



## Aloe Aloe

**08 - 14 September 2025**

### *In this issue:*

#### Weekly Activities:

Your weekly guide to sport & recreational activities in the Village

#### It's a Celebration:

Birthdays, Anniversaries & New Residents

#### What's Happening?

Alida's Fashions - 8 September

Classical Musical Group - 9 September

MobeeWash - 10 September

Movie (Breaker Morant)- 11 September

#### Upcoming Events:

Wol aan die Rol - 18 September

Cape Brass Band - 18 September

Dragon Boat Racing -

20 September

Quiz Night - 25 September

*"Here comes the sun. And I say, it's all right."*

**— The Beatles**

*Dear Evergreen Lake Michelle Residents,*

*This week, we are introducing a new and (hopefully) easier system to help you navigate the Aloe Aloe. You will find more information about this on page 2.*

*If you have not yet booked your tickets for the Cape Concert Brass Concert that's taking place on the 18<sup>th</sup> September, be advised that tickets are selling fast and only a few remain. Ron Jones will be available in the main lounge for ticket bookings everyday from 4-5pm, while tickets remain.*

*Please note that MobeeWash will be here on the 10<sup>th</sup> September - to book your slot, please contact Reception on Ext. 2400 or alternatively, on 021 001 4312.*

*We wish all our residents an incredible week ahead!*

*Best regards,  
Village Team*

*Dear Evergreen Residents,  
We are pleased to introduce our new Hyperlink system in  
our contents page for your ease and reading pleasure.*

## **What is a Hyperlink?**

*A hyperlink is a bit of text, an image, or a button that you can  
click that will take you to the right page or to the information  
that you're looking for.*

## **Why would this help me?**

*It's a faster and more efficient way to scroll through our Aloe  
Aloe Newsletter. For instance, if you wanted to see what  
resident events we have but don't want to scroll through 10  
pages, the hyperlink would take you straight there from the  
contents page.*

**Let's try it out:**

**Please Click Here**



***You will see this Red Button at the top of  
every page. If you click the button, it will  
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# WEEKLY EVENTS

 **Wednesday**  
**IS RECYCLING**
















MON 8 Sept	TUE 9 Sept	WED 10 Sept	THUR 11 Sept	FRI 12 Sept	SAT 13 Sept	SUN 14 Sept
09h00 <b>STRETCH CLASS</b> 1ST FLOOR	08h00 <b>PILATES</b> ACTIVITY ROOM 1	09h00 <b>TÁI CHI</b> ACTIVITY ROOM 1	08h45–09h30 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1		
10h00 <b>ARTS FOR ENJOYMENT</b> CREATIVE HUB	09h00 <b>CALLINETICS</b> 1ST FLOOR	09h00 <b>MOBEEWASH</b> BASEMENT	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	09h45 <b>ART CLASSES</b> (SKETCHES & DRAWINGS) CREATIVE HUB	
10h00 <b>ALIDA'S FASHIONS</b> MAIN LOUNGE		09h15 <b>AQUA AEROBICS</b> POOL	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE 10h30 <b>TÁI CHI</b> ACTIVITY ROOM 1	10h00 <b>ARTS FOR ENJOYMENT</b> CREATIVE HUB		12H00 <b>LUNCH</b> BISTRO
10h15 <b>AQUA AEROBICS</b> POOL	14h00 <b>CLASSICAL MUSIC GROUP</b> CINEMA ROOM	10h00 <b>CHRISTIAN FELLOWSHIP</b> UPSTAIRS LOUNGE	14h00 <b>BRIDGE</b> ACTIVITY ROOM 2	11h00 <b>LINE DANCING</b> ACTIVITY ROOM 1		
10h30 <b>CATHOLIC GROUP</b> CINEMA ROOM	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	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM
14h00 <b>BRIDGE /CARD GAMES</b> 1ST FLOOR	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM		15H00 <b>MOVIE</b> CINEMA ROOM	15H00 <b>SOCIAL POOL &amp; SNOOKER</b> UPSTAIRS LOUNGE		
		18H00 <b>DINNER</b> BISTRO		18H30 <b>DINNER</b> BISTRO	16H00 <b>RESIDENT SOCIAL</b> Wednesdays & Fridays MAIN LOUNGE	





<b>STRETCH CLASS</b>  Stretching exercises suitable for any level of fitness and ability.   Sue - 072 212 0277	<b>AQUA AEROBICS</b>  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	<b>CALLANETICS</b>  Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability.   Louise- ext. 2143
<b>TÁI CHI</b>  Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability.   Roy - ext. 22129  Fiona - 082 920 1818	<b>BACKCARE YOGA</b>  All level yoga class with a focus on mobility and strengthening of the back.   Claire - 083 453 5539	<b>LOW IMPACT CARDIO</b>  Stay active and fit with this slightly more active exercise class.   Louise- ext. 2143
<b>GOLF CROQUET</b>  Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy.   Brian - ext. 2089	<b>LINE DANCING</b>  A little exercise, a little mobility and a whole lot of fun for beginners and regulars   Shereen - 071 471 3624  Glenda - ext. 2073	<b>TABLE TENNIS</b>  Social table tennis for beginners or more experienced players   Ronnie A - ext. 2035
<b>MOSAIC GROUP</b>  A group for creativity and fun, open to all skill levels. All help and a start up pack will be provided to get you going.   June H- ext. 2107  Cora - ext. 2051	<b>SNOOKER &amp; POOL</b>  Get together and enjoy a social game of snooker or pool for beginners or more experienced players   Pat - ext. 22224  Selwyn - ext. 22130	<b>GAMES</b>  Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games   Norma - ext. 2089  Rowan - ext. 2150
<b>LIBRARY</b>  Enjoy the wide range of books, jigsaw puzzles and DVDs in our collection.   Johanna - ext. 2112	<b>SWIMMING POOL &amp; GYM</b>  Heated indoor swimming pool and state of the art gym for your enjoyment  Contact Reception for Access Code	<b>SALON</b>  Ladies & gents are welcome at Janine's Hair Studio <u>Hours</u> Tue – Sat 09h00 – 16h00   Janine - 073 294 9655



<b>CHRISTIAN FELLOWSHIP</b> Meeting to worship God, hear His word and sharing a time of fellowship over coffee.  <b>John - ext. 2018</b>	<b>BIRD WATCHING</b> Bird watching in the Village or outside. Walks and talks and movies about Western Cape and South African Birdlife and other wildlife in general.  <b>Ron - ext. 2068</b>	<b>OPERA APPRECIATION</b> Opera lovers and anyone wondering if they might be, join Willem and friends for the monthly opera viewing.  <b>Willem - ext. 22220</b>
<b>KNITTING GROUP</b> Knitting while socializing for an amazing cause.  <b>Avril - ext. 2049</b>	<b>TUESDAY HIKERS</b> Looking for a challenge? Take in amazing views and what Cape Town Nature has to offer. Every Tuesday Morning (Weather Permitting)  <b>Ron - ext. 2068</b>	<b>MOVIES</b> Enjoy classics and award winning movies of all genres with fellow residents.  <b>Clare - ext. 2039</b>
<b>GARDENING GROUP</b> Passionate about gardening? Join a "green finger" network for talks and events.  <b>Val - ext. 2056</b>	<b>CLASSICAL MUSIC</b> Once a month video concert of Classical Music lasting approximately 1 hour.  <b>Peter - ext. 2055</b>	<b>WEDNESDAY WALKERS</b> Enjoy walking but prefer less demanding walks? Join us to enjoy the beauty of what Nature has provided in the areas surrounding us.  <b>Vicky- ext. 22229</b>
<b>BRIDGE</b> This is an invitation to all residents, both new and not-so-new, who would like to play bridge on a regular basis.  <b>Rowan - Ext. 2150</b>	<b>EVERGREEN CATHOLIC GROUP</b> Weekly meetings for prayers, spiritual support, friendly discussions and Bible study to better understand God's Word. All are welcome.  <b>Mel - ext. 2008</b>	<b>AVIATION TALKS</b> Come and listen to Pete tell us more on anything and everything airplane related.  <b>Pete - ext. 2065</b>
<b>ART CLASSES</b> Water colour lessons: 1 <sup>st</sup> and 3 <sup>rd</sup> Saturdays @10h30 -12h30 <b>Roz - ext. 22220</b> Drawing & Sketches: 2 <sup>nd</sup> and 4 <sup>th</sup> Saturdays @ 09h45-12h45 <b>Judy - ext. 2141</b>	<b>BOOK CLUB</b> This is an invitation to all new and old residents to come and chat about books with other readers on the 3 <sup>rd</sup> Tuesday of each month at 14H30.  <b>Johanna - ext. 2112</b>	<b>ARTS FOR ENJOYMENT</b> This is an invitation to anyone who would enjoy a free of cost creative arts class.  <b>Judy - ext. 2141</b>  <b>Marie - ext. 22125</b>



*"Age is an issue of mind over matter. If you don't mind, it doesn't matter."*

### BIRTHDAYS

**8th September**

**Dough Harris** - Lake Michelle

**9th September**

**Selwyn Schefermann** - Lake Michelle

**11th September**

**Barbara Gorgens** - Noordhoek

**12th September**

**Fred Nelson** - Noordhoek

**13th September**

**Julianna Organe** - Noordhoek

**14th September**

**Sue Douglas** - Noordhoek

**Janet Gillett** - Noordhoek

### ANNIVERSARIES

**13th September**

**Roger & Vicki Falls**  
Noordhoek

**15th September**

**Anthony Johnson & Eva Lind**  
Lake Michelle

### NEW RESIDENTS

**House 21**

**John & Christine Cruikshank**  
Noordhoek

**House 101**

**Peter & Alison Searle**  
Noordhoek





## Classical Music Group

### **Wolfgang Amadeus MOZART**

*Divertimento in D Major, K 136*

Norwegian Chamber Orchestra

Artistic Director: Pekka Kuusisto

### **Ludwig van BEETHOVEN**

*Triple Concerto in C Major, Op. 56*

London Philharmonic Orchestra

Conductor: Kurt Masur

Anne Sophie Mutter (violin); Andre Previn (piano)

Lynn Harrell (cello)

### **Joseph HAYDN**

*Symphony No 88 in G Major, 4<sup>th</sup> Movement*

Vienna Philharmonic Orchestra

Conductor: Leonard Bernstein

*(There will be a short contextual introduction by  
Peter Lever before each work is played)*

**Tuesday, 9 September**

**2.00pm sharp**

**Cinema Room**

**RSVP: On the booking**

**form on the notice**

**board.**





## BREAKER MORANT



DATE: 11<sup>th</sup> Sept

TIME: 3pm

WHERE: Cinema

RSVP: Form on  
Notice Board

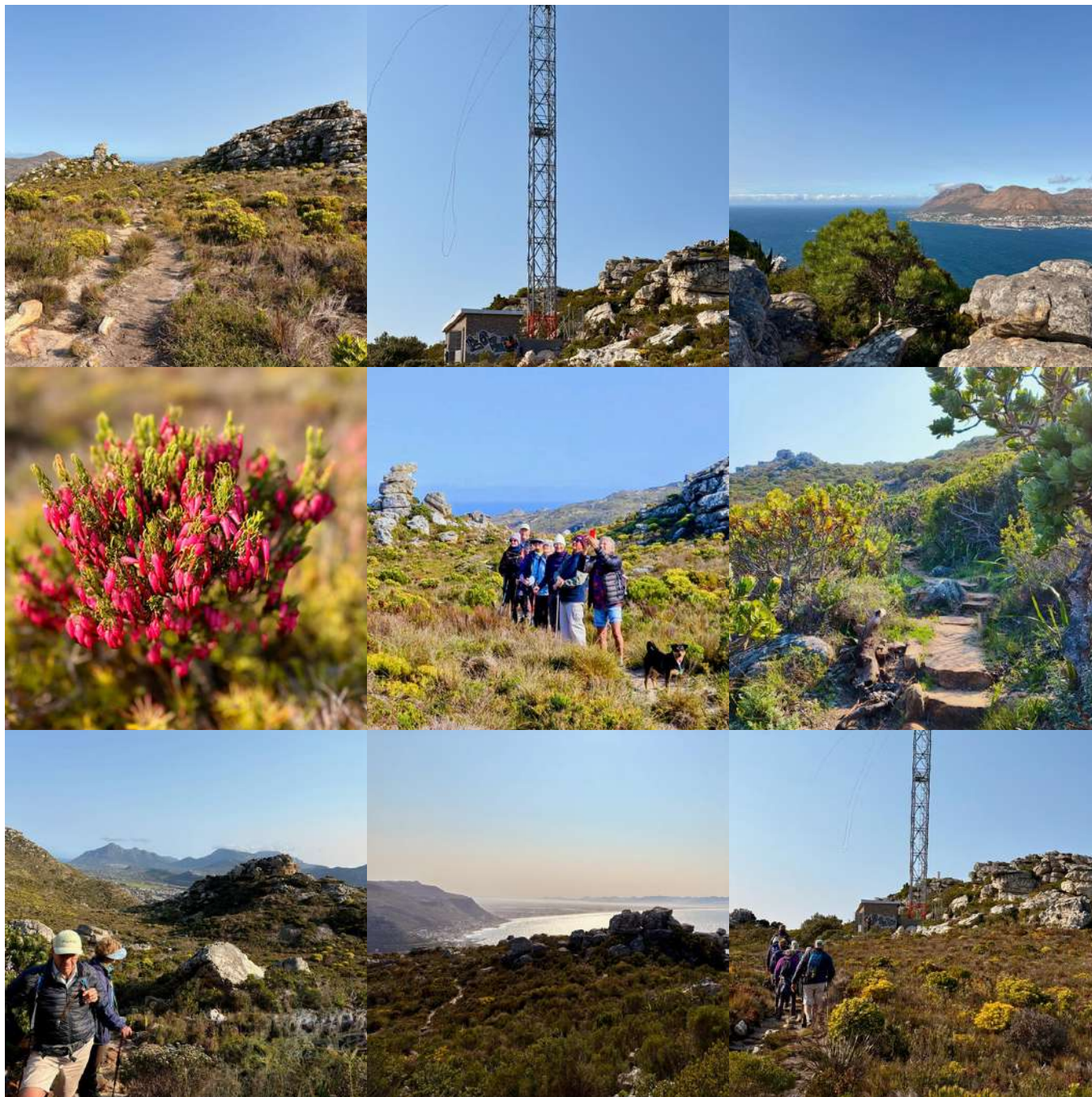
Breaker Morant is a 1980 Australian biographical war drama film based on the 1902 court martial of three Australian soldiers accused of war crimes in South Africa. The film explores the politics, morality and human cost of the Second Boer War and the Nuremberg Defence.

It stars Edward Woodward as the title character, Lt. Harry Harbord "Breaker" Morant, along with Jack Thompson, John Waters, and Bryan Brown



**Please note: If you booked and are not personally in your seat by 2.55pm, and there are people at the cinema who have not booked a seat, your seat will be given to the next person on the waiting list. The movie will start promptly at the advertised time. Latecomers will have forfeited their seats.**





## **Photos of the hike undertaken by the Tuesday Hikers taken last week as they hiked up Elsie's Peak**

The photo of the Communication Tower shows workers still building it, having carried all the steel girders and steel reinforcement, and sand, water and cement for the foundations up the mountain.





## CAPE TOWN CONCERT BRASS SPRING EVENING CONCERT

*Performing a Variety of Light Classical and Popular Tunes*



**EVERGREEN NOORDHOEK LIFESTYLE CENTRE**  
on Thursday, 18<sup>th</sup> September  
starting at 19H00

*FUNDRAISING FOR “CLEVER KIDS”  
AFTER-SCHOOL CARE CENTRE IN MASIPHUMELELE*  
**R 50 per ticket**

**Book the date**



Tickets on sale daily from Monday 1<sup>st</sup>  
September @ 4pm-5pm at the Lifestyle  
center with Ron Jones, while tickets last



## DRAGON BOAT RACING



View across Zeekoeivlei Nature Reserve



**DRAGON BOAT RACING  
HERITAGE CUP**

Learn to dragon boat and experience the  
thrill and excitement of dragon boat racing!

Saturday, 20 September 2025  
08:00 - 15:00  
Zeekoeivlei Nature Reserve  
R100 per entry\*

*Have you ever paddled a  
dragon boat?*

*Have you ever visited  
Zeekoeivlei Nature Reserve?*

*If you are up for two new  
experiences in one day, pack:*

A picnic basket

Water

A sunhat

An umbrella (shade)

Chairs if you'd like

*Participants should wear  
clothes that can get wet -  
there will be splashing!*

*Spectators are very  
welcome to come and  
cheer our team!*

*Garry Reed has kindly offered to  
sponsor the registration of 10  
Evergreen residents  
and/or staff members who  
participate in the Dragon Boat  
Racing Heritage Cup*

**For more information and to register, contact Lorraine Innes,  
House 15, on 083 702 4003 or via email: [linnes.rsa@gmail.com](mailto:linnes.rsa@gmail.com)**





*The 2025 Evergreen Pool Championships were started and concluded (almost flawlessly!) within the final week of August.*



*Eighteen hoppers started and these were whittled down to six finalists, with this taking place on Saturday afternoon. Our thanks go to Rescom for their contribution to making a fun final as well as to the Bistro for providing the prizes for the 2 (equal) runners up.*

***The two runners-up were Colin Reid and Rudi Syfret with the winner being Noel de Klerk.***

*Congratulations to these as well as all who participated - and we look forward to the next one!*



Finalists



Runner-ups



Winner



Photographic

# COMPETITION

2025

Happy Snapping!

"A GOOD SNAPSHOT  
KEEPS A MOMENT FROM  
RUNNING AWAY."

~ EUDORA WELTY

#### THE RULES ARE:

- It must be your own photos.
- You may submit two photographs per theme.

#### HOW TO SUBMIT:

- Please include the following per submission:
  - theme
  - your name
  - village
  - caption
  - short explanation of how your picture -fits in with the theme
- Submit in JPG or PNG format, Word or PDF will not be accepted.
- All pictures to be submitted in high resolution – 5MB or higher.
- All entries to be submitted by latest 31 October 2025. (Judging in November 2025 and the winners to be announced in December 2025)
- Submit all entries to [photos@evergreenlifestyle.co.za](mailto:photos@evergreenlifestyle.co.za)

You can submit your photographs for any of the themes throughout the year.



## Themes



### The Family

Whether it is your direct family, or a family of the Animal Kingdom.



### Abstract

Think out the box - put together some crafty scraps and snap away or find a mind-blowing abstract object.



### Black and White

Not everything has to be seen in colour.



### Sunrise/Sunset

Get to the beach or on the mountain and let's see the best Sunrise or Sunsets you can find.



### Village Life

What does everyday life look like in your Evergreen Lifestyle Village?



### Fauna and Flora

Sticks, Stones, Trees, Seeds, Pods, Flowers - "Go bos".



### Stranger Things

Seen something odd? Or maybe something upside down? A weird reflection?



### Tools of the Trade

A chef and his knives, a writer and his pen or even....A photographer and his camera?



### Planes, Trains and Automobiles

Or Motorcycles, or Bicycles or carts. There is no limit here, if it moves take a pic of it.



### Food

Going to a fancy restaurant? Or having a Braai? Snap away on those yummy meals.



## SPRING PHOTOGRAPHY CHALLENGE

***See something beautiful? We'd like to see it too!***

*This Spring, we challenge our Residents to send us their best Spring Pictures to be featured in our Aloe Aloe. The winners of each category will be displayed throughout the month of September.*

***What do we need from you?***

*A picture and a short explanation of where you took it (in your garden, on a walk, etc) as well as why it struck you as so beautiful.*

### **CATEGORIES:**

Trail Views  
Flowers in Bloom  
Birds in Flight  
Budding Plants  
Something Yellow

**Please email your pictures to Lea at Reception  
([Lead@evergreenlifestyle.co.za](mailto:Lead@evergreenlifestyle.co.za))**





## SPRING PHOTOGRAPHY CHALLENGE

### Flowers in Bloom

Submitted by Harmina Pontier



"A picture of Sandveld Nemesia (Afrikaans 'Leeubekkie') taken in Cape Point Nature Reserve"

### Flowers in Bloom

Submitted by Jenny Morkel



"Some photo's that I took last week on a hike around Maiden's Peak in Silvermine"

### Something Yellow

Submitted by Gloria Bryen



"The sky is a beautiful yellow. On a summer evening after dinner at Furneys, my family and I walked along Noordhoek beach as the sun was setting, pausing to watch the last of a volley ball game"

### Flowers in Bloom

Submitted by Christine Rautenbach



"A picture taken a few days ago while strolling along the beach at Olifantsbos Bay, Cape Point Nature Reserve"



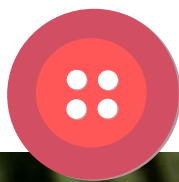
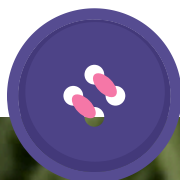
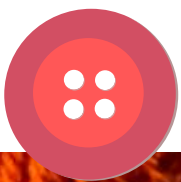
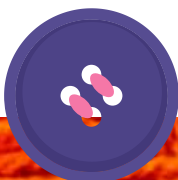


ALIDA'S FASHIONS WILL BE VISITING  
EVERGREEN NOORDHOEK  
ON MONDAY 8 SEPTEMBER 2025  
10H00  
LOVELY TOPS, JERSEYS, JACKETS, GILETS  
SLACKS, DENIMS and MORE..



PLEASE CONTACT US ON 082 848 7475 OR 084 596 4888  
FOR ANY ENQUIRIES

WE ACCEPT CASH AND BANK CARDS



Wol aan die rol



KEEP CALM, WE CARRY YARN

Wol aan die Rol will be visiting your lovely facility on:

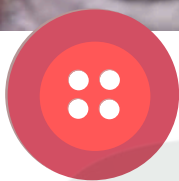
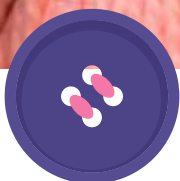
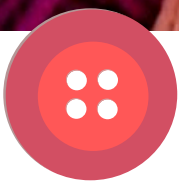
**Thursday, 18 September 2025**

from

**10.00 to 11.15**

We look forward to meet you!

*Ons sien uit daarna om ons passie met julle te deel!*





## A reminder of the upcoming South African Rugby games:

06 SEPT	New Zealand vs. South Africa	09:05	Auckland
13 SEPT	New Zealand vs. South Africa	09:05	Wellington
27 SEPT	South Africa vs. Argentina	17:10	Durban
04 OCT	Argentina vs. South Africa	15:00	Twickenham

### NOVEMBER: END-OF-YEAR TOUR

08 NOV	France vs. South Africa	22:10	Paris
15 NOV	Italy vs. South Africa	14:40	Turin
22 NOV	Ireland vs. South Africa	19:40	Dublin
29 NOV	Wales vs South Africa	17:10	Cardiff

The Bar will be open again for Rugby  
celebrations on the 27<sup>th</sup> September from 5pm



VS







## A reminder of the upcoming South African Women's Rugby games:



**WOMEN'S ENG25 FIXTURES**

Match	Date	Time	Venue
SPRINGBOK WOMEN VS BRAZIL	24 AUGUST 2025	15:45 SAST	FRANKLIN'S GARDENS, NORTHAMPTON
ITALY VS SPRINGBOK WOMEN	31 AUGUST 2025	18:30 SAST	YORK COMMUNITY STADIUM, YORK
FRANCE VS SPRINGBOK WOMEN	07 SEPTEMBER 2025	17:45 SAST	FRANKLIN'S GARDENS, NORTHAMPTON

PLUS  
SPRINGBOK WOMEN



**Weekly menu: 8-14 September 2025**

Low carb meals are available daily

House menu available on order same day before 10am

**Monday: 8th September**

**Mushroom stroganoff** : Served with mash, butternut and green beans

**N: R90 // L: R70 // Family: R285**

**OR**

**Spaghetti bolognaise** : with side parmesan cheese

**N: R90 // L: R70 // Family: R285**

**Salad of the day: Strawberry chicken salad R85**

**Tuesday: 9th September**

**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 // 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 // Family: R285**

**Salad of the day: Goats cheese beetroot and broccoli salad R85**

**Wednesday: 10 September**

**Chicken marsala** : with mash, baby marrows and butternut

**N: R90 // L: R70 // Family: R285**

**OR**

**Pork adobo** : Pork braised with vinegar, soya, ginger and spinach. Served with rice, green beans and butternut

**N: R90 // L: R70 // Family: R285**

**Salad of the day: Chicken Caesar salad R85**

**Thursday: 11th September**

**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 // Family: R300**

**Or**

**Thai chicken curry**: Served with basmati rice, garden peas and carrots

**N: R90 // L: R70 // Family: R285**

**Salad of the day: Strawberry spinach salad R85**

**Friday: 12th September**

**Hungarian goulash**: with rice, garden peas and carrots

**N: R95 // L: R75 // Family: R300**

**OR**

**Sweet n sour chicken**: with stir fry veggies over rice

**N: R90 // L: R70 // Family: R285**

**Salad of the day: Bacon and mozzarella salad R85**

**Saturday: 13th September**

**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: 14th September**

**Roast Chicken or Beef** with rice, roast potatoes, Yorkshire pudding and gravy and veg medley

**Dessert**: Cape brandy pudding with custard or ice cream

**R150**

**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



**MONTHLY MENU  
SEPTEMBER 2025**

Open MONDAY to FRIDAY  
Text **082 603 3518** for orders  
Delivery or Collection

*Card and eft available*

**FREEDOM FOODS**  
*Catering Kitchen*

 021 785 7199  
082 603 3518
  Evergreen Retirement Village  
GlenCairn Expressway
  [www.freedomfoodsck.co.za](http://www.freedomfoodsck.co.za)  
[orders@freedomfoodsck.co.za](mailto:orders@freedomfoodsck.co.za)
 Find us on Facebook

Salads now available!						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SALADS Daily: →	Strawberry chicken Salad	Goats cheese beets and Broc Salad	Chicken caesar Salad	Strawberry spinach Salad	Bacon & mozzarella Salad	
1 Sunday Roast Gammon or Roast Beef	1 Sesame meatballs or Creamy Chicken salsa	2 Chicken carbonara pasta or Asian pork stir fry	3 Chicken breyani or Texas pulled pork	4 Tomato bredie or Thai chicken stir fry	5 Beef burger or Hannah chicken	6 Chicken & mush pasta or Pork sausages & mash
7 Roast Lamb or Roast Beef	8 Mushroom stroganoff or Spaghetti bolognaise	9 Chicken parmesan or Braised pork in sweet soy	10 Chicken Marsala or Pork adobo	11 Traditional meatloaf or Thai chicken curry	12 Hungarian goulash or Sweet n sour chicken	13 Broc bacon mac n cheese or Chicken cacciatore
14 Sunday Roast Chicken or Roast Beef	15 Pork potjie or Baked penne bake	16 Beef casserole or Chicken a la king	17 Savoury bake potato or Arrabiatta pasta	18 Hawaiian Pork Chop or Beef ragu	19 Butter chicken or Traditional bobotie	20 Asian beef stir fry or Rosemary infused Chicken
21 Sunday Roast Pork or Roast Beef	22 Chicken broc bake or Chilli con carne	23 Cottage pie or Moroccan chicken	24 Monterrey chicken bake or Korean BBQ pork	25 Chicken lemon or Mild pork curry	26 Mongolian chicken or Steak Gatsby	27 Eggplant parmesan or Chicken kebabs
28 Sunday Roast Beef	29 Chicken stroganoff or Chicken pasta bake	30 Beef curry or Chicken supreme	Penne a la vodka or Glazed sticky pork	Alfredo pasta or Coconut Beef marsala	Pork schnitzel or Grilled fish	Coronation chicken or Gourmet mac n cheese

**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		BOX MEAL PRICES
Normal meals	R90-R95	For the freezer 
Low Carb / Gluten free	R95	10 meals per pack
Elderly / ladies	R70-R75	Normal meals <b>R900</b>
Vegan	R90-R95	Normal LC/GF <b>R920</b>
Family Normal (2 adults/2 kids)	R285-R300	Elderly / Ladies <b>R700</b>
Family Low carb	R290	Elderly / Ladies LC <b>R720</b>
Free Range:		Soup box (10) <b>R450</b>
N R95 / L R75 / Family R320		<i>They can be made up to your meal preferences and all labelled &amp; dated</i>

## WEEKLY SALAD MENU:

**Monday** – Strawberry & Chicken Salad

**Tuesday** – Goat Cheese, Beetroot & Broccoli Salad

**Wednesday** – Chicken Caesar Salad

**Thursday** – Strawberry & Spinach Salad

**Friday** – Bacon & Mozzarella Salad





YOU DID IT!

## CONGRATULATIONS!



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