

WEEKLY LUNCH R66 / SUNDAY LUNCH R105 and DESSERT R28

Date	Option 1	Option 2		Vegetarian
Monday 2 October	Chicken and Mushroom Quiche with Potato Wedges and a Fresh Garden Salad	Spaghetti Bolognaise Served with Garlic Bread and a Fresh Garden Salad		Mushroom and Red Pepper Quiche with Potato Wedges and a Fresh Garden Salad
Tuesday 3 October	Beef and Onion Pie with Savory Rice, Gravy and Pan-Fried Vegetables	acon Alfredo Served with Tagliatelle and a Greek Salad		Veggie Alfredo Served with Tagliatelle and a Greek Salad
Wednesday 4 October	Sweet and Sour Chicken with Stir-Fry Vegetables and Garlic Baby Potatoes	Saucy Beef Burger and Chips Served with a Side Salad		Vegetarian Burger and Chips with a Side Salad
Thursday 5 October	Pork Casserole Served with Rice, Carrots and Peas	Grilled Chicken Wrap Served with Crispy Green Beans and Sweet Potato Rounds		Vegetable and Pumpkin Seed Wrap with Crispy Green Beans and Sweet Potato Rounds
Friday 6 October	Deep Fried Hake and Chips with a Fresh Lemon Wedge and Coleslaw	Grilled Chicken Strips and Chips with Blue Cheese Sauce and Coleslaw		Deep Fried Tofu and Chips with Blue Cheese Sauce and Coleslaw
Saturday 7 October	Pork Pasta Salad Served with Herbed Bruschetta	All Day Breakfast and Sandwiches		Chick Pea Pasta Salad Served with Herbed Bruschette
Sunday 8 October	R 105: Lemon and Herb Roast Chicken, Roast Potatoes and Roast Vegetables R 28: Strawberry Jelly Whip		R66: Zucchini and Chickpea Fried Rice with Roast Potatoes and Roast Vegetables R28: Strawberry Jelly Whip	

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 PAY BY PRE-PAID ACCOUNT, CREDIT or DEBIT CARD

