub 3pm Pétanque 6pm Movie Night	<b>12</b> 9am Line Dancing 10am Visual Music # 81 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>13</b> 3pm Pétanque 17:00 Springboks Vs Ireland 	<b>14</b>  12:00 Sunday Lunch 15:00 Wimbledon final 
<b>15</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	<b>16</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	<b>17</b> 8:15 Lower back group class 9am <b>Chartwell Shopping Centre</b>  shuttle 9:15 Walking group class 11:15 Hip and knee group 2:30pm Christian fellowship group 6pm Social Dinner	<b>18 MANDELA DAY</b> 9am Yoga 10am Visual Music # 81 10am Art Class 2pm Bridge 2:30 Rummikub 15:00 Annual Residence Caucus 3pm Pétanque 6pm Movie Night	<b>19</b> 9:30am Line Dancing 10am Visual Music # 81 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole 	<b>20</b> 3pm Pétanque 12:00 Springboks Vs Portugal 	<b>21</b>
<b>22</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	<b>23</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 5pm Ladies Pool & Waterhole	<b>24</b> 8:15 Lower back group class 9am <b>Nicolway Shopping Centre</b>  shuttle 9:15 Walking group class 11:15 Hip and knee group 6pm Social Dinner	<b>25</b> 9am Yoga 10am Art Class 2pm Bridge 2:30 Rummikub 3pm Pétanque 6pm Movie Night	<b>26</b> 9:30am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 2:30 pm <b>BINGO</b> 5pm Waterhole	<b>27</b> 3pm Pétanque Proteas Cricket world Cup Final 	<b>28</b>
<b>29</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	<b>30</b> 9am Therapeutic Exercise Class 2pm Rummikub 2:30pm Scrabble 2:30pm Craft Class 5pm Ladies Pool & Waterhole	<b>31</b> 8:15 Lower back group class 9am <b>Dainfern</b>  Shuttle 9:15 Walking group class 11:15 Hip and knee group 6pm <b>Social Dinner</b> 				





## July 2024 SOCIAL DINNER MENU'S

	Starter on the tables	Main Course Option 1	Main Course Option 2	Dessert
<b>Wednesday – 03 July 2024</b>	Butternut Soup with cinnamon cream	Beef sirloin, red wine jus, grilled mixed vegetables, potato dauphinoise <b>R95.00</b>	Chicken korma, garlic naan, traditional sambals, vegetable biryani <b>R85.00</b>	Crème caramel, toffee, fresh fruit <b>R45.00</b>
<b>Wednesday – 10 July 2024</b>	Vegetable soup with herbed croutons and herbed cream	Crispy sweet and sour pork, Asian stir-fried vegetable, orange glazed broccoli, egg fried rice. – <b>R95.00</b>	Honey and ginger chicken, stir-fried noodles, orange glazed sesame broccoli <b>R85.00</b>	Fruit Salad topped with orange mousse, roasted white chocolate crumble <b>R45.00</b>
<b>Wednesday – 17 July 2024</b>	Cauliflower & Blue cheese soup, butter croute	Braised Oxtail with baby onions, glazed carrots, seasonal buttered vegetables, rich red wine jus, herbed polenta – <b>R135.00</b>	Chicken bon femme –, herbed mash, sticky glazed carrots, seasonal vegetables <b>R85.00</b>	Crème brulee tart, chocolate ice cream – <b>R45.00</b>
<b>Wednesday 24 July 2024</b>	Sweet corn chowder with charred sweet corn and chives	Roasted pork neck, gravy, apple sauce, braised leeks and cauliflower, herbed Potato gratin <b>R90</b>	Creamy chicken, Dijon mustard and mushroom pie, roasted vegetables, potato gratin <b>R85</b>	Vanilla ice cream and chocolate sauce with fresh fruit <b>R45</b>
<b>Wednesday 31<sup>st</sup></b>	<b>Christmas in July</b>			

**PLEASE NOTE: NO CASH PAYMENTS WILL BE ACCEPTED.  
PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD**

**Please book at Reception with Tshwanelo only on EXT 1200  
between 08:00 and 17:00.  
Please book by 17:00 on Monday**

*See you there!*



## LUNCH MENU – JULY 2024

	Week 1	week 2	week 3	week 4	week 4
MONDAY	01-Jul Chicken, mushroom & basil pesto pasta bake, garden salad - R72	08-Jul Alfredo pasta, with linguine, roasted vegetables and a Greek salad - R72	15-Jul Beef stroganoff, herbed tagliatelle, stuffed gem squash and three bean salad - R72	22-Jul Beef enchilada, tomato salsa, avo, sour cream, tomato relish, crispy potatoes wedges and tomato salsa - R72	29-Jul Beef meat loaf, tomato gravy, green beans with sautéed potatoes & garden salad - R72
TUESDAY	02-Jul Apple baked pork, braised red cabbage, sautéed baby potatoes with steamed broccoli - R72	08-Jul Chicken cordon blu with a mustard sauce, roasted baby potatoes, half glazed carrots and cucumber and mint salad - R72	16-Jul Bbq roasted chicken pieces, roasted spuds, roasted seasonal vegetable with a pineapple & carrot salad	23-Jul Crusted pork, sweet and sour sauce, crispy fried potatoes, with roasted cauliflower and stuffed tomatoes - R72	30-Jul Chicken a la king, steamed rice, butter gem squash & coleslaw - R72
WEDNESDAY	03-Jul Chicken schnitzel, glazed carrots, herbed potato wedges, cheese sauce and a garden salad - R72	08-Jul Tomato beef stew with olives, creamed spinach, roast butternut with savoury rice - R72	17-Jul Greek meat balls, mashed potato, lemon butter sauce and mixed vegetables with a garden salad - R72	24-Jul Chicken with mushrooms, Hasselback sweet potatoes, garden salad with baked cauliflower - R72	31-Jul Braised short rib, creamy polenta, steamed veg, sweet potato orange salad - R72
THURSDAY	04-Jul Seared ox liver with mushroom and rosemary sauce, roasted potatoes and green beans & red onions - R72	08-Jul Honey glazed pork chops, mashed pumpkin, grilled corn on the cob, with apple garden salad - R72	15-Jul Honey and garlic pork fillet, gravy, cream cheese & parsley stuffed baked potato, sautéed vegetables - R72	22-Jul Spaghetti bolognese topped with cheese crumble, steamed veg, tomato and avocado salad	
FRIDAY	05-Jul Grilled or deep-fried Hake, with chips or baked potato, tartar sauce, mushy minted peas and garden salad - R92	08-Jul Grilled or deep-fried Hake with chips or baked potato, tartar sauce, carrot and pineapple salad and garden salad - R72	18-Jul Grilled or deep-fried Hake with chips or baked potato, tartar sauce, pea and sweet corn salad and garden salad - R92	25-Jul Grilled or deep-fried Hake with chips or baked potato, tartar sauce, coleslaw and garden salad - R92	

**PLEASE NOTE:** NO CASH PAYMENTS WILL BE ACCEPTED - PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD

**Please book by 16:00 prior day at Bistro Ext 1209**