

# Evergreen @ LAKE MICHELLE Aloe Aloe



## 04 August – 10 August In this issue

### Weekly Activities

Your weekly guide to sport & recreational activities in the Village

### It's A Celebration

It's A Celebration  
Birthdays, Anniversaries & New Residents

### What's Happening

Opera-05 Aug @14H00

Movie (Steel Magnolias) – 07 Aug @ 15H00

Nature Lovers- 13 Aug @ 15H00

Mosiacs- 05 Aug @14h00

Kind2Hearing- 07 Aug @10h00

Wol Aan Die RoI- 07 Aug @10h00

### Upcoming events

Classical Music Group-12 Aug

Photographic Essays- 13 Aug

Mick's Malt Mate-14 Aug

Bingo-21 Aug

**"A woman with a voice is, by definition, a strong woman," said Melinda Gates**

*Dear Evergreen Lake Michelle Residents,*

*Happy women's month to all the incredible women out there, your strength, resilience and determination inspire us all. Cheers to the women who pave the way and those who continue to break barriers.*

*Please be informed that Mobeewash has a price increase, please refer to page 7 for more information.*

*Kind 2 Hearing will be in the village this week, please book your slot with reception on ext.2400 or 021 001 4312.*

*Some people who attended the Chelsea Garden presentation expressed interest in visiting the rebuild of the display at Stanford near Hermanus. Mrs. Stockden is proposing that Evergreen as a group travel by small bus and to this end need to know if any would like to join. The proposed date is the 11th September and we have 7 joining at present. If interested contact Val Stockden house 56 on ext. 2056 for more details.*

*We wish all our residents a blessed week ahead, filled with joy, connection, and community spirit.*

Best regards,  
Village Team

**HAPPY  
WOMEN'S  
DAY**



Wednesday  
IS RECYCLING

# WEEKLY EVENTS

MON 04 Aug	TUE 05 Aug	WED 06 Aug	THUR 07 Aug	FRI 08 Aug	SAT 09 Aug	SUN 10 Aug
09h00 <b>STRETCH CLASS</b> 1ST FLOOR	08h00 <b>PILATES</b> ACTIVITY ROOM 1	09h15 <b>AQUA AEROBICS</b> POOL	08h45-09h30 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1	09h30 Judy <b>Mooloenschot-ART CLASSES</b> CREATIVE HUB	
10h00 <b>ARTS FOR ENJOYMENT</b> CREATIVE HUB	09h00 <b>CALLINETICS</b> 1ST FLOOR	09h00 <b>TÁI CHI</b> ACTIVITY ROOM 1	09h00 <b>STRETCH CLASS</b> 1ST FLOOR  09H30 - 10H00 <b>ABS &amp; BUTT (MAT CLASS)</b> ACTIVITY ROOM 1	09h15 <b>AQUA AEROBICS</b> POOL		
	10h00 <b>BRIDGE</b> ACTIVITY ROOM 2		09h30 <b>HEALTH COACHING TALK</b> CINEMA ROOM  10H00 <b>KIND 2 HEARING</b> BACK OFFICE			12H00 <b>LUNCH</b> BISTRO
10h15 <b>AQUA AEROBICS</b> POOL	14h00 <b>MOSIACS</b> CREATIVE HUB		10h00 <b>KNITTING GROUP</b> MAIN LOUNGE  10h00 <b>WOL AAN DIE ROL</b> MAIN LOUNGE	11h00 <b>LINE DANCING</b> ACTIVITY ROOM 1	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM
10h30 <b>CATHOLIC GROUP</b> CINEMA ROOM	14h00 <b>OPERA</b> CINEMA ROOM		10h30 <b>TÁI CHI</b> ACTIVITY ROOM 1	15H00 <b>SOCIAL POOL &amp; SNOOKER</b> UPSTAIRS LOUNGE		
14h00 <b>BRIDGE /CARD GAMES</b> 1ST FLOOR	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB	12h00 <b>RIAAN'S FRUITVAN</b> Parking	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM			
	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	18H00 <b>DINNER</b> BISTRO	15H00 <b>MOVIE</b> CINEMA ROOM	18H30 <b>DINNER</b> BISTRO	16H00 <b>RESIDENT SOCIAL</b> Wednesdays & Fridays MAIN LOUNGE	

# ACTIVITIES & FACILITIES

## STRETCH CLASS

Stretching exercises suitable for any level of fitness and ability

Sue - 072 212 0277

## AQUA AEROBICS

Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome

Renate - 082 519 1873

Linda - 082 410 9443

## CALLANETICS

Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability

Louise - ext. 2143

## TÁI CHI

Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability

(1) Roy ext. 22129

(2) Fiona 082 920 1818

## BACKCARE YOGA

All level yoga class with a focus on mobility and strengthening of the back

Claire - 083 453 5539

## LOW IMPACT CARDIO

Stay active and fit with this slightly more active exercise class

Louise - ext. 2143

## GOLF CROQUET

Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy

Brian - ext. 2089

## LINE DANCING

A little exercise, a little mobility and a whole lot of fun for beginners and regulars

Shereen - 071 471 3624

Glenda - ext. 2073

## TABLE TENNIS

Social table tennis for beginners or more experienced players.

Ronnie Adams ext. 2035

## MOSAIC GROUP

Do you want an afternoon of fun and creativity? Then come and join our MOSAIC CLASS. All help and a start up pack will be provided to get you going. June H- ext. 2107/Cora ext. 2051

## SNOOKER & POOL

Get together and enjoy a social game of snooker or pool for beginners or more experienced players

Pat Ext. 22224

Selwyn Ext. 22130

## GAMES

Enjoy and afternoon of fun. Bridge, canasta, rummicub and many more games

Norma ext. 2089

Rowan ext. 2150

## LIBRARY

Enjoy the wide range of books, jigsaw puzzles and DVDs in our collection.

Johanna ext. 2112

## SWIMMING POOL & GYM

Heated indoor swimming pool and state of the art gym for your enjoyment

Hours

Mon to Fri: 08h00 - 19h00

Sat / Sun / PH: 08h00 - 17h00

## SALON

Ladies & gents are welcome at Janine's Hair Studio

Hours

Tue - Sat 09h00 - 16h00

Janine - 073 294 9655

# GROUPS & EVENTS

## CHRISTIAN FELLOWSHIP

Meeting to worship God, hear His word and sharing a time of fellowship over coffee

John – ext. 2018

## KNITTING GROUP

Knitting while socializing for an amazing cause.

Avril – ext. 2049

## GARDENING GROUP

Passionate about gardening? Join a "green finger" network for talks and events.

Val – ext. 2056

## BRIDGE

This is an invitation to all residents, both new and not-so-new, who would like to play bridge on a regular basis, here at Evergreen Noordhoek.

Rowan – Ext. 2150

## ART CLASSES

1st and 3rd Saturdays @ 10h30 – 12h30.

Water colour lessons : Roz Hoek – EXT 22220 OR 082 696 6345

2nd & 4th Saturdays @ 09h45 – 12h45

Drawing & Sketching : Judy Moolenschot – EXT 2141 OR 084 584 4415

## BIRD WATCHING

Bird watching in the Village or outside. Walks and talks and movies about Western Cape and South African Birdlife and other wildlife in general.

Ron – ext. 2068

## TUESDAY HIKERS

Looking for a challenge? Take in amazing views and what the Cape Town Nature has to offer. Every Tuesday Morning (Weather Permitting)

Ron – ext. 2068

## CLASSICAL MUSIC

Once a month video concert of Classical Music lasting approximately 1 hour.

Peter – ext. 2055

## EVERGREEN CATHOLIC GROUP

Weekly meetings for prayers, spiritual support, friendly discussions and Bible study to better understand God's Word. All welcome including non-Catholics.

Mel – Ext. 2008

## BOOK CLUB

This is an invitation to all new and old residents to come and chat about books with other readers on the 3rd Tuesday of each month at 14H30.

JOHANNA: EXT.2112

## OPERA APPRECIATION

Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.

Mike – ext. 2112

## MOVIES

Enjoy classics and award winning movies of all genres with fellow residents.

Clare – ext. 2039

## WEDNESDAY WALKERS

Enjoy walking but prefer less demanding walks? You are invited to enjoy a weekly walk, to enjoy the beauty of what Nature has provided in the areas surrounding us and further afield.

Vicky- ext. 22229

## AVIATION TALKS

Come and listen to Pete tell us more on anything and everything airplane related.

Pete – ext. 2065

## ARTS FOR ENJOYMENT

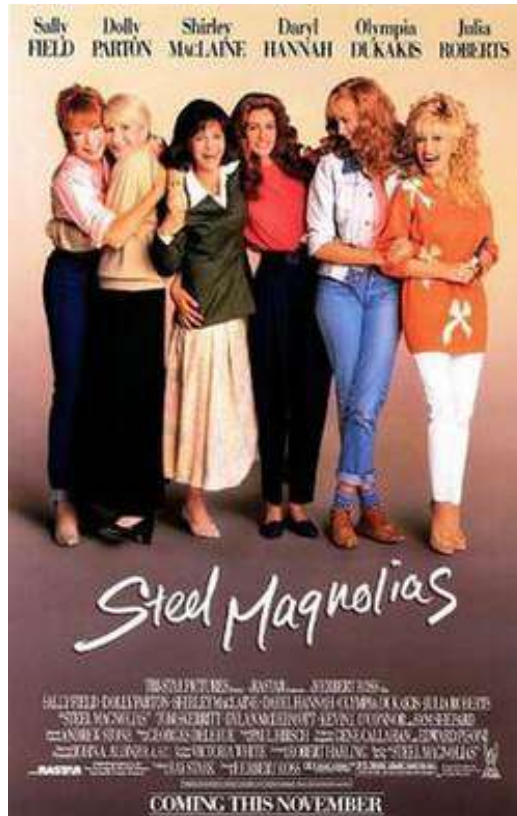
This is an invitation to anyone who would enjoy a free of cost creative arts class.

Judy: EXT.2141

Marie: EXT. 22125

# WHAT'S HAPPENING?

## MOVIE 'Steel Magnolias'



**Where:** Cinema Room 1

**When:** Thursday 7 August at 3pm sharp

**RSVP:** Booking form on notice board

Pivoting around the lively Truvy Jones' Louisiana beauty parlour, a tightly-knit band of friends, confront griefs, loss, life's unforeseen tragedies and heartaches with what they do best: gossiping and sharing.

The spirited diabetic and bride-to-be, Shelby; her always supportive mother, M'Lynn; Truvy's gawky assistant, Annelle; the city's curmudgeon, Ouiser; and the town's former first lady, Clairee, are the warm Southern belles who know how to survive life's challenges with their unwavering friendship. But when Shelby decides to conceive, things will turn upside down..

It stars Sally Field, Dolly Parton, Shirley MacLaine, Julia Roberts, Olympia Dukakis and others.

# WHAT'S HAPPENING?

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## WHISKEY EXTRAVAGANZA

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*mick's malt mates*

**“Keeper of the Quaich” Jonathan Miles**  
will take you around the world on a whisky  
extravaganza with an opportunity to taste

Venue: Evergreen Lifestyle Centre

Date: 14th August 2025

Time: 5.00 pm

Price: R400 per person

Six different whiskies accompanied by snacks  
to compliment each individual whisky.

Please SMS **Mick Macdonald 083 263 4822** to book your seat

**“Slainte mhath”**

(Scottish toast | pronounced Slange-var | meaning good health)

# WHAT'S HAPPENING

## MOBEEWASH PRICE INCREASE

We wish to advise that MobeecarWash will be applying price increases across our full services offering with effect from 1 September 2025.

We have unfortunately experienced significant hikes in our wash chemical and consumable prices as a result of the constant pressure on the South African Rand and coupled with increasing wage and vehicle operating costs, the adjustments have become necessary to ensure that we are able to continue providing a quality service to our clients going forward. – **The Mobeewash Management**

Wash Type	Service Provided	Pricing (ex VAT)	
		Small & Medium Vehicles & SUV	Large Vehicles & SUV
Express Wash	Full exterior wash and wax Wheels – Wheel hubs, rims & tyres and application of tyreshine Exterior windows	R 160,00	R 160.00
Deluxe Wash	Full exterior wash and wax Wheels – Wheel hubs, rims & tyres and application of tyreshine Windows – Interior & exterior Vacuum of interior, car seats and boot area Full Interior wipe down	R 220,00	R 250.00
Premium Mini Valet	As for the Deluxe wash including a hand polish and buff using a high-quality carnauba wax based polish. Includes removal of bodywork marks and paint blemishes using high quality scratch removal creams.	R 350,00	R 400.00
<b>Other Services We offer various extras that can be added – e.g.</b>			
Pet Hair removal		R 100.00	R 100.00
Leather treatment	Application of high quality(Meguiars) or similar leather cream on all leather surfaces	R 80.00	R 100.00
Vinyl Trim (Interior/Exterior)	Application of high quality vinyl/plastic trim treatment on all interior and exterior vinyl & plastic surfaces(Meguiars/AutoGlym)	R 80.00	R100.00
Fabric Upholstery clean	Removal of marks & stains. This service is limited to cleaning of superficial staining only as specialist treatment may be needed	Quoted after inspection	Quoted after inspection
Engine top clean	Wipe down of top of engine area/removal of oil & dust from visible areas and removal of leaves etc from ventilation & drainage channels.	R 70.00	R 70.00

# WHAT'S HAPPENING

## CHRISTMAS IN JULY



Special congratulations to the above showed table for winning the best dressed table of the evening. Excellent work!



A special thanks to each and everyone who assisted in making this event a success. Your contribution made a huge success. And here's to many more.



# WHAT'S HAPPENING

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## LET'S CELEBRATE OUR WOMEN

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**After all those years as a woman  
hearing, 'not thin enough, not pretty  
enough, not smart enough, not this  
enough, not that enough,' almost  
overnight I woke up one morning  
and thought, 'I am enough.'**



# WHAT'S HAPPENING

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## NATURE LOVERS

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**Nature Lovers, Birders, Outdoor Enthusiasts,  
Photographers and Lovers of Beautiful Music**

YOU DO NOT WANT TO MISS THIS

Ronnie Hazell, a retired geologist from Hermanus, award winning photographer and Chair of the Hermanus Photographic Club, an outstanding Birder having travelled widely in Southern Africa finding and photographing the most elusive birds.

will be presenting a series of 5-minute Photo Essays each of which matches Beautiful Photo Images with Beautiful Music in order to Tell a Story or Evoke an Emotion

**WHEN:** Wednesday 13 August at 15:00 p.m.

**WHERE:** Mezzanine Level Lifestyle Centre

Subjects range from Deep Space, through Europe, through the Middle East and into our Back Yard

**For more information, please contact Mr. Ron Jones  
ext.2068**

# WHAT'S HAPPENING

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## KNITTING GROUP

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### The Thursday Knitting Club

The raffle held last week as part of the Mid-Winter Market and Christmas in July events was a great success. Thank you, to everyone who took tickets. An amount of R3 950.00 was raised. A big thank you also goes to Susan Coltman, who donated the beautiful blankets that were used as prizes for the raffles. The Knitting Club will be using the funds to buy lots of wool for all the various charities, we support

Winners

**First Prize:** Sue Douglas. Sue knitted over 100 baby beanies, for the recent Evergreen Knitters challenge, won by the Evergreen Noordhoek Knitting Club, with 625 beanies, all sizes and colours.

**Second Prize:** Mike Campbell-Pitt, son of dear Jenny who started the Knitting Club at Evergreen Noordhoek.

Posted on behalf of Avril Allan, convenor of the Knitting Club.

PS. The Thursday Knitting Club reminds one of the books written by Richard Osman

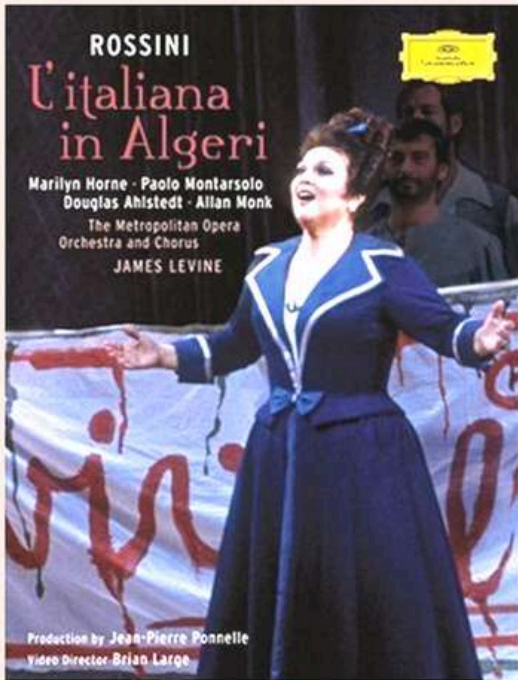


# WHAT'S HAPPENING

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## OPERA

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### **L'italiana in Algeri** **(The Italian Girl in Algiers)** **(Gioachino Rossini)**

**Date: Tuesday 5 August 2025**

**Time: 2pm**

**Venue: Cinema Room 1**

In this Met Opera version of Rossini's comic opera The Italian Girl in Algiers (L'italiana in Algeri), the headstrong and clever Italian woman Isabella (Marilyn

Horne) arrives in Algiers to rescue her beloved Lindoro (Douglas Ahlstedt), who has been enslaved by the powerful and eccentric Bey of Algiers, Mustafa (Paolo Montarsolo). Bored with his wife and seeking a more spirited companion, Mustafa becomes enamoured with Isabella, unaware of her true intentions. With quick wit and charm, Isabella manages to manipulate the Bey and turn his court upside down, all while scheming to free Lindoro and the other Italian captives.

As the opera unfolds, Isabella outsmarts everyone around her, orchestrating a plan that ultimately leads to her triumphant escape with Lindoro. Mustafa, thoroughly outwitted and humbled, resigns himself to his marriage and praises the cleverness of Italian women. Filled with lively ensembles, rapid-fire vocal fireworks, and humorous misunderstandings, Rossini's opera delivers a spirited tale of female empowerment, resilience, and wit, wrapped in exuberant music and comic flair.



**Book using the booking list on the notice board located at the back entrance to the Lifestyle Centre nearest the lift and swimming pool**

# WHAT'S HAPPENING

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## TUESDAY HIKERS

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MEMORIES: Jen Eidelman shared some lovely photos of our Tuesday Hikers that walked from Clovelly, through the wetland, alongside the golf course and through the valley to an education centre near Ou Kaapse Weg. The highlight of the hike was the Cape Dune Mole Rat which came out of it's burrow.

# IT'S A CELEBRATION

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*Count your age by friends, not years.*

*Count your life by smiles, not tears. — John Lennon*

## BIRTHDAYS

### **06 August**

Shirley Reynders-  
Noordhoek

Benita Van Den Bos- Lake  
Michelle

### **08 August**

Maureen Soule- Noordhoek  
Sandra Spence- Noordhoek  
Bob Ball- Noordhoek

### **07 August**

Elinor Wilson- Noordhoek  
Joyce Fletcher- Lake Michelle

### **10 August**

Angela Hill- Lake Michelle

## ANNIVERSARIES

### **04 August**

Brian & Carene Legge- Noordhoek

### **08 August**

Don & Clare Yeowell- Noordhoek

### **09 August**

Rory & Polly Bland- Noordhoek

## NEW RESIDENTS

No new residents

## Weekly Menu: 04 August – 10 August 2025

House menu available on order same day before 10am

### Monday: 4 August

Mushroom stroganoff: Served with mash, butternut and green beans  
N: R90 // L: R70 // K: R60 and Family: R285

OR

Spaghetti bolognaise: with side parmesan cheese  
N: R90 // L: R70 // K: R60 and Family: R285  
Soup of the day: Chicken noodle soup R45

### Tues: 5 August

Chicken parmesan: Crumbed chicken breast topped with red sauce and cheeses then baked in the oven. Served with mash, garden peas and butternut  
N: R95 // L: R75 // K: R65 and Family: R300

OR

Braised pork in sweet soy: Tender pieces of pork braised in a flavourful sauce with a touch of heat. Served with rice, broccoli and butternut  
N: R90 // L: R70 // K: R60 and Family: R285  
Soup of the day: Mushroom soup R45

### Wed: 6 August

Chicken marsala: with mash, baby marrows and butternut  
N: R90 // L: R70 // K: R60 and Family: R285

OR

Pork adobo: Pork braised with vinegar, soya, ginger and spinach. Served with rice, green beans and butternut  
N: R90 // L: R70 // K: R60 and Family: R285  
Soup of the day: Butternut soup R45

### Thursday: 7 August

Traditional meatloaf: Lean beef mince mixed with sauteed peppers, onions and carrots wrapped in streaky bacon and slow cooked in the oven. Served with mash, gravy, broccoli & carrots  
N: R95 // L: R75 // K: R65 and Family: R300

Or

Thai chicken curry: Served with basmati rice and baby marrows with butternut  
N: R90 // L: R70 // K: R60 and Family: R285  
Soup of the day: Creamy bacon and broccoli soup R45

### Friday: 8 August

Hungarian goulash: with rice, garden peas and carrots  
N: R95 // L: R75 // K: R65 and Family: R300

OR

Sweet n sour chicken: with stir fry veggies over rice  
N: R90 // L: R70 // K: R60 and Family: R285  
Soup of the day: Tomato basil soup R45

### Saturday: 9 August

Broc bacon mac n cheese: Creamy mac n cheese with bacon and broccoli  
N: R90 // L: R70 // K: R60 and Family: R285

OR

Chicken cacciatore: Chicken breast with red peppers, tomato, onions, carrots, thyme and rosemary slow cooked in the oven. Served with rice and butternut  
N: R90 // L: R70 // K: R60 and Family: R285

### Sunday: 10 August

Roast Chicken or Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley of garden peas and carrots.  
Dessert: Apple crumble with custard or ice cream R150 Beef

OPEN DAILY

08H00 – 15H00

FRIDAY DINNER SERVICE

– 18H00

DAILY MEAL ORDERS BY

10H00

## Price List

Normal Meals..... R85  
Low Carb/Gluten Free..R90  
Kiddies..... R50  
Ladies Portion.....R65  
Vegan.....R90  
Family Normal (2 Adult, 2 Kids)..... R260  
Family Low Carb..... R270  
Free Range:  
N R95/ L R75/ Family... R285

### FRIDAY FISH & CHIPS

Fried Hake and Chips, served with tartare sauce and a lemon wedge

**R110**

standard portion

**R90**

ladies portion



## Monthly Menu



**WEEKLY MENU**  
4-10 AUGUST 2025

Open MONDAY to FRIDAY  
Text **082 603 3518** for orders  
Delivery or Collection  
*Cash, card and eft available*

**FREEDOM FOODS**  
*Catering Kitchen*

021 785 7199  
082 603 3518

Evergreen Retirement Village  
GlenCairn Expressway

www.freedomfoodsk.co.za  
orders@freedomfoodsk.co.za

Find us on Facebook

**SOUPS NOW AVAILABLE DAILY R45**

*August*

Homemade bread available every Thursday and Friday R35

SUNDAY SOUPS Daily: →	MONDAY Chicken noodle	TUESDAY Mushroom soup	WEDNESDAY Butternut soup	THURSDAY Bacon brocc soup	FRIDAY Tomato basil soup	SATURDAY
Sunday Roast Gammon or Roast Beef	Meatball curry <sup>1</sup> or Creamy Chicken salsa	Chicken carbonara pasta <sup>2</sup> or Pork Ribs	Chicken breyani <sup>3</sup> or Texas pulled pork	Tomato bredie <sup>4</sup> or Thai chicken stir fry	Beef burger <sup>5</sup> or Hannah chicken	Chicken & mushroom <sup>6</sup> or Pork sausages & mash
Roast Lamb or Roast Beef <sup>7</sup>	Mushroom stroganoff <sup>8</sup> or Spaghetti bolognaise	Chicken parmesan <sup>9</sup> or Braised pork in sweet soy	Chicken Marsala <sup>10</sup> or Pork adobo	Traditional meatloaf <sup>11</sup> or Thai chicken curry	Hungarian goulash <sup>12</sup> or Sweet n sour chicken	Broc bacon mac n cheese <sup>13</sup> or Chicken cacciatore
Sunday Roast Chicken or Roast Beef <sup>14</sup>	Pork potjie <sup>15</sup> or Chicken pasta bake	Beef casserole <sup>16</sup> or Chicken a la king	Savoury bake potato <sup>17</sup> or Arrabiatta pasta	Tarragon chicken pasta <sup>18</sup> or Beef ragu	Butter chicken <sup>19</sup> or Traditional bobotie	Asian beef stir fry <sup>20</sup> or Rosemary infused Chicken
Sunday Roast Pork or Roast Beef <sup>21</sup>	Chicken broc bake <sup>22</sup> or Chilli con carne	Cottage pie <sup>23</sup> or Moroccan chicken	Monterrey chicken bake <sup>24</sup> or Korean BBQ pork	Chicken lemons <sup>25</sup> or Mild pork curry	Mongolian beef <sup>26</sup> or Chicken & chorizo jambalaya	Eggplant parmesan <sup>27</sup> or Chicken kebabs
Sunday Roast Beef <sup>28</sup>	Chicken stroganoff <sup>29</sup> or Baked penne bake	Beef curry <sup>30</sup> or Chicken supreme	Penne a la vodka <sup>31</sup> or Glazed sticky pork	Alfredo pasta <sup>32</sup> or Coconut Beef marsala	Pork schnitzel <sup>33</sup> or Gourmet mac n cheese	Coronation chicken <sup>34</sup> or Grilled fish
Sunday Roast Gammon or Roast Beef <sup>35</sup>						

**Standard House Menu:** Choice of mash, rice or roast potato's with veg of the day

Chicken Schnitzel Topped with cheese sauce **R95**

Chicken or Beef Curry Served with rice and sambal salad **R95**

Cottage Pie with garden peas **R90**

Beef Stroganoff **R95**

Tender beef strips served in a sour cream and mushroom sauce

Lemone Chicken **R90**

Chicken breast cooked soft and tender in a buttery lemon broth

Chicken Penne a la Vodaka **R90**

Eggplant Parmesan **R90**

*These can be ordered from daily if you dont feel for the meals of the day*

**PRICE LIST**

Normal meals	R85-R95
Low Carb / Gluten free	R95
Kiddies	R60
Elderly / ladies	R70-R75
Vegan	R90
Family Normal (2 adults/2 kids)	R285-R300
Family Low carb	R290
Free Range:	
N R95 / L R75 / Family R320	

**BOX MEAL PRICES**

For the freezer 

10 meals per pack

Normal meals **R880**

Normal LC/GF **R920**

Elderly / Ladies **R680**

Elderly / Ladies LC **R700**

Kiddies meals **R580**

*They can be made up to your meal preferences and all labelled & dated*

## WEEKLY SOUP MENU :

**Monday**–Chicken Noodle Soup

**Tuesday**– Mushroom Soup

**Wednesday**– Butternut Soup

**Thursday**–Bacon and Broccoli Soup

**Friday**–Tomato Basil Soup