

DATE		LUNCH MENU – WEEK 4		
MONDAY 20 MARCH	MILD SLOW COOKED BEEF CURRY SERVED , YELLOW RICE, FRESH SAMBALS AND A MEXICAN CUT CORN AND CHICKPEA SALAD		CHICKEN AND BUTTERNUT PASTA BAKE SERVED WITH A GARLIC ROLL AND GREEK SALAD.	ROASTED BUTTERNUT & ONIONS SERVED ON YELLOW RICE WITH A MEXICAN CUT CORN AND CHICKPEA SALAD
TUESDAY 21 MARCH	PORK BANGERS AND BROWN ONION GRAVY SERVED WITH CHEDDAR MASH, BABY ONIONS AND ROASTED VEGETABLES		HAKE GOUJONS SERVED WITH SAVOURY RICE, LEMON BUTTER SAUCE, ACCOMPANIED BY BRUSSEL SPROUTS AND CARROT.	ROASTED BABY CABBAGE SERVED WITH GARLIC MASH, BABY ONIONS AND SEASONAL VEGETABLES
WEDNESDAY 22 MARCH	CHICKEN SCHNITZEL WITH CHEESE SAUCE, POTATO WEDGES, BABY MARROWS, CUT CORN TOSSED IN TOMATO SAUCE		BEEF AND VEGETABLE HOT POT SERVED WITH WHITE RICE AND BEETROOT SALAD	CHICKPEA HOTPOT SERVED WITH PARSLEY RICE AND BETROOT SALAD
THURSDAY 23 MARCH	TOM SE MA	ATBALLS COOKED IN A ATO AND BASIL SAUCE, RVED WITH CREAMY SH, ACCOMPANIED BY BY CARROT AND PEAS	OVEN-BAKED PANCAKES FILLED WITH CREAMY CHICKEN, SERVED WITH GARDEN SALAD AND ROASTED BROCCOLI.	LENTIL MEATBALLS COOKED IN A TOMATO AND BASIL SAUCE, SERVED WITH CREAMY MASH, ACCOMPANIED BY BABY CARROT AND PEAS
FRIDAY 24 MARCH	SERV LEN	EER BATTERED HAKE ED WITH CHIPS, FRESH MON, COLESLAW AND THREE BEAN SALAD	SWEET 'N SOUR PORK STIRFRY SERVED ON A BED OF NOODLES WITH GARDEN SALAD.	SWEET 'N SOUR TOFU AND VEGETABLE STIRFRY SERVED ON A BED OF NOODLES WITH GARDEN SALAD.
SATURDAY 25 MARCH		CHICKEN MAYO AND BACON WRAP SERVED WITH CHIPS AND SIDE SALAD		BISTRO OPEN BREAKFAST, LIGHT MEALS & TOASTED SANDWICHES WILL BE SERVED FROM 8AM-3PM
SUNDAY 26 MARCH	QU	: ROSEMARY ROASTED ARTER CHICKEN AND POTATOES, GRAVY ITERNUT AND GREEN BEANS		R75: (ROASTED EGGPLANT LAYERED WITH TOMATO AND BECHAMEL SAUCE TOPPED WITH PARMESAN CHEESE) AND GREEN SALAD

Remember to book for daily lunches by 14h00 the day before and to book by 14h00 on Friday before for Sunday Lunch. Cancellations will be accepted by 09h00 on the same day.

Should you wish to order Breakfast and Toasted Sandwiches from the Bistro during the week, please note that there may be a slight delay between 12h00 – 13h00 whilst the kitchen is serving the daily special.

PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT

