



## Aloe Aloe

**15-21 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?**

Movie: "The Addams Family"  
- 17 September

Wol aan die Rol - 18 September

Cape Brass Band - 18 September

#### **Upcoming Events:**

Quiz Night - 25 September

Nostalgia 100 - 30 September

Whisky Extravaganza - 2 October

Dragon Boat Racing - 18 October

**\*MobeeWash Price Increase\***

*"Life is like riding a bicycle. To keep your balance, you must keep moving." —Albert Einstein*

*Dear Evergreen Lake Michelle Residents,*

*Happy New Week to all of our wonderful residents – may your days keep getting warmer and your hearts happier.*

*Please note that **The Dragon Boat Racing** Event has been moved from the 20<sup>th</sup> September to the 18<sup>th</sup> October 2025.*

*The **Cape Brass Concert** is taking place on the 18<sup>th</sup> September at 7pm. For information about seating, drinks and snacks, please contact Mr. Roger Falls on Ext. 22229.*

*We have some lovely events coming up – check out the **Nostalgia 100** and **Whisky Extravaganza** pages inside for more information.*

*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  
take you directly to the Contents Page***

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# WEEKLY EVENTS

  
Wednesday  
IS RECYCLING
















MON 15 Sept	TUE 16 Sept	WED 17 Sept	THUR 18 Sept	FRI 19 Sept	SAT 20 Sept	SUN 21 Sept
09h00 STRETCH CLASS 1ST FLOOR	08h00 PILATES ACTIVITY ROOM 1	09h00 TÁI CHI ACTIVITY ROOM 1	08h45- 09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h00 ARTS FOR ENJOYMENT CREATIVE HUB	09h00 CALLINETICS 1ST FLOOR	09h15 AQUA AEROBICS POOL	09h00 STRETCH CLASS 1ST FLOOR  09h30 -10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL		
10h15 AQUA AEROBICS POOL		10h00 CHRISTIAN FELLOWSHIP UPSTAIRS LOUNGE	10h00 WOL AAN DIE ROL MAIN LOUNGE	10h00 ARTS FOR ENJOYMENT CREATIVE HUB		12H00 LUNCH BISTRO
10h30 CATHOLIC GROUP CINEMA ROOM	14h00 OPERA CINEMA ROOM	12h00 RIAAN'S FRUITVAN PARKING	10h00 KNITTING GROUP MAIN LOUNGE  10h30 TÁI CHI ACTIVITY ROOM 1	11h00 LINE DANCING ACTIVITY ROOM 1		
14h00 BRIDGE /CARD GAMES 1ST FLOOR	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		14h00 BRIDGE ACTIVITY ROOM 2  14h30 TABLE TENNIS TABLE TENNIS ROOM		14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h30 TABLE TENNIS TABLE TENNIS ROOM		15H00 MOVIE CINEMA ROOM	15H00 SOCIAL POOL & SNOOKER UPSTAIRS LOUNGE		
		18H00 DINNER BISTRO	19H00 CAPE BRASS BAND MAIN LOUNGE	18H30 DINNER BISTRO	16H00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	





<b>STRETCH CLASS</b>  Stretching exercises suitable for any level of fitness and ability.  <b>Sue - 072 212 0277</b>	<b>AQUA AEROBICS</b>  Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome. <b>Renate - 082 519 1873</b> <b>Linda - 082 410 9443</b>	<b>CALLANETICS</b>  Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability.  <b>Louise- ext. 2143</b>	<b>TÁI CHI</b>  Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability.  <b>Roy - ext. 22129</b> <b>Fiona-082 920 1818</b>
<b>BACKCARE YOGA</b>  All level yoga class with a focus on mobility and strengthening of the back.  <b>Claire- 083 453 5539</b>	<b>LOW IMPACT CARDIO</b>  Stay active and fit with this slightly more active exercise class.  <b>Louise- ext. 2143</b>	<b>GOLF/CROQUET</b>  Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy.  <b>Brian - ext. 2089</b>	<b>LINE DANCING</b>  A little exercise, a little mobility and a whole lot of fun for beginners and regulars.  <b>Shereen-071 471 3624</b> <b>Glenda - ext. 2073</b>
<b>TABLE TENNIS</b>  Social table tennis for beginners or more experienced players.  <b>Ronnie A - ext. 2035</b>	<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.  <b>June H- ext. 2107</b> <b>Cora - ext. 2051</b>	<b>SNOOKER &amp; POOL</b>  Get together and enjoy a social game of snooker or pool for beginners or more experienced players.  <b>Pat - ext. 22224</b> <b>Selwyn - ext. 22130</b>	<b>GAMES</b>  Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games.  <b>Norma - ext. 2089</b> <b>Rowan - ext. 2150</b>
<b>LIBRARY</b>  Enjoy the wide range of books, jigsaw puzzles and DVDs in our collection.  <b>Johanna - ext. 2112</b>	<b>SWIMMING POOL &amp; GYM</b>  Heated indoor swimming pool and state of the art gym for your enjoyment.  <b>Contact Reception for Access Code</b>	<b>PILATES</b>  Exercises focusing on core strength, flexibility, breathing and mindful movement. All fitness levels welcome.  <b>Getanya- 071 173 7843</b>	<b>SALON</b>  Ladies & gents are welcome at Janine's Hair Studio <u>Hours</u> Tue – Sat 09h00 – 16h00  <b>Janine - 073 294 9655</b>



<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

**16th September**

**Denzil Gunning** - Noordhoek

**17th September**

**Ronnie Adams** - Noordhoek

**Eva Lind** - Lake Michelle

**19th September**

**Colin Gale** - Noordhoek

**Margaret Vermaak** - Noordhoek

**20th September**

**Rowan Mentis** - Noordhoek

**21st September**

**Joan Leighton** - Noordhoek

## ANNIVERSARIES

**15th September**

**Anthony Johnson & Eva Lind**  
Lake Michelle

**20th September**

**Denzil & Marlene Gunning**  
Noordhoek

## NEW RESIDENTS

**No New Residents**





# New Pilates Classes

## Tuesdays @ 8am in Clubhouse Room 1



Bookings Essential  
please contact  
Getanya 071 1737 843







## The Addams Family

*“When a man claiming to be long-lost Uncle Fester reappears after 25 years lost, the family plans a celebration to wake the dead. But the kids barely have time to warm up the electric chair before Morticia begins to suspect Fester is fraud when he can't recall any of the details of Fester's life”*



### Starring:

Anjelica Huston  
Raul Juila  
Christopher Lloyd  
Dan Hedaya

“Nightmarish in the most whimsical way”



**Where:** Cinema Room 1

**When:** Thursday 18 September at 3pm sharp

**RSVP:** Booking form on notice board

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.



## 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





$$E=mc^2$$

# QUIZ NIGHT

25<sup>th</sup> September

18:00

*R20 per person (cash only)*

*Book your spot with Norma Roos on  
Ext. 2089/ 084 207 6829*

## Snack Platters

### Savoury Platter for Two (R120):

- 2 x Mini quiches with mushroom & cheese
- 2 x Chicken spring rolls
- 2 x Beef kebabs
- 2 x Mini chicken burgers

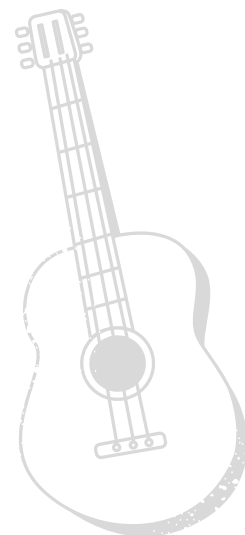
### Veg Savoury Platter for Two (R120):

- 2 x Mini quiches with mushroom & cheese
- 2 x Veg spring rolls
- 2 x Cheese and corn samoosa's
- 4 x Falafels with hummus dip



## "Nostalgia 100"

*Join us for an evening of Music, Fun and Surprises  
in an Interactive Music Show featuring John Fryer*



*On Piano and Guitar, John will touch on up to 100 popular songs, likely to be our favourites. In earlier years, John performed internationally, including in Las Vegas*

**Book the Date**

**Tuesday, 30<sup>th</sup> September at 19H00**

\*Details of ticket sales, snacks and drinks to follow





**“Keeper of the Quaich” Jonathan Miles**  
will take you around the world on a whisky  
extravaganza with an opportunity to taste  
some rare and exclusive malts.

Venue: Evergreen Lifestyle Centre  
Date: **Thursday, 02 October 2025**  
Time: 5.00 pm  
Price: R400 per person

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

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

**“Slainte mhath”**

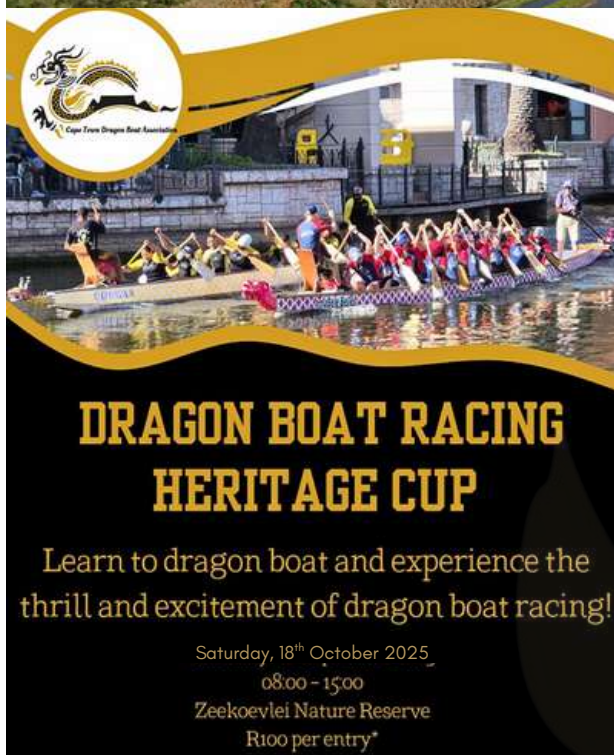
(Scottish toast | pronounced Slange-var | meaning good health)



## **DRAGON BOAT HERITAGE CUP UPDATE**

The organising committee have decided that the race event on the 20th September at Zeekoevlei will go ahead with experienced paddlers only. Spectators are most welcome.

Once the facilities and channels have proved safe and adequate, a guest event will be held later, probably 18th October but still to be confirmed. There are still a few Evergreen sponsored places available. Please contact Lorraine Innes on 083 702 4003 or at house 15 for further details.



*Have you ever paddled a dragon boat?*

*Have you ever visited Zeekoevlei 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)**





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

### Birds in Flight / Flowers in Bloom

Submitted by Arnold Behrman



"Male Wydah in spring showing his breeding plumage. Taken from my garden. A feisty little bird and a parasite – laying its eggs in another birds nest – typically weavers and finches. The last photo is the male courting the female below. Also taken on my fence"



"The bee and flower were taken in my street garden; Spring & pollination time"

### Flowers in Bloom

Submitted by Surette Douglas



"This photo of our pincushion protea was taken in our garden and reminds us of our family who helped plant it 7 years ago"

### Flowers in Bloom

Submitted by Pete Van Der Spek



"Credit goes to my beautiful wife"

### Flowers in Bloom

Submitted by Shadwin Bergstedt



"I took a walk in the village and the garden of House 82 stood out for me, it is so colourful and outstanding, yet another reminder that life should be colourful even in the dull and simple moments. Compliments to Mrs. Gueffroy for the excellent work"



# MOBEEWASH PRICE INCREASE



*Please be advised that MobeeWash has increased their prices. In going forward, the prices will be the following:*

Wash Type	Service Provided	Pricing (ex VAT)	
		Small & Medium Vehicles & SUV	Large Vehicles & SUV
Express Wash	Full exterior wash and wax	R 160,00	R 160.00
Deluxe Wash	Full exterior wash and wax	R 220,00	R 250.00
Premium Mini Valet	As for the Deluxe wash including a hand	R 350,00	R 400.00
<b>Other Services We offer various extras</b>			
Pet Hair removal		R 100.00	R 100.00
Leather treatment	Application of high quality(Meguiars) or	R 80.00	R 100.00
Vinyl Trim (Interior/Exterior)	Application of high quality vinyl/plastic	R 80.00	R100.00
Fabric Upholstery clean	Removal of marks & stains. This service is	Quoted after inspection	Quoted after inspection
Engine top clean	Wipe down of top of engine area/removal	R 70.00	R 70.00





## HAVEN'T GONE "DOTTY" YET?

### A MORNING OF MAGIC.MINDFUL.MOMENTS



MillerT.I.M.E is an entity that is passionate about conscious living. The practice of Mandala Art (dotting)- truly allows you to be immersed in the practice of simply "being in the moment".

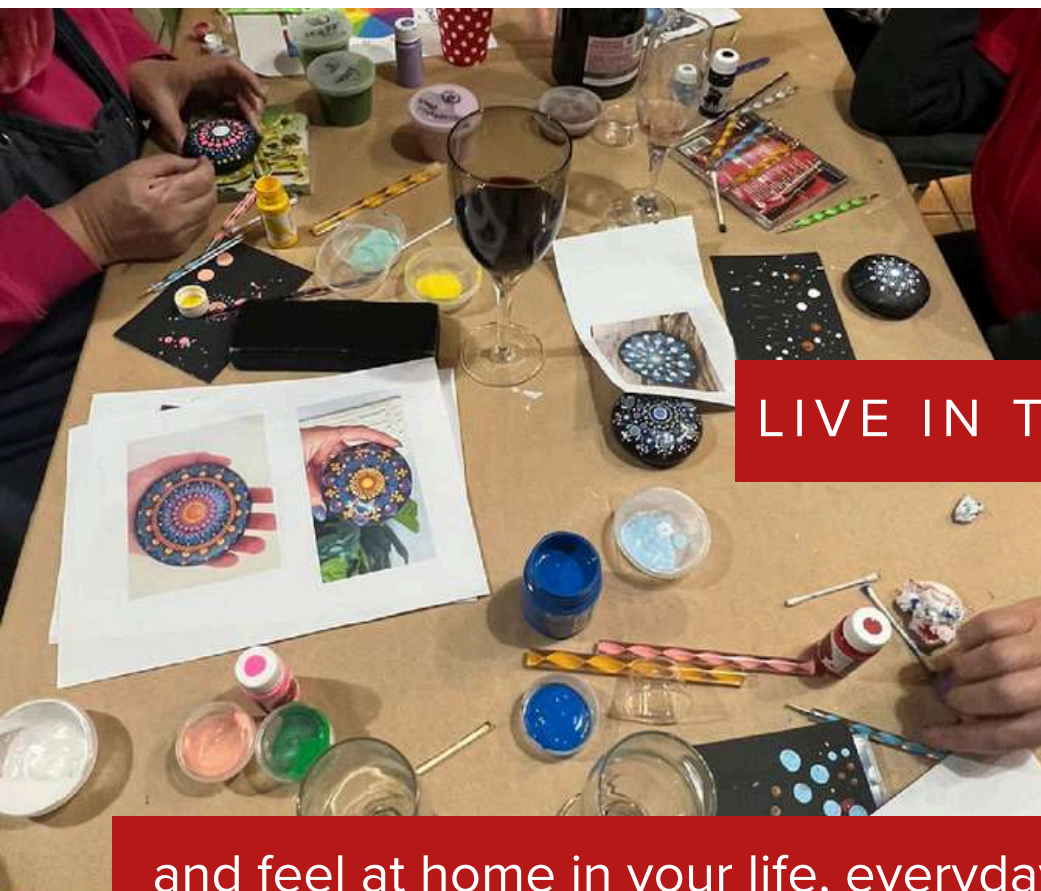
So join us and find out why going "Dotty" is the best experience ever!!

- ✓ Date - 23 September
- ✓ 10:00 - 12:30 am
- ✓ Creative Hub Room  
Evergreen Lifestyle Estate
- ✓ R350 (all materials incl)

Full payment is required to secure your 'dot spot'  
Call [Lynn TODAY](tel:0836849211) to reserve your spot on 0836849211

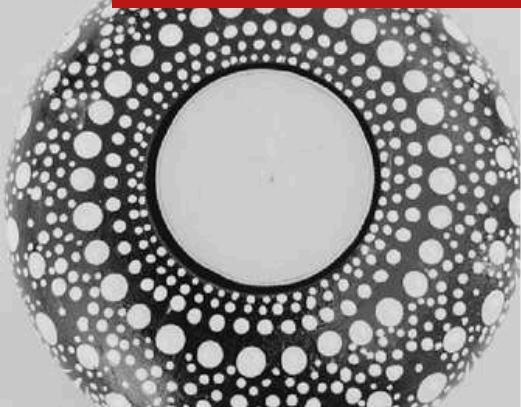


# The Art Of Dotting



LIVE IN THE MOMENT

and feel at home in your life, everyday.







## 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: 15–21 September 2025

Low carb meals are available daily  
House menu available on order same day before 10am

**Monday: 15th September**

**Pork potjie:** With rice, baby marrows and butternut  
N: R90 // L: R70 // Family: R285

OR

**Chicken pasta bake:** Delicious creamy cheese and chicken pasta  
N: R90 // L: R70 // Family: R285

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

**Tuesday: 16th September**

**Beef casserole:** Served with rice, green beans and butternut  
N: R95 // L: R75 // Family: R300

OR

**Chicken a la king:** Served with savoury rice, carrots and green beans  
N: R90 // L: R70 // Family: R285

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

**Wednesday: 17 September**

**Savoury bake potato:** Bake potato topped with savoury mince and cheese, served with garden peas and butternut  
N: R95 // L: R75 // Family: R300

OR

**Arrabiatta pasta:** Bacon, chilli, tomato and cream over penne. Served with a side of parmesan  
N: R90 // L: R70 // Family: R285

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

**Thursday: 18 September**

**Hawaiian pork chop:** Grilled Pork chops marinated with apple cider, pine apple juice, coriander and red wine vinegar. Flame grilled topped with a pine-apple salsa, and served with braised cabbage and potato salad  
N: R95 // L: R75 // Family: R300

OR

**Beef ragu:** Served with rice, broccoli and butternut  
N: R95 // L: R75 // Family: R300

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

**Friday: 19 September**

**Butter chicken:** with basmati rice, garden peas and carrots  
N: R90 // L: R70 // Family: R285

OR

**Traditional bobotie:** served with yellow rice, cinnamon pumpkin, green beans and side sambal  
N: R90 // L: R70 // Family: R285

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

**Saturday: 20 September**

**Asian Beef stir fry:** Beef sautéed with garlic, ginger and soy sauce, served over rice and sautéed stir fry veg  
N: R95 // L: R75 // Family: R300

OR

**Rosemary infused chicken breast:** With a baked potato, broccoli and cauliflower  
N: R90 // L: R70 // Family: R285

**Sunday: 21 September**

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

**Dessert: Trifle bowls**  
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	R900
Vegan	R90-R95	Normal LC/GF	R920
Family Normal (2 adults/2 kids)	R285-R300	Elderly / Ladies	R700
Family Low carb	R290	Elderly / Ladies LC	R720
Free Range:		Soup box (10)	R450
N R95 / L R75 / Family R320		They can be made up to your meal preferences and all labelled & dated	

## 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





## Bring and Braai Family Heritage Day!



## Heritage Day

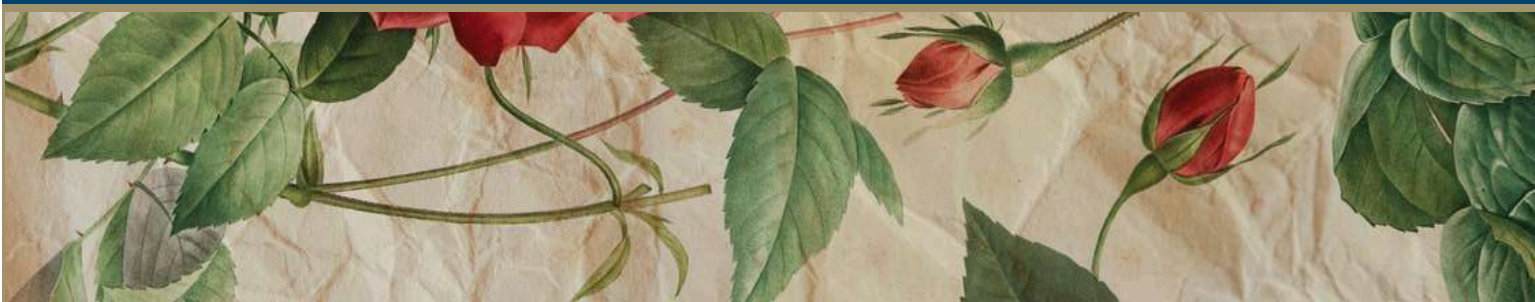
**Braai lunch available**

**24 September 2025  
12pm-3pm**

**BOOK NOW**

If you have a braai available, we can make arrangements to collect and bring up.

**Call: ext 2404 or 082 603 3518**





## CONGRATULATIONS!



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skill you've learnt

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