

# NEWSLETTER

Evergreen Broadacres August 2024

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

Spring kicks off with our annual spring hat competition for Friday's fish and chips lunch on the 6th of September, 2024. This is shortly followed by Arbor Day and planting four trees on Saturday, 7 September 2024. Thank you to all residents supporting this initiative and the Gardening Committee for arranging this every year. The Village has already had the reeds cut down in the greenbelt and the bullrushes in the top dam, and our spring planting is just about complete.



From  
The Village Manager  
Wilma Swart

We need our first rain to transform the Village into its usual lush summer greens.

The Village is wrapping up the solar installation project and is very excited for this project to go live on 3 September 2024.

Our Annual General Meeting took place in August 2024, and you selected your new Residents Committee. Congratulations to all Rescom Members—we are looking forward to another exciting year of working and collaborating with you

September is packed with events, and we are particularly looking forward to our Family Festival on Saturday, 14 September 2024. We will have many market vendors selling their goods and crafts and food and drink stalls. We are also putting up a jumping castle for the kids, so please be sure to bring your family and friends along. Jannie Moolman's concert after the market is not to be missed.

There is also no shortage of good rugby to keep us entertained and to put our big screen projector to good use. Heritage Day comes around this month, and of course, that means National Braai Day!

We are very excited to announce that the Bistro will be open on weekends starting in September, and we invite you to please support them.

There is a special weekend menu available that includes milkshakes and pizzas. Sunday lunch offerings will also vary weekly, so there is no reason to cook on weekends anymore.

Until next month, enjoy your spring cleaning and all the Village's festivities.

## 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

## In this Issue

- Rainfall & Finance
- Security
- From the library
- Life's Garden
- Events in August
- What's happening in September
- Recipes from our Residents

And much more in between

# Village Rainfall

by Cecil Fann



As expected, August yielded no rainfall, as shown in the pattern in the table below. September could see the start of the next rainy season.

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 93% this time last year to 82% now. As usual, the current situation varies widely, from 94% for the Western Cape to 70% for the Northern Cape

Our own Vaal dam stands at 46.3% full, a decrease of 4.2% in the month. This data is at 27 August 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)

September daylight hours continue their upward march, from 11h 35m on the 1st to 12h 19m on the 30th, an increase of 44 minutes.

Night owls can look up for a partial lunar eclipse between 04:45 and 06:10 on Wednesday 18th.

Rainfall by month for the past year	
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
Jul '24	0.0
Aug '24	0.0
<b>Total</b>	<b>598.8</b>

August rainfall over the years	
2013	7.0
2014	20.5
2015	0.0
2016	3.9
2017	0.0
2018	0.0
2019	0.0
2020	0.0
2021	0.5
2022	0.6
2023	0.0
2024	0.0
<b>Average</b>	<b>2.7</b>

September 2024 Sunrise, Sunset, and Moon Phases				Day Length
1	06:20	17:55		11:35
2	06:19	17:56		11:37
3	06:18	17:56	New	11:38
4	06:17	17:57		11:40
5	06:16	17:57		11:41
6	06:15	17:57		11:42
7	06:14	17:58		11:44
8	06:12	17:58		11:46
9	06:11	17:59		11:48
10	06:10	17:59		11:49
11	06:09	17:59	First Qtr.	11:50
12	06:08	18:00		11:52
13	06:07	18:00		11:53
14	06:06	18:02		11:56
15	06:05	18:01		11:56
16	06:04	18:01		11:57
17	06:02	18:02		12:00
18	06:01	18:02	Full	12:01
19	06:00	18:03		12:03
20	05:59	18:03		12:04
21	05:58	18:05		12:07
22	05:57	18:04		12:07
23	05:56	18:04		12:08
24	05:55	18:05	Last Qtr.	12:10
25	05:54	18:05		12:11
26	05:52	18:06		12:14
27	05:51	18:06		12:15
28	05:50	18:06		12:16
29	05:49	18:07		12:18
30	05:48	18:07		12:19





# ResCom Funds

by Cecil Fann

ResCom Vice Chairman & Finance & Treasury Portfolio



The 45th 100 Club draw was deferred to August 2024, when Trevor and Heather Morgan returned to the village.

As reported in the newsletter, our sincere appreciation for the donation received from Dennis Allen following the Wimbledon draw he organised.

Social function expenses increased in the month, largely due to RAC catering costs.

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

**SUMMARY OF TRANSACTIONS FOR JULY 2024**

	<u>INCOME</u>	<u>EXPENSES</u>	<u>BALANCE</u>
<b>Funds on hand at 30/06/2024</b>			<b>11 401.73</b>
45 <sup>th</sup> 100 Club Collections	1 350.00		
2024 Arbour Day Contributions	5 150.00		
Waterhole Cash Transfer for future expenses	6 000.00		
Library Expenses		205.00	
Bingo "Mystery Prizes"		210.00	
Social Function Supplies		692.37	
Wimbledon Draw Donation	1 000.00		
Catering for RAC		3 742.20	
Catering Service Fee (June)		839.50	
Bank Charges		357.00	
Interest Received	6.76		
<b>Funds on hand at 31/07/2024</b>	<b>13 506.76</b>	<b>6 046.07</b>	<b>18 862.42</b> *
<b>Reserved Funds</b>			
Unutilised Lyn Huddy Memorial Fund			(114.90)
Unutilised Library Donation			(1 000.00)
Unutilised Library Functions Budget			(214.50)
Unutilised Hospitality Portfolio Budget			(1 307.63)
2024 Arbour Day			(5 664.55)
Unutilised Christian Fellowship Group Donation			(82.25)
45 <sup>th</sup> 100 Club Prizes			(2 000.00)
Waterhole Loan Account funds held for future expenses			(7 135.88)
Bingo "Mystery Prizes" (Monthly Estimate)			(90.00)
New Residents Welcome (Monthly Estimate)			(345.00)
<b>TOTAL RESERVED FUNDS</b>			<b>(17 954.71)</b>
<b>Funds available after reserves</b>			<b>907.71</b>
<b>Memo: Funds on hand made up as:</b>			
<b>Bank accounts:</b>	Business Account	16 563.49	
	Savings (Call) Account	1 273.33	<b>17 836.82</b>
<b>Cash</b>			<b>1 025.60</b>
			<b>18 862.42</b> *

## Security



Dave Nesbitt

Cyberthreats

in

Africa

### Check Point's Lionel Dartnall

unpacks the challenges and solutions in the cybersecurity landscape

Africa has become a prime target for cybercriminals. Check Point recently reported that in the second quarter of 2024, Africa saw the highest average number of cyberattacks per organisation, with an average of 2 960 attacks per week. This represents a 37% increase compared to the same period in 2023. In contrast, the global average stood at 1 636 attacks per organisation per week, reflecting a 30% increase from the previous year.

The research also showed that Kenya, Nigeria and South Africa are among the top African countries facing significant cyberthreats, with South Africa experiencing an average of 1 450 weekly attacks per organisation, marking a 4% year on year increase.

The continent is lagging in terms of visibility in cybersecurity. Many organisations struggle to know where their assets are, who has access to them and how they are secured. Governments and healthcare sectors are particularly vulnerable due to fragmented IT infrastructures and the adoption of multiple cloud services without adequate security controls in place.

Cybercriminals exploit these weaknesses, seeking valuable data such as personal identifiable information and exploiting them through ransomware attacks. The impact of these attacks is profound, affecting GDP and economic stability. The cost of cybercrime to the South African economy is estimated at R2.2 billion annually, according to the CSIR.

### Increase in attacks

Statistics from Check Point's recent research reveal a significant increase in attacks on the African market, with a notable rise in sophisticated threat actor initiatives bypassing modern security controls. An alarming example is the resurgence of Internet Explorer exploits, highlighting the need for constant vigilance in identifying and addressing overlooked software vulnerabilities.

To combat these threats, organisations must prioritise cybersecurity in their budgets and ensure compliance with regulations like the **Protection of Personal Information Act (Popia)** and the **General Data Protection Regulation (GDPR)**. Regular cybersecurity assessments, including free posture check-ups offered by cybersecurity firms, can help identify vulnerabilities and improve security postures.

- **Visibility:** Improve asset tracking and control, especially in cloud environments
- **Preparedness:** Adopt comprehensive cybersecurity frameworks and regular assessments
- **Regulations:** Ensure compliance with local and international data protection laws to mitigate risks

Source: <https://techcentral.co.za/unmasking-cyberthreats-in-africa/250309>



## Life's Garden

Submitted by Caroline Brickett

### Plant four rows of lettuce:

- Lettuce to be faithful
- Lettuce to be kind
- Lettuce us be obedient
- lettuce really love one another

### Plant four rows of squash:

- Squash gossip
- Squash indifference
- Squash grumbling
- Squash selfishness

### Plant four rows of peas:

- Peas of mind
- Peas of heart
- Peas of soul

### No garden is complete without thyme:

- Thyme to care
- Thyme to laugh
- Thyme for one another

Water freely with patience and cultivate with love  
You will have much fruit in your garden if you abide with all of these things.  
because you will reap what you sow.

Submitted by John Schunkins



Recipes from our Residents

## Chicken & Leek Casserole

### Ingredients

- 8 x chicken thighs / drumsticks
- 2 tsp Dijon mustard
- 1 tsp wholegrain mustard
- 8 baby onions or 3 medium onions roughly chopped
- 3 x leeks sliced
- 2 x large carrots roughly sliced
- 200ml white wine
- 1 x cup chicken stock
- 150 ml cream
- Seasoning to taste

### Methods

- Sauté leeks, carrots, onions in olive oil – remove
- Dust chicken pieces with flour – brown & remove
- Deglaze pan with wine
- Return chicken & vegetables to the pan
- Add enough stock to cover & simmer for one hour
- Remove chicken
- Increase heat & reduce sauce by half
- Stir in cream and mustard
- Return chicken, re-heat
- Serve with green vegetable & a starch



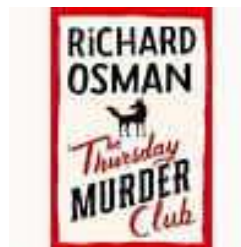
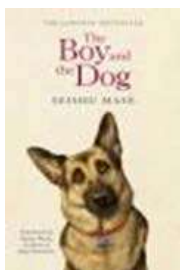
#### Notes

Serves 6 – quantities can be adjusted in proportion for smaller or larger groups

Cooking time of chicken depends on personal preference but should not be allowed to overcook and disintegrate.

# From the Library

## Book Reviews



submitted by Libby

### The Boy and the Dog Seishu Hase

I approached this prize-winning book with caution; not another story of pathos and heartbreak! But to my delight this story, based on a true event, highlights the bond and compassion that exists between us and our best friends.

Set in Japan in the wake of a devastating earthquake and tsunami, Tamon, a shepherd-mix dog, gets separated from his owner. Lost, but with an instinct unknown to us, he knows the direction he must travel to find his young soulmate again.

Along the way, he is helped by a cross-section of the Japanese population, but they all recognise that Tamon has a purpose and that he can't belong to them permanently.

It's a good tale, told well and simply; a tale of a dog's purpose and those who helped and loved him along the way. I loved it and I'm sure that all who value our furry friends will enjoy it too.

### The Thursday Murder Club Richard Osman

'Tis said, "don't mess with older folk" and these four unlikely friends at Cooper's Chase, a retirement village in rural England, are certainly not to be underestimated. They may be pushing eighty but they still have skills, curiosity and plenty of tricks up their sleeves.

Each week they meet to investigate unsolved murder cases, an interesting and entertaining intellectual exercise. But when an actual murder occurs, they find themselves involved in their first real life case.

This book is a delightful read, quirky, totally different and highly entertaining. The characters are well drawn, each with their own style and skill.

Osman has written several books in the series - some of which we have in our library. Each novel can be read as a stand-alone story but if read in sequence, it's interesting to see how the characters develop, their hopes, fears and even loves!



# From the Library



submitted by Libby

## FROM YOUR LIBRARY



Scheduling, rescheduling and eventually having to cancel the **Book Morning Quiz** was a great disappointment – not only to all those who were sharpening their wits and getting ready for an interesting and entertaining morning, but also for us, the Library team, who planned the quiz and compiled the questions. But fear not, we'll keep the quiz in mind, maybe later this year or early next year.

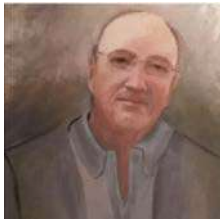


However diarise this important date – **October 15** when **Graham Hall** will be talking to us again about our origins, the stars and the universe.



His talk entitled – “**We are all made of stardust**” promises to be both interesting and intriguing; don't miss it!





John Schulkins



Hans van Wijk



# Waterhole

Prego Rolls





# Biggest Rivalry Springboks vs All Blacks



The rivalry between the Springboks and the All Blacks is one of the most intense and historic in international rugby. It dates back to 1921 and is characterized by fiercely contested matches, passionate fan bases, and mutual respect between the two teams. This rivalry has been defined by numerous classic encounters, including several Rugby World Cup clashes, most notably the 1995 final, which the Springboks won in a symbolic match that marked South Africa's return to the international stage post-apartheid. The competitive spirit and high stakes involved in every game make this rivalry a central pillar of rugby history.

Hulle weet nie wat  
ons weet nie



Bokke



31

27

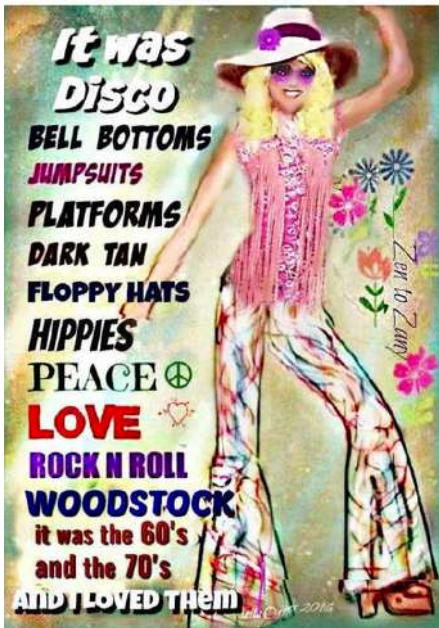


Nail biting stuff 🤪





Women's Day  
Lunch  
25 August

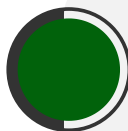




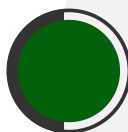
Our Chairman,  
Davis Presbury



Judy Stuart  
for arranging



The Team  
Sue Hartley, Sue Stirton,  
& Jenny Bramley



Photography  
Kiloran Townsent





Save  
the  
Date

**DR MARK HUMAN**  
**ORTHOPAEDIC SURGEON**  
**WILL TALK ON:**

Arthritis,  
Old Joints  
Hips & Knees



Saturday, 21 September 2024

10 am Tea and Coffee

Talk – 10:30 am

Please book at reception



Save  
the  
Date

EVERGREEN LIFESTYLE  
XMAS CRAFT MARKET

Market  
Day

SATURDAY 30 NOVEMBER  
FROM 10AM

40 FREDERICK ROAD BROADACRES

What's  
Happening  
in



Family Festival  
14 September  
10:00 am – 12:00pm  
&  
Jannie Moolman  
14:30 – 17:00



Shuttle Bus  
4. 11.18 & 25  
September @ 9am



Dr Mark Human  
21 September @ 10 am  
for 10:30am



Spring Hat  
6 September  
Lunch @ 12 pm



7 September



Christian Fellowship  
11 September  
@ 2:30 pm



Sunday Lunch  
29 September  
@ 12 pm



Movie Night  
6. 13. 20. & 27  
September @ 6 pm  
Titles to be announced by  
Chris Edwards



# Birthdays September 2024



Kathy Möhlig	2nd
Rosie Wright	3rd
David Rackley	4th
Lies Segers	4th
Serafina Da Silva	4th
Henrietta Dobrowolski	5th
Lesley Zingel	5th
Sarah Knibbs	7th
Penelope Rabinowitz	9th
Maseri Seretlo	9th
Linda Brennan	11th
Felicity Brandt	12th
Edna Grenfell	12th

Margaret Curran	12th
John McEwan	12th
Renate Johnson	14th
Heather Mutch	15th
William Park	15th
Norma Stewart	16th
Diane Muller	18th
Sue Hartley	19th
Kathryn Park	20th
Carol Powell	20th
Helen Knowles	21st
Judy Stuart	26th



# Anniversaries September 2024

## Anniversaries

Christopher & Pauline Joyce	3rd
Alex & Theresa Niven	8th
Peter & Angela McMurray	9th
Henry & Henrietta Dobrowolski	11th
Henning ^ Felicity Brandt	17th
Nello & Beryl Vercellotti	17th





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
<b>2</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 5pm Men's Pool / Snooker & Waterhole	<b>3</b> 9am Therapeutic Exercise Class 2pm Rummikub 2pm Scrabble 5pm Ladies Pool & Waterhole	<b>4</b> 8:15 Lower back group class 9am Dainfern Shopping Center  shuttle 9:15 Walking group class 11:15 Hip and knee group 2:00 Canasta 6pm Social Dinner	<b>5</b> 8am Therapeutic Exercise 9am Yoga 10am Visual Music # 81 10am Art Class 2pm Bridge 2:30 Rummikub 3pm Pétanque 6pm Movie Night	<b>6</b> 9am Line Dancing 10am Visual Music # 81 10:30am Bible Study 5pm Waterhole	<b>7</b> 3pm Pétanque	<b>8</b>
<b>9</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 4pm Men's Pool / Snooker & Waterhole	<b>10</b> 9am Therapeutic Exercise Class 2pm Rummikub 2pm Scrabble 2:30pm Craft Class 4pm Ladies Pool & Waterhole	<b>11</b> 8:15 Lower back group class 9am Chartwell Shopping Centre  shuttle 9:15 Walking group class 11:15 Hip and knee group 2:00 Canasta 2:30pm Christian fellowship group 6pm Social Dinner	<b>12</b> 9am Yoga 10am Visual Music # 81 10am Art Class 2pm Bridge 2:30 Rummikub 3pm Pétanque 6pm Movie Night	<b>13</b> 9:30am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>14</b> Family Festival 10:00 – 12:00  Jannie Moolman performance 14:30 – 17:00	<b>15</b>
<b>16</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 4pm Men's Pool / Snooker & Waterhole	<b>17</b> 9am Therapeutic Exercise Class 10am Library Book Morning 2pm Rummikub 2pm Scrabble 4pm Ladies Pool & Waterhole	<b>18</b> 8:15 Lower back group class 9am Nicolway Shopping Centre  shuttle 9:15 Walking group class 11:15 Hip and knee group 02:00 Canasta 6pm Social Dinner – 100 Club Draw	<b>19</b> 9am Yoga 10am Art Class 2pm Bridge 2:30 Rummikub 3pm Pétanque 6pm Movie Night	<b>20</b> 9:30am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>21</b> 10:30 Health Talk 3pm Pétanque	<b>22</b>
<b>23</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 4pm Men's Pool / Snooker & Waterhole	<b>24 PUBLIC HOLIDAY</b> 9am Therapeutic Exercise Class 2pm Rummikub 2pm Scrabble 2:30pm Craft Class 4pm Ladies Pool & Waterhole	<b>25</b> 8:15 Lower back group class 9am Dainfern  Shuttle 9:15 Walking group class 11:15 Hip and knee group 02:00 Canasta 6pm Social Dinner	<b>26</b> 9am Yoga 10am Art Class 2pm Bridge 2:30 Rummikub 3pm Pétanque 6pm Movie Night	<b>27</b> 9:30am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>28</b>	<b>29</b> 12:00 Sunday Lunch
<b>30</b>						



	<b>Starter on the tables</b>	<b>Main Course Option 1</b>	<b>Main Course Option 2</b>	<b>Dessert</b>
<b>Wednesday – 4 Sept 2024</b>	Butternut Soup with butternut chips and crème fraiche	Sweet and sour crispy pork with stir-fried noodles, Asian sesame potatoes <b>R95.00</b>	Butter chicken, cucumber Rita, salsa, poppadum, curried rice & stir-fry veg <b>R85.00</b>	Chocolate fondant, Chantilly cream <b>R45.00</b>
<b>Wednesday - 11 Sept 2024</b>	Tomato and basil soup with crispy basil and cream and croutons	Madras lamb curry, steamed rice spiced seasonal vegetables, poppadum's & banana & plain yoghurt <b>R95.00</b>	Beer can-can chicken with thyme sauce, steamed savoury rice & seasonal veg <b>R85.00</b>	Fruit Salad with ice cream & zesty orange sauce <b>R45.00</b>
<b>Wednesday – 18 Sept 2024</b>	Hearty vegetable soup with croutons & cream	Slow roasted beef sirloin with grilled green beans, roasted potatoes, rosemary jus & Yorkshire puddings <b>R135.00</b>	Chicken Cacciatore, tomato & mushrooms, glazed carrot and grilled green beans with creamy polenta <b>R85.00</b>	Crème brulee tart, chocolate ice cream <b>R45.00</b>
<b>Wednesday 25 Sept 2024 Plated</b>	Broccoli and Cheddar soup with crème fraiche & butter croute	Beef wellington, broccoli tender stems, baby carrots, pulled beef croquette & red wine demi-glace <b>R175</b>	Chicken wellington, broccoli tender stems, mushroom duxelles, glazed thyme baby carrot, chicken and port jus <b>R135</b>	Peach berry pannacotta, raspberry sorbet, roasted white chocolate crumble <b>R55</b>



## SEPTEMBER 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 4
<b>MONDAY</b>	02-Sep Chicken alfredo , with a sundried tomato pesto, Greek salad and grilled baby marrow R72,00	09-Sep Sweet and Sour pork stir fry, with egg noodles & a Asian sesame salad R72,00	16-Sep Pork schnitzel , three cheese & Peppercorn sauce , potato wedges and roasted spring veg and green salad R72,00	23-Sep Beef enchilada , tomato salsa , avo , sour cream , tomato relish, crispy potatoes wedges and tomato salsa R72,00	30-Sep Beef meat loaf , tomato gravy , green beans with sautéed potatoes & garden salad R72,00
<b>TUESDAY</b>	03-Sep Beef stroganoff, cheesy mash, stuffed gem squash and three bean salad R72,00	10-Sep Bacon wrapped, spinach stuffed chicken breast , rosemary & garlic sauce , roast potato and seasonal veg R72,00	17-Sep BBQ roasted chicken pieces, roasted spuds, roasted seasonal vegetable with a pineapple & carrot salad R72,00	24-Sep Crusted pork, sweet and sour sauce, crispy fried potatoes, with roasted cauliflower and stuffed tomatoes R72,00	
<b>WEDNESDAY</b>	04-Sep Hunters chicken, port and mushrooms with parsley potato, cinnamon roasted butternut and baby marrow R72,00	11-Sep Red wine braised beef pie, with creamed spinach & butternut with potato parsley mash R72,00	18-Sep Greek meat balls, mashed potato, lemon butter sauce and mixed vegetables with a garden salad R72,00	25-Sep Chicken with mushrooms, Hassel back sweet potatoes, garden salad with baked cauliflower R72,00	
<b>THURSDAY</b>	05-Sep Seared ox liver with mushroom and rosemary sauce, roasted potatoes and green beans & red onions R72,00	12-Sep Honey glazed pork chops, mashed pumpkin, grilled corn on the cob, with apple garden salad R72,00	19-Sep Honey and garlic pork fillet, gravy, cream cheese & parsley stuffed baked potato, sautéed vegetables R72,00	26-Sep Sautéed pork meat balls with a mozzarella centre, herbed spaghetti & fresh Napolitano and basil R72,00	
<b>FRIDAY</b>	06-Sep Grilled or deep-fried Hake, with chips or baked potato, tartar sauce, mushy minted peas and garden salad R92,00	13-Sep Grilled or deep-fried Hake with chips or baked potato, tartar sauce, carrot and pineapple salad and garden salad R92,00	20-Sep Grilled or deep-fried Hake with chips or baked potato, tartar sauce, pea and sweet corn salad and garden salad R92,00	27-Sep Grilled or deep-fried Hake with chips or baked potato, tartar sauce, coleslaw and garden salad R92,00	

Number of standard meals selected = \_\_\_\_\_ @ R72.00 per meal = R \_\_\_\_\_  
 Number of Friday meals selected = \_\_\_\_\_ @ R92.00 per meal = R \_\_\_\_\_

**Terms and Conditions**

Delivery meals will be charged an additional R12.00 for packaging.  
 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.



**Starters served**

Carrot and cumin soup with bread rolls

**Table salad**

Summer salad with Balsamic marinated berries with toasted croutons

**Mains of the buffet**

Roasted rosemary & garlic Leg of lamb with mint sauce & jus

Roast pork, rubbed with honey and garlic

Penne pasta with a sundried tomato pesto and grilled baby marrow (V)

**Vegetables**

Seasonal vegetable

Roasted potatoes with a herbs and caramelized onions

Spinach and feta phyllo pie

Sautéed butternut squash

**Sweet temptations**

Mini milk tarts, dusted with cinnamon and nutmeg

Chocolate fudge brownies with Chantilly cream

Local cheese board with preserves

Passion fruit and berries pan cheese cake

Resident's – R 185

Visitors – R195

Kids - R 120

---

Pre pay to secure your booking by Wednesday 25<sup>th</sup> September 2024 at 17h00 with Tshwanelo.

No tables will be book without proof of pre-payment. Cancellations will not be refunded.