

THE LIGHTHOUSE KITCHEN

28 SEPTEMBER - 2 OCTOBER

MONDAY 28 SEPTEMBER

chicken & bacon alfredo bake R80
2 portion - R160 | 4 portion - R320

TUESDAY 29 SEPTEMBER

beef lasagna R70
2 portion - R140 | 4 portion - R280

or

carb-conscious
spaghetti bolognese with zoodles R70
2 portion - R140 | 4 portion - R280

WEDNESDAY 30 SEPTEMBER

Thai fish cakes with egg fried rice & Asian slaw R70
2 portion - R140 | 4 portion - R280

or

carb-conscious
Thai fish cakes with cauli-rice & Asian slaw R70
2 portion - R140 | 4 portion - R280

THURSDAY 1 OCTOBER

lamb curry with jasmine rice, sambal & atchar R105
2 portion - R210 | 4 portion - R420

or

carb-conscious
lamb curry with cauli-rice, sambal & atchar R105
2 portion - R210 | 4 portion - R420

FRIDAY 2 OCTOBER

chicken schnitzel with mash mushroom & cheese sauce, creamed spinach & sticky baby carrots R70
2 portion - R140 | 4 portion - R280

or

carb-conscious
chicken meatballs, cauli-gem mash, mushroom & thyme gravy with a vegetables side dish R70
2 portion - R140 | 4 portion - R280

FRIDAY 2 OCTOBER

Friday is dessert day! Don't forget to place your order with us by no later than Thursday 5pm

apple crumble - 2 portion R50

apple crumble - 4 portion R100

or

peppermint crisp pudding - 2 portion R45

peppermint crisp pudding - 4 portion R90

CONNECT WITH US



the_lighthousekitchen



0608 999 737



@lighthousekitchen.kommetjie



orders@lighthousekitchen.co.za