

# NEWSLETTER

Evergreen Broadacres **October 2024**

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EVERGREEN  
lifestyle

## WORLD BREAST CANCER AWARENESS MONTH

OCTOBER 2024



It seems like the year is racing towards the end line faster and faster every year. It is hard to believe that Christmas is a mere 55 days away.

October has been jam-packed with activities. Octoberfest is always a popular event, whether you are of German descent or not.

The pink ribbons around the trees in the village reminded us that October is breast cancer awareness month.

From  
The Village Manager  
Wilma Swart



### We remember:

- Those who fought and won
- Those who are still fighting
- those who fought till the end
- those who are yet to fight



**I hope that everybody took the time to self-examine or even go for that dreaded annual mammogram**

The Village Walk took place on 26 October 2024, and it is always a highlight on the calendar, with residents and pets joining in the fun. A huge thank you to **Heather and Ernie Mutch**, who arrange and coordinate this every year. It is a wonderful event enjoyed by all, starting off with Champagne and orange juice before the walk and a Boerie roll at the finish! This year, over 100 residents joined in the fun.

At the end of November, we will put up our Christmas trees and decorations. This year, I would like to start an official tradition of having a "lights switch-on ceremony" where residents get together as we switch on lights. Maybe we can sing a few carols and make it a social event.

November, or "Movember," as it is known, is prostate cancer awareness month. You will see trees covered in blue ribbons with moustaches on them. We ladies will be looking forward to seeing some impressive moustaches at the end of the month and, hopefully, many tickly moustache kisses on our cheeks!

*Till next month!*

### In this Issue

- Rainfall & Finance
- Security
- From the library
- St Francis of Assisi
- Recipes from our residents
- The Welsh Male Choir
- Events in October
- What's happening in November

And much more in between



# Village Rainfall

by Cecil Fann



October's rainfall eventually arrived with a welcome 22mm shower on the 15th. Although below average, hopefully, this heralds the return of summer rains.

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

Dam levels across the country show an expected further decrease, from 89% this time last year to 78% now. The current situation varies widely, from 93% for the Western Cape to 61% for the Northern Cape.

Our own Vaal Dam stands at 37.8% full, a decrease of 5.2% in the month. Unfortunately, water supply constraints in Gauteng are likely to become more challenging over time. This data is at 17 October 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)

November daylight hours continue their upward march, from 13h 06m on the 1st to 13h 39m on the 30th, an increase of 33 minutes.

Rainfall by month for the past year	
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
Sep '24	1.0
Oct '24	28.0
<b>Total</b>	<b>573.8</b>

October rainfall over the years	
2012	65.0
2013	52.1
2014	21.4
2015	13.7
2016	40.3
2017	68.2
2018	54.7
2019	4.0
2020	21.8
2021	87.1
2022	16.2
2023	53.0
2024	28.0
<b>Average</b>	<b>40.4</b>

November 2024 Sunrise, Sunset, and Moon Phases				Day Length
1	05:18	18:24	New	13:06
2	05:17	18:05		12:48
3	05:16	18:26		13:10
4	05:16	18:27		13:11
5	05:15	18:27		13:12
6	05:14	18:28		13:14
7	05:14	18:29		13:15
8	05:13	18:29		13:16
9	05:13	18:30	First Qtr.	13:17
10	05:12	18:31		13:19
11	05:12	18:31		13:19
12	05:11	18:32		13:21
13	05:11	18:33		13:22
14	05:10	18:34		13:24
15	05:10	18:34	Full	13:24
16	05:09	18:35		13:26
17	05:09	18:36		13:27
18	05:09	18:37		13:28
19	05:08	18:37		13:29
20	05:08	18:38		13:30
21	05:08	18:39		13:31
22	05:08	18:40		13:32
23	05:07	18:40	Last Qtr.	13:33
24	05:07	18:41		13:34
25	05:07	18:42		13:35
26	05:07	18:43		13:36
27	05:07	18:43		13:36
28	05:07	18:44		13:37
29	05:07	18:45		13:38
30	05:07	18:46		13:39





## ResCom Funds by Cecil Fann

ResCom Vice Chairman & Finance & Treasury Portfolio



The Ngwenya Lodge Week auction has a winner! ★

The successful bid was submitted by Jim and Margo Goodwin (#129)  
Hearty congratulations to you for winning this superb getaway opportunity  
Our sincere thanks again to David Presbury for generously donating this magnificent prize, and for donating the proceeds as a most welcome boost to ResCom funds.

We all wish him a speedy and successful recovery, and hope to see him back in harness soon.

Collections are underway for the 46th 100 Club draw scheduled for 20 November.  
Social functions expenses in the month amounted to R2 070.93.

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

### SUMMARY OF TRANSACTIONS FOR SEPTEMBER 2024

	<u>INCOME</u>	<u>EXPENSES</u>	<u>BALANCE</u>
<b>Funds on hand at 31/08/2024</b>			<b>26 867.18</b>
46 <sup>th</sup> 100 Club Collections	1 000.00		
2024 Arbour Day Expenses		8 372.25	
Waterhole Stock Purchase		3 780.00	
Gift to Guest Speaker		254.99	
Social Function Supplies		1 815.94	
Catering Service Fee		678.50	
Bank Charges		129.00	
Bank Interest Received	7.06		
<b>Funds on hand at 30/09/2024</b>	<b>1 007.06</b>	<b>15 030.68</b>	<b>12 843.56 *</b>

### Reserved Funds

Unutilised Lyn Huddy Memorial Fund	(114.90)
Unutilised Library Donation	(1 000.00)
Unutilised Library Functions Budget	(500.00)
Unutilised Hospitality Portfolio Budget	(184.06)
Unutilised 2024 Arbour Day Expenses	(815.30)
46 <sup>th</sup> 100 Club Prizes	(1 200.00)
Waterhole Loan Account funds held for future expenses	(4 939.38)
Bank Cash Deposit Fee (October banking)	(248.00)
Bingo "Mystery Prizes" (Monthly Estimate)	(90.00)
Catering Service Fee (Monthly Estimate)	(598.00)
New Residents Welcome (Monthly Estimate)	(483.00)
<b>TOTAL RESERVED FUNDS</b>	<b>(10 172.64)</b>

<b>Funds available after reserves</b>	<b>2 670.92</b>
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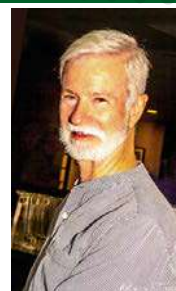
### Memo: Funds on hand made up as:

<b>Bank accounts:</b>	Business Account	10 130.54	
	Savings (Call) Account	1 287.42	11 417.96
<b>Cash</b>			<b>1 425.60</b>
			<b>12 843.56 *</b>





## Security



The FSCA has recently issued warnings about scams where fraudsters are impersonating Discovery Insure, Sanlam iTrade and others. But there are red flags that can alert you to the possible presence of a scammer

Dave Nesbitt

**The Financial Sector Conduct Authority (FSCA) has recently issued several warnings about investment scams in which fraudsters have posed as existing well-known financial services companies with the intention of stealing money.**

This month the FSCA issued a warning on its website that fraudsters were impersonating Discovery Insure, Sanlam iTrade, an online division of Sanlam Private Wealth as well as iFX Brokers Holdings and its chief executive officer, Hannelé De Necker, on Telegram.

Earlier this year it issued alerts warning consumers to be cautious of fraudsters impersonating, among others, investment company RisCura Solutions, Fedgroup, the Sygnia Group and boutique asset managers Fairtree Asset Management and Denker Capital.

Last year, fraudsters had a bumper year, impersonating more than 20 companies including Stanlib's investment platform INN8, Ashburton Investments, MitonOptimal and asset managers Rezco, Emperor and Anchor Capital.

**Two very big red flags that can alert you to the fact that you may not be dealing with the real company are unrealistic, unsolicited investment offers and offers made on Telegram, WhatsApp and other social media channels.**

### Unrealistic returns

Unrealistic investment offers are those which promise multiples of your money over a short period, such as a few days. Traders may be able to realise such gains at times, but no one can guarantee these kinds of returns with consistency.

Most of the companies impersonated by fraudsters offer investments that generate good average annual returns over longer periods in line with the markets in which they invested – at most an annual average over a five-year investment term of six or seven percent above the inflation rate in an investment with a high exposure to listed share markets.

In the RisCura Solutions impersonation, fraudsters enticed people to invest R5 000, which the fraudsters promised would grow five times to R25 000 in a short time.

### Platforms the real company does not use

Be particularly wary if an offer is made on a platform not typically used by financial services companies, such as Telegram or Whatsapp, both the FSCA and the Association of Savings and Investments (ASISA) have warned. Fraudsters also use Facebook and while many companies have legitimate Facebook accounts, they don't typically use it for marketing and consumer education, while any investments are made via secure websites or their own apps.

Jean van Niekerk, convenor of the ASISA Forensic Standing Committee, says financial services companies that are members of ASISA have seen a sharp rise in fraud committed via social media channels in recent years, with **"heartbreaking examples of how financially vulnerable consumers are frequently tricked into parting with the little money they have left"**.

Van Niekerk says no regulated life company, investment company or financial advice company will send you a link requesting you to share personal details via WhatsApp, Telegram, text messages, email or social media platforms.

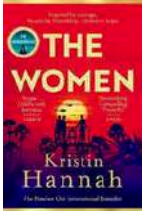
Legitimate financial services companies may, however, use business WhatsApp accounts – for example, for retirement fund withdrawals under the two-pot system.

A very interesting article posted in News 24. 19 October 2024

<https://www.news24.com/fin24/economy/explainer-how-to-spot-a-fake-financial-services-company-20241019>

# From the Library

## Book Reviews



Published 2024 – in our Library 3082



submitted by Libby

Published 2008 – in our Library 2949



### The Women Kristin Hannah

This is a book that is making quite a stir – and for all the right reasons. It is well written, well researched and it is a good and moving story.

But over and above all that, it is a book that highlights the stories of women who served in war, women who showed extraordinary courage and idealism, yet have received little or no acknowledgement.

The novel is *deep*. It features PTSD, alcoholism and drug abuse.

The author highlights how veterans returning from Vietnam – nurses included – could not get help.

How many Americans believed there were *no women in Vietnam*.

How returning POWs were met with applause and parades while the returning veterans were spat upon and sworn at.

**The Women** by Kristin Hannah is a novel to be read repeatedly – not only because of her astonishing storytelling but also to remind us, as Frankie, the young and idealistic nursing student, learnt amid the chaos of the Vietnam war,

***“Women can be heroes, too”***

### The Art of Racing in the Rain Garth Stein

Calling all dog lovers – and those who enjoy fast cars too.

If you haven't read this book or seen the movie, there's a treat here for you!

The story is narrated by Enzo, a dog who lives with Denny and his family. Denny is a racing driver and in Enzo's opinion, is as good as Ayrton Senna. Enzo loves riding in the car with Denny at high speeds.

The novel explores philosophy and the human condition through the narrative device of car racing. It is a warm, funny, thought-provoking read.

The book was inspired by Garth's own love of dogs and his hobby of racing cars (from which he retired after crashing in – wait for it – the rain).

“Joyful in its language, creative in its narration and affecting in its story; this is a terrific book that speaks to our fundamental desire to communicate with animals.” *The Seattle Times*



submitted by Libby



Sept-Oct 2024



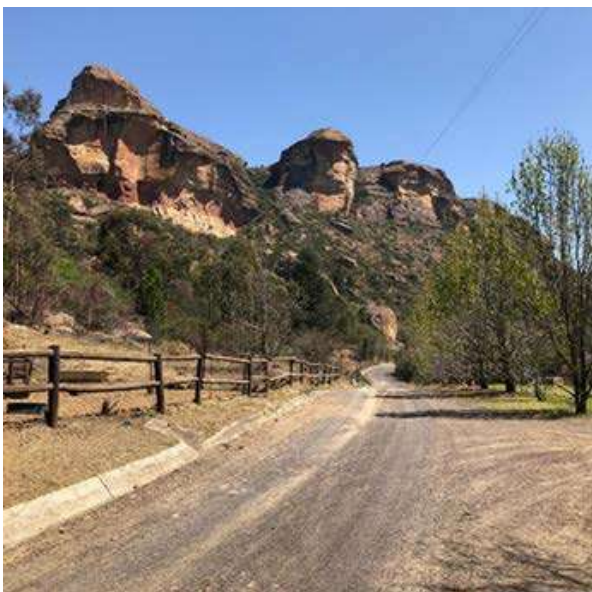
It was an ideal four night holiday. We were a small lively group, seven of us all together. Philip, our tour leader, was an excellent organizer who made the trip easy, enjoyable and comfortable for us. He collected and delivered us from and to our doors, he was amenable to suggestions and was a fund of interesting knowledge.

Wyndford Farm, situated near Fouriesburg in the north-eastern Free State, "offers a forgotten way of living, restoring your soul and making lasting memories." And for us Wyndford certainly did that!

The staff were friendly and attentive and the home-cooked meals delicious and varied. The farm has recently been sold and the new owners were revamping many of the facilities, so unfortunately for me, the Billiard Table was not operational; but Judy found the piano was in excellent condition and gave us a short recital one evening, wonderful!

The scenery and rock formations around that area are stunning and many photographs were taken during our day trips. Philip took us on interesting excursions, often to out-of-the-way places, little gems hidden away off the tourist track. But, of course, there were also the obvious places – Clarens, Ionia cherry farm, and the highest vineyard in the country

Would we do it again?  
ABSOLUTELY







Heather Mutch

## St Francis of Assisi



**On Friday, 4th October 2024**, 29 Evergreener's gathered around Nel's tree to remember the founder of the Franciscan Order "Francis of Assisi", who died near this day in 1226. **Alex Niven, a Deacon at the Bryanston Catholic Church**, did a short but wonderful service including the blessings for our animals (28 dogs and 1 cat). This was followed by refreshments.

Francis, was a humble hero of prayer, creativity and hospitality toward all of God's creatures.

Born around the year 1182, Francis was the privileged son of a wealthy silk merchant in the Umbrian town of Assisi. Working in his father's business until he was 20, his life changed after he was imprisoned following a local border war. After his release and a subsequent illness, he became disillusioned with the high-life and dedicated his life to prayer and serving the poor, ministering to lepers, and rebuilding the ruined church of San Damiano. Responding to Jesus' call to leave all and follow him, Francis gathered a band of like-minded followers who took the name of "friars minor" – the "little brothers" – for whom he drew up a simple rule of life, based on the words of Jesus in the Gospels.

Francis' simple faith, his passionate devotion to God and people, his humility and love for the whole of creation, have made him one of the most cherished Christian saints in the modern world.

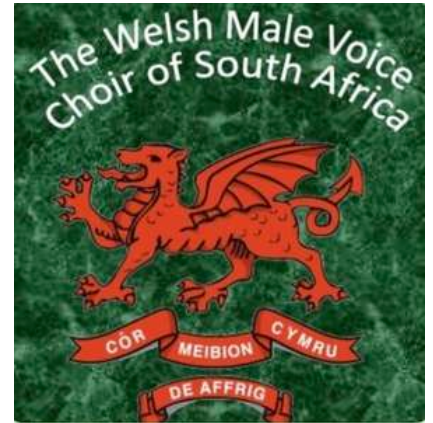
The compassionate welcome Francis offered to everyone, deserving or undeserving, and his sense of identity with nature, has made him an attractive figure to many people today, and not just to Christians. Francis considered all animals and trees his friends.

It is perhaps no surprise that in 1979 Pope John Paul II declared him the patron saint of ecology.





The South African Men's Welsh Choir, brings together South African men united by a passion for Welsh choral music and rich harmonies. Based in Johannesburg, the choir celebrates the traditional Welsh male-voice choir tradition, while adding a unique South African flair. With members from diverse backgrounds, they perform a mix of traditional Welsh songs, African folk music, and other popular choral pieces, bridging cultures through their music. Known for their powerful performances and camaraderie, the choir aims to promote unity, preserve Welsh musical heritage, and share the joy of choral singing across South Africa and beyond



Thank you Taffy for arranging a memorable and uplifting Saturday afternoon filled with beautiful music by the South African Welsh Choir for all the residents to enjoy









Thank you  
Ernie & Heather Mutch  
&  
all the helpers

## Village Walk



Dick Townsend - Thank you for stepping in for Kiloran







## Remembrance Day 11 November

Norma and Elske are again making poppies and collecting for 'Gift of the Givers' – which is such a worthwhile South African charity.

Please contact Norma (#111) to order, collect and DONATE!

Any amount, great or small, will be much appreciated.

Poppies will also be available at the Waterhole on Friday, 1 November and Friday, 8 November and any other time we are in the Clubhouse.

There is an IOU form but please come and pay soonest. The Remembrance Day lunch on Sunday, 10 November will be a final chance to donate and wear your poppy.



Westeria (*Bolusanthus speciosus*) tree  
in full bloom in front of the Clubhouse



Submitted by Hennie du Preez



Submitted by John Schunkins



There is no such dish in Italian cuisine as 'Spaghetti Bolognese'! The nearest is this ragout (stew), usually served with tagliatelle which holds the sauce better. However, we prefer to use penne or fusilli which saves the inevitable clothes splatter which often results from eating with ribbon pasta (unless you're Italian & have mastered the technique!)

Recipes from our Residents

This recipe claims to originate from the Bolognese Society!!?  
Whether genuine or not it works for me.

## Bolognese Ragout

## Ingredients

- 500g beef mince
- 100g pancetta (or bacon) diced
- 1 x can chopped tomato
- half sachet pureé
- 1 x large onion chopped fine
- 1 x carrot diced
- 2 x sticks celery chopped
- dried herbs – oregano, basil, thyme (Robertsons sell an Italian Herb mix) – small amounts to taste
- 200ml dry white wine
- 200ml full cream milk

## Methods

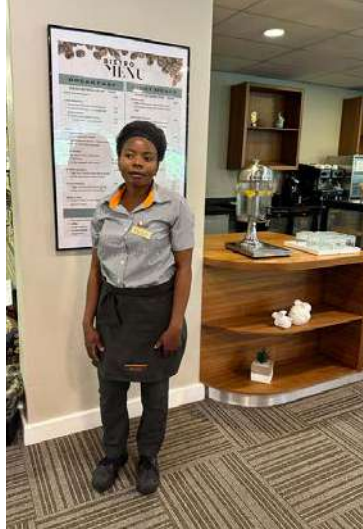
- Fry pancetta/bacon, onion, carrot, celery & herbs in a little olive oil on low heat until onion transparent – remove
- Fry mince until meat brown – break up all lumps – remove
- Deglaze pan with wine
- Return meat, onion etc. to pan
- Add tomato and pureé
- Simmer for plus minus 1 hour
- Add milk and season with salt and black pepper
- Simmer for a further 15 mins
- Serve with pasta and freshly grated parmesan cheese







Lorraine Lotter  
Handing a gift from the residents



On Thursday, 31 October we bid farewell to Ndaedzo.

We will miss seeing her buzzing around the tables. She had the ability to show each resident kindness, genuine care and somehow, knew what we needed.

Thank you for your dedication and the thoughtfulness that you brought to the Evergreen family.

We wish you all the best in your new position.



## Africa's Tree of Life

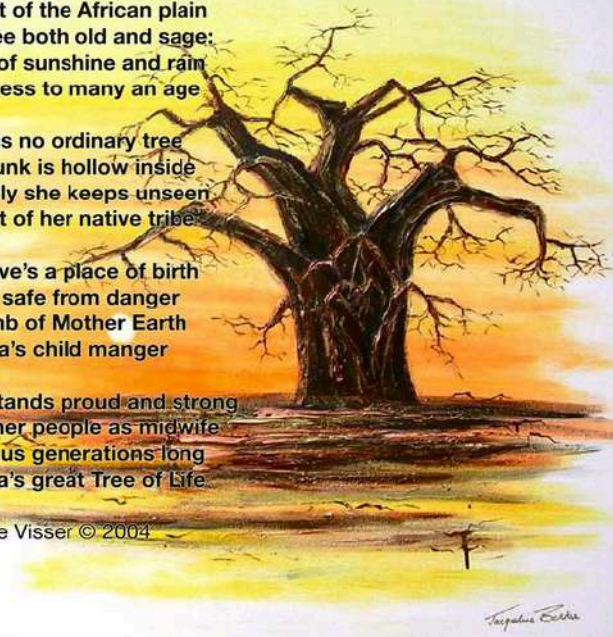
At the heart of the African plain  
Stands a tree both old and sage:  
A survivor of sunshine and rain  
Silent witness to many an age

But this is no ordinary tree  
For her trunk is hollow inside  
And faithfully she keeps unseen  
The secret of her native tribe

For her cave's a place of birth  
A haven safe from danger  
This womb of Mother Earth  
Is Africa's child manger

The Baobab stands proud and strong  
She serves her people as midwife  
It's been thus generations long  
She's Africa's great Tree of Life

Wayne Visser © 2004



### Village Emergency Numbers

Reception Desk	087 809 3366
Guardhouse	066 470 1749
Care Centre (Health)	Ext 1220
Sister Marius	Ext 1203
Sister Kate Powel	Ext 1222

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





**EVERGREEN LIFESTYLE  
XMAS CRAFT MARKET**

**Market Day**

**SATURDAY 30 NOVEMBER  
FROM 10AM**

40 FREDERICK ROAD BROADACRES

**Save  
the  
Date**



Contact  
Brenda on ext 11001  
to book a table

**DON'T FORCE ME TO BE SOCIAL !**



**DO YOU WANT TO BE FRIENDS  
WITH EVERYONE YOU MEET ?  
NO ?.... NEITHER DOES YOUR DOG**

**JUST LIKE US - DOGS HAVE DIFFERENT  
LEVELS OF SOCIABILITY & TOLERANCE**

<b>SOCIAL</b>	<b>TOLERANT</b>	<b>SELECTIVE</b>	<b>SOLO</b>
Generally likes any dog even ones that are irritating or rude Usually a young dog or a very social adult	Gets along with most dogs Tolerates rude behaviour Usually calm / relaxed / confident	Only likes some dogs Cautious / suspicious of unknown dogs Intolerant of certain play styles / breeds	Just not into other dogs Happier alone May be highly sensitive Prefers to be with a person Needs space

Sociability is not a fixed trait - often changes with age / health / negative or positive experiences

Despite all the appropriate socialization at the right time, not every dog will be sociable

Dogs are individuals - never force a dog to be what you believe they should be Dogs Disclosed

**Village Emergency Numbers**

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What's  
Happening  
in

NOVEMBER



Remembrance Day Lunch

10 November

12:30 pm



Springboks vs Scotland

10 November

18:10



Shuttle Bus

6.13.20 & 27

November @ 9am



Market Day

30 November

10:00am to 2pm



Springboks vs England

16 November

19:40



Springboks vs Wales

23 November

19:40



Christian Fellowship

13 November

@ 2:30 pm



Bingo

15 November

@ 2:30 pm



Movie Night

7.14.21.& 28

Sundays

3.17.&24

November @ 6:30 pm

Titles to be announce

by Wilma

## Birthdays October 2024

Ada Rebelo	4th
Neville Savage	4th
Aldean Prior	5th
Myrtle de Jong	9th
Loraine Phillips	12th
Margaret Kruger	13th
Elaine Gladstone	14th
Basil Bold	14th
Deidre Tilden-Davis	15th
Taffy Davies	17th
Shirley Lombard	18th
Hugh Russell	21st
Graham Hall	23rd

Malcolm Taylor	28th
Adi Gough	29th
Elize Serfontein	29th

## Anniversaries

Anthony Pitman & Laurraine Lötter	4th
Laurance & Anna Squair	4th
Trevor & Heather Morgan	14th
James & Heather Allan	15th
Graeme & Sally Smith	19th
Lies & Kees Segers	20th





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<b>1</b> 9am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 5pm Waterhole	<b>2</b> 3pm Pétanque	<b>3</b>  Movie Night
<b>4</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 4pm Men's Pool / Snooker 5pm Waterhole	<b>5</b> 9am Therapeutic Exercise Class 10am Nature & Birding Group 2pm Rummikub 2pm Scrabble 2:30pm Craft Class 4pm Ladies Pool 5pm Waterhole	<b>6</b> 8:15 Lower back group class 9am Broadacres Shopping Centre  shuttle 9:15 Walking group class 11:15 Hip and knee group 2:00 Canasta 6pm Social Dinner	<b>7</b> 10am Visual Music # 81 10am Art Class 2pm Bridge 2pm Rummikub 3pm Pétanque 6pm Movie Night	<b>8</b> 9:30am Line Dancing 10:00am Visual Music#81 10:30am Bible Study 12:30pm Fish and Chips 17:00pm Waterhole	<b>9</b> 10:30 Health Talk by Dr Karen Vukovic Psychiatrist "How to deal with anxiety & depression"  3pm Pétanque	<b>10</b> 12:30 Remembrance Day Sunday Lunch  6:10pm Springbok VS Scotland
<b>11</b> 9am Water Aerobics 1 9:45am Water Aerobics 2 10am Knit & Natter 1pm Bridge 4pm Men's Pool / Snooker 5pm Waterhole	<b>12</b> 9am Therapeutic Exercise Class 2pm Rummikub 2pm Scrabble 4pm Ladies Pool 5pm Waterhole	<b>13</b> 8:15 Lower back group class 9am Cedar Square Shopping Centre  shuttle 9:15 Walking group class 11:15 Hip and knee group 2:00 Canasta 2:30 Fellowship Group 6pm Social Dinner	<b>14</b> 10am Art Class 10am Visual Music # 81 2pm Bridge 2pm Rummikub 3pm Pétanque 6:30pm Movie Night	<b>15</b> 9:30am Line Dancing 10:30am Bible Study 12:30pm Fish and Chips 2:30 <b>BINGO</b> 5pm Waterhole	<b>16</b> 3pm Pétanque  7:40pm Springbok VS England	<b>17</b>  Movie Night
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## NOVEMBER 2024 SOCIAL DINNER MENU'S

	<b>Starter on the tables</b>	<b>Main Course Option 1</b>	<b>Main Course Option 2</b>	<b>Dessert</b>
<b>Wednesday - 06 Nov2024</b>	Garden pea soup with garlic croute	Beef and mushroom pie with oven baked garlic vegetables, hassle backed potatoes - <b>R95.00</b>	Sticky lemon chicken, oven baked garlic vegetables, hassle backed potatoes and chicken jus <b>R85.00</b>	Coffee Crème brulee with fresh berries <b>R55.00</b>
<b>Wednesday - 13 Nov 2024</b>	Roasted pumpkin, with tomato, corn & coriander salsa.	Sweet and sour crispy pork with stir-fried noodles, stir-fried noodles, – <b>R95.00</b>	Chicken kormas with naan bread, cucumber Rita, tomato salsa, poppadum's <b>R85.00</b>	Cookies and cream mess <b>R55.00</b>
<b>Wednesday - 20 Nov 2024</b>	Hearty vegetable soup with croutons & cream	Red wine braised short ribs with creamy polenta, creamed spinach and grilled vegetables – <b>R95.00</b>	Orange and chutney chicken with savoury rice, creamed spinach & seasonal vegetables <b>R85.00</b>	Red wine poached pears with candied pecan & minted cream <b>R55.00</b>
<b>Wednesday - 27 Nov 2024</b>	Potato and leek soup with sour cream and croutons	Slow roasted pork neck, gravy, roasted garlic vegetables, herbed mash – <b>R95.00</b>	Creamy garlic chicken with herbed pasta, roasted vegetables <b>R85.00</b>	Fresh fruit Salad, berries coulis with ice cream <b>R45.00</b>





## NOVEMBER 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
MONDAY		04-Nov Spinach, Feta & mushroom quiche with blue cheese salad and cajun potatoe wedges R72,00	11-Nov Lemon and herb roasted chicken, with mashed potatoe, mushroom gravy & steamed vegetables R72,00	18-Nov Beef enchilada, tomato salsa, avo, sour cream, tomato relish, crispy potatoes wedges and tomato salsa R72,00	25-Nov Feta and spinach stuffed chicken, baked garlicky mushrooms, ginger herby carrots & smashed potato R72,00
TUESDAY		05-Nov Bacon wrappe, stuffed chicken breas, rosemary & garlic sauce, roast potato and seasonal vegetable with a garden salad R72,00	12-Nov Meat loaf with herbed sauce, three bean salad, hassel back potatoes with feta & a sticky bbq sauce R72,00	19-Nov Balsamic roast pork tenderloin, thyme gravy, butternut mash, roasted pumpkin, steamed broccoli waldorf salad R72,00	26-Nov Mozzarella centered pork meat balls with basil pesto cream sauce, med veg & herbed pasta with an italian salad R72,00
WEDNESDAY		06-Nov Honey glazed pork chops, mashed pumpkin, garlic potatoes, grilled corn on the cob, with apple & pecan nut garden salad R72,00	13-Nov Chicken picatta with tomato and basil sauce with taglitalie pasta with a tossed salad R72,00	20-Nov Chicken, mushroom and artichoke stragonoff with buttered taglitalie & 3 cheese stuffed gem squash R72,00	27-Nov Grilled ox-liver, with caramelized onions, sauted greens and a rosemar, mushrooms, red wine sauce R72,00
THURSDAY		07-Nov Beef lasangene with peas and feta with roasted butternut and minted peas, with a summer salad R72,00	14-Nov Honey and garlic pork fillet, gravy, cream cheese & parsley stuffed baked potato, sautéed vegetabla R72,00	21-Nov Panzenella Chicken with Baked mozzarella and gnocchi bake with italian roasted vegetables, with a greek salad R72,00	28-Nov Pork schnitzel, three cheese & Peppercorn sauce, potato wedges and roasted spring veg and green salad R72,00
FRIDAY	01-Nov Grilled or deep-fried Hake, with chips or baked potato, tartar sauce, mushy minted peas and garden salad R98,00	08-Nov Grilled or deep-fried Hake with chips or baked potato, tartar sauce, and a woldhorf salad and garden salad R98,00	15-Nov Grilled or deep-fried Hake with chips or baked potato, tartar sauce, pea and sweet corn salad and garden salad R92,00	22-Nov Grilled or deep-fried Hake with chips or baked potato, tartar sauce, coleslaw and garden salad R98,00	29-Nov Grilled or deep-fried Hake with chips or baked potato, tartar sauce, rocket, feta and butternut and garden salad R98,00

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

Number of Friday meals selected = \_\_\_\_\_ @ R98.00 per meal = R \_\_\_\_\_

Number of Sunday meals selected = \_\_\_\_\_ @ Various rates = 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.

# Remembrance Day

LEST WE FORGET

## REMEMBRANCE DAY SUNDAY LUNCH 10 NOVEMBER 2024

### **Starter**

Spinach, feta and mushroom quiche  
with a wild rocket and parmesan salad.  
served with a balsamic marinated strawberry vinaigrette

### **Buffet Mains**

Coronation Chicken casserole  
Crispy fried pork belly with apple and sherry sauce  
Roast beef with roasted baby onions & red wine jus  
Broccoli and cauliflower au gratin  
Sweet glazed carrots & peas  
Ratatouille vegetable  
Mashed potatoes

### **Desserts**

Fruity flag tray bake  
Elderflower Eton mess  
Cheese and biscuits with preserves  
Fresh fruit salad with ice cream

**Residents: R195 per person**

**Visitors: R200 per person**

**Kids: R135 per child**

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**Book by 7 November 2024 at 16:00 with Tshwanelo on ext. 1200**  
**No tables will be booked without proof of payment. Cancellations will not be refunded**