

AUGUST 2023

WEEKLY LUNCH R66/ SUNDAY LUNCH R105 and DESSERT R28

Date	Option 1	Option 2		Vegetarian	
Monday 21 August	Traditional Seafood Curry with Basmati Rice Coriander Yoghurt and Sambals	Bacon, Feta & Guacamole Wrap with Chips and Side Salad		Roast Vegetable Wrap with Pumpkin Seeds, Chips, and Side Salad	
Tuesday 22 August	Pepper Steak Pie with Gravy, Potato Wedges and Seasonal Vegetables	Chicken & Mushroom Pie served Potato Wedges and Seasonal Vegetables		Chickpea and Mushroom Pie Served with Potato Wedges and Seasonal Vegetables	
Wednesday 23 August	Spaghetti Bolognaise with Garlic Bread and a Side Salad	Oven Baked Pork Chop with Savory Rice, Mustard Sauce and Side Salad		Baked Bean Balls in fresh tomato sauce served with Savory Rice and Side Salad	
Thursday 24 August	Tomato Butter Roast Chicken with Mashed Potatoes and Roasted Vegetables	Greek Style Beef Skewers, with Potato Wedges and Roasted Vegetables		Greek Style Tofu Skewers with Mashed Potatoes and Roasted Vegetables	
Friday 25 August	Deep Fried Hake and Chips with Fresh Lemon, Tartar Sauce and a Fresh Salad	Braised Beef served on a Bed of Mash and Green Vegetable Medley		Lentil and Vegetable Casserole on Creamy Mash and Green Vegetable Medley	
Saturday 26 August	Grilled Beef Burger and Chips with Hot Vegetables	All Day Breakfast and Sandwiches		Vegetable Burger and Chips with Hot Vegetables	
Sunday 27 August	Yorkshire Pudding Serve Roast Potatoes and Ov Vegetables	R 105: Rosemary Roast Beef and Yorkshire Pudding Served with Gravy, Roast Potatoes and Oven Roasted Vegetables Dessert R28: Berry Cheesecake		R66: Camembert and Caramelized Onion Quiche with Roast Potatoes and Oven Roasted Vegetables Dessert R28: Berry Cheesecake	
Remember to book for daily lunches by 10h00 the day before and to book by Friday for Sunday Lunch. 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. We thank you for your patience. Please note that we have <u>Vegetarian Options</u> available – please make enquiries when booking. PLEASE PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD					

See you there!