



18 MAY - 24 MAY 2026

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SPCA Village Visit- 22 May

Bingo- 21 May

Upcoming Events:

External Wellness Day- 19 May.

Ballet Group- 26 May.

"Life always offers you a second chance... It's called tomorrow." — Nicholas Sparks

Dear Evergreen Lake Michelle Residents,

A long week is behind us, giving each and everyone of us another opportunity to start afresh. This week we have our valuation & buying day on Tuesday 19 May in our lifestyle centre where you can bring your hidden treasures and find out what value it holds.

St. Norbert Catholic Church in kommetjie are hosting a fantastic week of festivities, art exhibitions, music and literature starting on Monday 18 May- Sunday 24 May, kindly see below on page 14 for more information or get in touch with Mrs. Roz Hoek on ext.22220.

Join our book club on Tuesday 19 May in our local village library which is situated in our lifestyle centre where they share great reading topics and books.

Kindly book your bingo seat with Mrs. Norma Roos on ext. 2089 or 084 207 6829.

*Cheers to a happy week!!!
Village Team*

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Dear Residents,

This week has been one of the most challenging we've faced in the Village, and I know many of you felt the impact of the storms alongside us. It truly tested our grit and resilience - and we weathered it together.

Monday, 11 May – The Incident

At 08:28, the roof of Block B was torn off by the extreme winds. Seeing this happen first-hand, my immediate concern was for anyone in the parking area below. I ran to Reception to get EMS called, then checked the area for injuries.

Moments later, the roof of Block D came off and landed in the same spot I had just passed through. With debris flying and roof sections swinging over the walkways, I used the loud haler to instruct residents to get back inside immediately for their safety.

Throughout this, I alerted our management chain and activated the Evergreen support structure. Within minutes, plumbers, electricians, structural engineers, solar engineers, and contractors were on site and coordinating.

By 16:00 that same day, the parking area was cleared and made safe. A huge thank you to the team for pulling together so quickly.

On Construction & Safety

I've heard concerns about building design. If you look at what happened across Cape Town during this storm - lives lost, homes destroyed, livelihoods disrupted - I believe the outcome here speaks to sound construction. Yes, the roofs blew off, but not a single resident was displaced and there were no injuries. That is the priority.

Thank You

Thank you for the messages of support, your patience, and your cooperation with the temporary changes we had to put in place. Your calm response made a difficult situation much easier to manage.

We'll keep you updated on repairs and next steps as they progress.

Stay safe,

Stephan

General Manager



WEEKLY EVENTS

 **Wednesday**
IS RECYCLING

MON 18 MAY	TUE 19 MAY	WED 20 MAY	THUR 21 MAY	FRI 22 MAY	SAT 23 MAY	SUN 24 MAY
09h00 STRETCH CLASS MEZZANINE LEVEL	08h00 PILATES ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL AREA	07h30-08h30 PILATES ACTIVITY ROOM 1	09h00 BACK CARE YOGA ACTIVITY ROOM 1		
10h00 ART CLUB CREATIVE HUB	09h00 CALLINETICS MEZZANINE LEVEL		08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1 09h30 -10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL AREA	09h45 Drawing & Sketches CREATIVE HUB	
10h15 AQUA AEROBICS POOL AREA	10h00 HEALTH & FITNESS EVENT MEZZANINE LEVEL	12h00 RIAAN'S FRUITVAN TOP PARKING	09h00 STRETCH CLASS MEZZANINE LEVEL	10h00 ART CLUB CREATIVE HUB		
10h30 CATHOLIC GROUP CINEMA ROOM	10h00 ANTIQUE WAREHOUSE MAIN LOUNGE		10h00 KNITTING GROUP MAIN LOUNGE	10h00 SPCA VILLAGE VISIT 2 ND ENTRANCE LSC		12h30 SUNDAY LUNCH BISTRO
	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB		10h30 TÁI CHI ACTIVITY RM 1			
14h00 BRIDGE /CARD GAMES MEZZANINE LEVEL	14h30 BOOK CLUB LIBRARY		14h00 TABLE TENNIS TABLE TENNIS ROOM	15h00 SOCIAL POOL & SNOOKER MEZZANINE LEVEL	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
	14h30 TABLE TENNIS TABLE TENNIS ROOM	18h00 RESIDENT SOCIAL & DINNER BAR AREA	14h30 MOVIE CINEMA ROOM	18h00 RESIDENT SOCIAL & DINNER BAR AREA	16h00 RESIDENT SOCIAL Wednesdays & Fridays MAIN LOUNGE	



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. Roy - ext. 22129 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 A - ext. 2035	MOSAIC GROUP 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	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 an 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. Contact Reception for Access Code	PILATES Exercises focusing on core strength, flexibility, breathing and mindful movement. All fitness levels welcome. Getanya- 071 173 7843	SALON Ladies & gents are welcome at Janine's Hair Studio <u>Hours</u> Tue – Sat 09h00 – 16h00 Janine - 073 294 9655



CHRISTIAN FELLOWSHIP Meeting to worship God, hear His word and sharing a time of fellowship over coffee. John - ext. 2018	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	OPERA APPRECIATION Opera lovers and anyone wondering if they might be, join Willem and friends for the monthly opera viewing. Willem - ext. 22220
KNITTING GROUP Knitting while socializing for an amazing cause. Avril - ext. 2049	TUESDAY HIKERS Looking for a challenge? Take in amazing views and what Cape Town Nature has to offer. Every Tuesday Morning (Weather Permitting) Ron - ext. 2068	MOVIES Enjoy classics and award winning movies of all genres with fellow residents. Clare - ext. 2039
GARDENING GROUP Passionate about gardening? Join a "green finger" network for talks and events. Val - ext. 2056	CLASSICAL MUSIC Once a month video concert of Classical Music lasting approximately 1 hour. Peter - ext. 2055	WEDNESDAY WALKERS Enjoy walking but prefer less demanding walks? Join us to enjoy the beauty of what Nature has provided in the areas surrounding us. Vicky- ext. 22229
BRIDGE This is an invitation to all residents, both new and not-so-new, who would like to play bridge on a regular basis. Rowan - Ext. 2150	EVERGREEN CATHOLIC GROUP Weekly meetings for prayers, spiritual support, friendly discussions and Bible study to better understand God's Word. All are welcome. Mel - ext. 2008/Lionel-ext.22126	AVIATION TALKS Come and listen to Pete tell us more on anything and everything airplane related. Pete - ext. 2065
ART CLASSES Water colour lessons: 1 st and 3 rd Saturdays @10h30 -12h30 Roz - ext. 22220 Drawing & Sketches: 2 nd and 4 th Saturdays @ 09h45-12h45 Judy - ext. 2141	BOOK CLUB This is an invitation to all new and old residents to come and chat about books with other readers on the 3 rd Tuesday of each month at 14H30. Johanna - ext. 2112	ART CLUB This is an invitation to anyone who would enjoy a free of cost creative arts class. Judy - ext. 2141 Marie - ext. 22125



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

BIRTHDAYS

18 May

Carene Legge-Noordhoek

22 May

Ronnie Stead - Noordhoek

23 May

Janet Potter-Noordhoek

Denni Duff- Noordhoek

24 May

Sue Payne-Lake Michelle

ANNIVERSARIES

18 May

Brian & Pam Valentine-Noordhoek

20 May

Peter & Nancy Brown-Noordhoek

23 May

Ian & Rosemary Hare-Noordhoek

New Residents

No new residents this week.



'PICNIC AT HANGING ROCK'

Three students and a school teacher disappear on an excursion to Hanging Rock, in Victoria, on Valentine's Day, 1900.

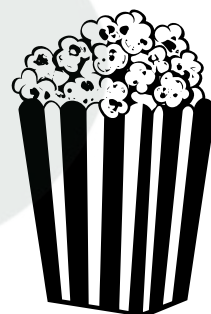
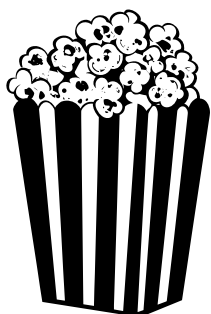
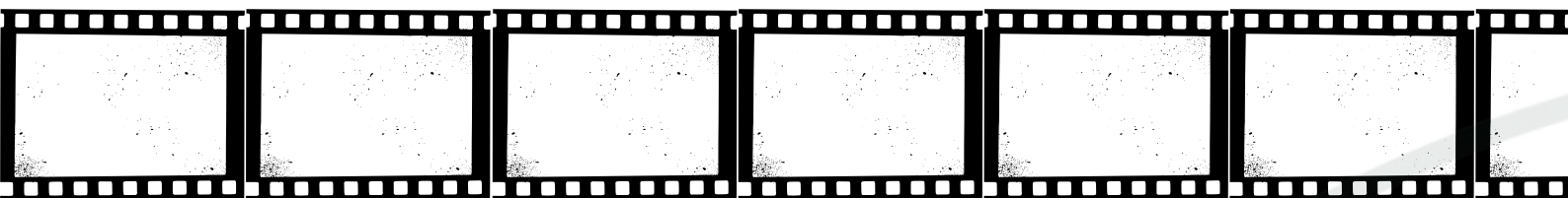
The movie follows those that disappeared, and those that stayed behind, but it delights in the asking of questions, not the answering of them. Even though both the movie and the book it was based on claim to be inspired by real events, the story is completely fictional.

Directed by Peter Weir. With Rachel Roberts, Anne-Louise Lambert, Vivean Gray, Helen Morse.

Where: Cinema Room 1

When: Thursday 21 May at 2.30pm sharp

RSVP: Booking form on notice board





Understanding Dementia: An Informative Talk

Understanding dementia starts with conversation.

Join Jacqueline Delange to *discuss support, lifestyle changes, hearing loss, and adapting with compassion.*

A FREE Hearing Screening is included after the talk.

Place: Evergreen Noordhoek

Date: 3 June 2026

Time: 10:00

Join us for FREE tea and cake after the discussion, where Jackie will be available to answer your questions.





Join us on 19 May from 10:00 to 12:00 on the mezzanine level for an engaging and informative wellness session featuring Dr. Adri Kock alongside a team of health experts. The discussion will cover a range of important topics including fitness, nutrition, bone density, and mental health, offering valuable insights to support your overall wellbeing. Spaces are limited, so please contact reception to reserve your spot.

HEALTH & FITNESS EVENT

JOIN US FOR A VIBRANT WELLNESS DAY!

HOSTED BY OUR TEAM OF EXPERTS:

- DOCTOR ADRI KOK**
(Specialist Physician)
Medical Insights for Active Aging
- PHYSIOTHERAPIST**
Injury Prevention & Recovery
- BIOKINETICIST**
Exercise Science & Movement
- SWIM COACH**
Water Workouts & Aquatic Fitness
- PERSONAL TRAINER**
Motivation & Functional Fitness

TALKING ABOUT:
Fitness, Benefits of Training for Bone Density, Nutrition, Mental Health.

WHEN:
19 MAY
10:00 AM - 12:00 PM

WHERE:
MEZZANINE LEVEL,
EVERGREEN LIFESTYLE CENTRE
(Next to the Gym)

ENTRY IS FREE!
(But Limited Spots)

SURPRISES & PRIZE GIVEAWAYS!

RESERVE YOUR SPOT TODAY!

VISIT THE RECEPTION DESK IN THE LIFESTYLE CENTRE TO BOOK

Evergreen



Thursday, 21 May

@ 18:00

Book your seat with Norma Roos on

Ext. 2089 / 084 207 6829

R20 per person (cash
only)

The Bistro will be offering a warm cup of soup.

For more information, please CONTACT THE BISTRO EXT.2404 OR 021 001 4312.



Valuation and buying day.

**WHERE: EVERGREEN LIFESTYLE RETIREMENT
VILLAGE NOORDHOEK**

WHEN: 19 MAY @10H00

**NO APPOINTMENT NEEDED- BRING ALONG YOUR
HIDDEN TREASURES**



Are you sitting on a pot of gold?

Do you have jewellery you no longer wear or need, watches sitting in the draw, silverware that is no longer used, just bring them along to us for a free no obligation valuation. No appointment necessary.

On the spot payment for

Jewellery. Antique or modern.

Vintage Costume Jewellery

Gold and silver items in any condition.

Wrist and pocket watches, (even if not working)

Silverware.

Medals and Military items.

Coins.

Collectables.

We also offer home visits if you are unable to attend on the day, or would like to see an expert in your own home.

Just give us a call on 0794099804 to arrange an appointment.

We have over 30 years' experience in the Jewellery antiques and collectables market. We are not an auction house, so there is no commission charged, and no waiting time for payment.

For any enquiries please call or WhatsApp us on 0794099804.

Email antiquewarehouse@live.co.za.

Photographic

COMPETITION

2026

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.
- Take a moment to ensure that your photo is suited and submitted in to the correct theme.
- All entries to be submitted by latest 31 October 2026 (Judging in November 2026 and the winners to be announced in December 2026)
- Submit all entries to photos@evergreenlifestyle.co.za

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



Themes



Natural Sculptures

A natural sculpture is a sculpture that is inspired by forms and processes from nature.



Locomotion

Some organisms move through their own active efforts, while others may be moved by external forces like wind or water.



Portraits

To show a person's essence, character, or status, going beyond a simple snapshot.



Night Photography

The practice of taking photographs outdoors between dusk and dawn, when natural light is minimal or nonexistent.



Travel

It involves going to a new place using various means like walking, driving, flying, or sailing, and can be a way to experience different cultures, discover new places, and challenge oneself.



Macro

Macro photography is extreme close-up photography that makes tiny subjects, like insects or flowers, appear life-size or larger, revealing incredible detail invisible to the naked eye



Minimalist

A style characterized by extreme simplicity, using minimal elements to create a clean and impactful image



Wildlife

Wildlife photography is a genre capturing animals in their natural habitats



Landscapes

Landscape photography is the art of capturing the beauty of outdoor scenes, from natural landscapes to man-made features within them



Colours

Colour photography is the art and process of capturing and reproducing images with a full spectrum of colors, mimicking how the human eye sees the world





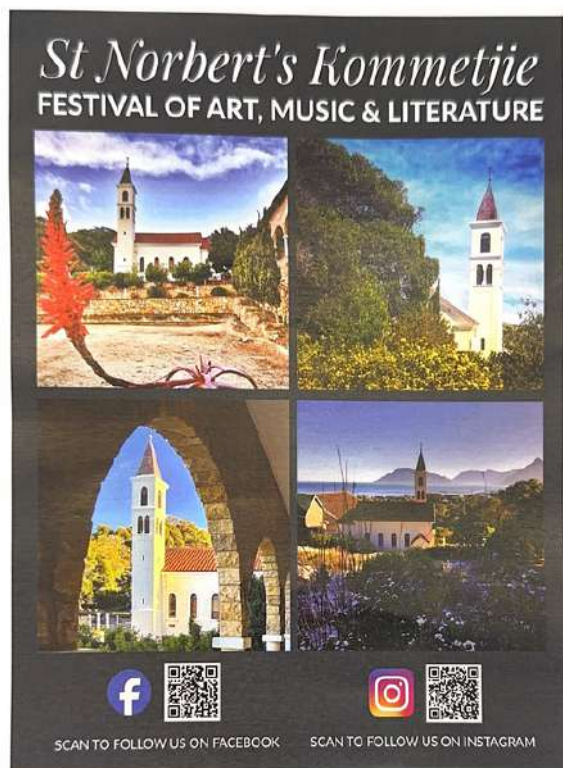
Happy Beanies

IT'S THAT TIME OF THE YEAR AGAIN AND THE CHILL IN THE AIR IS UNDENIABLE.

FOR 2026, THE CHALLENGE IS EXTENDED AGAIN TO KNITTERS FROM ALL EVERGREEN VILLAGES TO HELP KNIT AS MANY "HAPPY BEANIES" AS POSSIBLE. TO ENSURE WE ARE ABLE TO DONATE AS MANY BEANIES AS POSSIBLE, WE AIM TO DONATE BEANIES TO THOSE LESS FORTUNATE AND IN NEED OF AN EXTRA LAYER OF WARMTH THIS WINTER. WE DONATE TO MULTIPLE INSTITUTIONS RANGING FROM CHILDREN'S HOMES TO OLD AGE HOMES AND HELP HUNDREDS OF PEOPLE KEEP WARM THIS WINTER.

WE WELCOME BEANIES OF ALL SIZES AND THE MORE VIBRANT THE BETTER. FOR THOSE WHO DO NOT KNIT, WOOL DONATIONS FOR THE KNITTERS IS WELCOME AND CAN BE DELIVERED AT YOUR VILLAGE RECEPTION. LAST COLLECTIONS WILL BE ON 30 JUNE, 2026.

FOR FURTHER DETAILS OR TO ORGANIZE COLLECTION, PLEASE CONTACT VILLAGE MANAGEMENT TEAM



EVENT SPONSORS



St Norbert's Kommetjie FESTIVAL OF ART, MUSIC & LITERATURE		
Entry Fees Apply.		
The Norbertine Fathers invite you to a week-long cultural celebration from 18-24 May 2026 at St Norbert's Priory in Kommetjie. Blending spiritual tradition with contemporary creativity, the festival will feature:		
St Norbert's Priory, Kommetjie Festival Coordinators: Fr Subeesh Kalappurackal O. Prm / Jacinta Munro Contact Number: 0726026144 Email address: Stnorbertkommetjiefestam@gmail.com		
DAY	TIME	EVENT
Monday	10:00-19:00	Library Tours, Art Exhibitions, Food & refreshments, and introductions to famous authors. Events on the day: Masiphumelele Choir Liturgical dancing Wine and craft beer tastings SA Navy Band Local choirs Tea garden
Tuesday	10:00-21:00	Library Tours, Music concerts, Poetry sessions, Art Exhibitions, Food and Refreshment, Wine and Beer Tasting, Tea Garden, introducing famous Authors.
Wednesday	10:00-21:00 (Concert 1: 11:00-18:00) (Concert 2: 19:00-20:30)	Library Tours, Music concerts, Poetry sessions, Art Exhibitions, Food and Refreshment, Wine and Beer Tasting, Tea Garden, introducing famous Authors. *Harque Organ Concert- Stefan Meyers
Thursday	10:00-21:00 (Musical Event: 19:00-21:00)	Library Tours, Music concerts, Art Exhibitions, Food and Refreshment, Wine and Beer Tasting, Tea Garden, introducing famous Authors. *Christian Devotional Songs
Friday	10:00-22:00 (Musical Event: 19:00-22:00)	Library Tours, Music concerts, Art Exhibitions, Food and Refreshment, Wine and Beer Tasting, Tea Garden, introducing famous Authors. *Celebrating Sports Evening
Saturday	10:00-22:00 RNB Jazz at the Priory Concert: 10:00-22:00 *Other events will take place at various times throughout the day	Library Tours, Art Exhibitions, Food and Refreshment, introducing famous Authors. Events on the day: *Masiphumelele Choir *Local bands *Wine Tasting/Craft Beer Tastings *Jazz at the Priory Concert *Religious Competition *Junior Art Competition *Tea Garden *Craft Stall vendor
Sunday	10:00-22:00 RNB SA Navy Band: 15:00-17:00 *Other events will take place at various times throughout the day	Library Tours, Art Exhibitions, Food and Refreshment, introducing famous Authors. Events on the day: *Masiphumelele Choir *Liturgical Dancing *Wine Tasting/Craft Beer Tastings *SA Navy Band *Local choirs *Tea Garden



The Norbertine Fathers invite you to the inaugural St Norbert's, Kommetjie Festival of Art, Music & Literature to be held from **18 - 24 May 2026 @ 8 Rubbi Road Kommetjie, Cape Town**.
For further details, please contact the festival coordinators: Father Subeesh/ Jacinta Munro on the following contact details : stnorbertkommetjiefestam@gmail.com or 072-602-6144

Link to the FB Page: [St Norbert's Kommetjie Festival Art-Music-Literature / Facebook](https://www.facebook.com/StNorbertsKommetjieFestivalArtMusicLiterature/)



Link to Instagram Page: <https://www.instagram.com/stnorbertkommetjiefestam/>



Cuisine Menu for the Festival

**Tea Garden, Wine/Beer/Soft Drinks available throughout the festival
** Payment Card machine available
*** Booking essential for catering purposes

Monday (18May2026)	Tuesday (19May2026)	Wednesday (20May 2026)	Thursday (21 May 2026)	Friday (22May 2026)	Saturday (23 May 2026)	Sunday (24 May 2026)
Donna's Food (Masala Streak Rolls with chips)	Kerala (Chicken Biryani and side dish) R150.00 pp	Kerala (Chicken curry & Rice + side dish) R120.00 pp	Soup & Pud (Soups/Breads/ Puds selection) R130.00 pp	Fish Braai (Fish, Salad /Potato side) R150.00 pp	Hamburger R 50.00 each Boerewors Rolls(Includes condiments) R 30.00 each	Chicken Braai (Chicken, Salad, Roll) R130.00 pp



Table 11

Meet Someone New

**We invite all Single
Residents to join us daily
for lunch at Table 11**

**There is a standing reservation Daily
in the Bistro at 12:30, come and join
other singles and make new friends
over a delicious meal**

Monday: 18 May

Chicken carbonara pasta: A creamy chicken pasta with mushrooms over pasta, served with parmesan cheese

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

OR

Glazed sticky pork: Tender strips of pork glazed with a sticky, sweet, spicy, garlicky, gingery sauce. Served over stir fry veg and basmati rice

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

Soup of the day: Chicken noodle soup R45

Vegetarian meal of the day: Broccoli mac n cheese

Tuesday: 19 May

Chicken broccoli bake: Creamy chicken breast and broccoli topped with cheese and baked in the oven, served with rice, carrots and garden peas

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

OR

NEW Korean Beef sesame noodles: Noodles tossed in a sweet and spicy Korean chili stir-fried sauce with caramelized beef, onions, summer peppers, baby marrows, shredded carrots, mushrooms and broccoli.

Topped with sesame seeds

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

Soup of the day: Mushroom soup R45

Vegetarian meal of the day: Mushroom, lentils and broccoli bake: Served with rice, carrots and garden peas

Wednesday: 20 May

Mild pork curry: Pork fillet in a mild curry with veggies and potatoes. Served with rice, carrots and green beans and side sambal

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

OR

Chicken parmesan: Crumbed chicken breast topped with Italian red sauce and cheeses and served with mash, garden peas and butternut

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

Soup of the day: Tomato basil soup R45

Vegetarian meal of the day: Eggplant parmesan served with mash, garden peas and butternut

Thursday: 21 May

Chicken breyani: A Traditional South African dish, consisting of chicken breast, rice and topped with diced potato. Served with a side sambal

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

OR

Texas pulled pork: Slow cooked pork fillet then shredded in a smokey sauce. Served with mash, gravy, carrots and baby marrows

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

Soup of the day: Butternut soup R45

Vegetarian meal of the day: Vegetable briyani with lentils, served with a side sambal salad

Friday: 22 May

Hungarian Beef goulash: Slow cooked beef with a depth and richness of flavour, served with rice, garden peas and carrots

N: R100 // L: R80 and Family: R350

OR

NEW Peri-peri chicken: Peri-peri chicken, served with chips and a side salad

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

OR

Grilled or Fried Fish: Served with chips, coleslaw and tartar sauce

N: R120 // L: R90 // Family: R350

Soup of the day: Thai chicken soup R45

Vegetarian meal of the day: Spicy chickpea bowl served with couscous and roasted veg

Saturday: 23 May

Thai chicken curry: A mild Thai coconut curry served with basmati rice, garden peas and butternut

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

OR

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

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

Vegetarian meal of the day: Bean stew: A hearty bean and veg stew served with rice

Sunday: 24 May

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

Dessert: Apple crumble with custard

R180

Vegetarian meal of the day: Stuffed Butternut with meat free mince and topped with feta

OPEN DAILY

08H00 – 15H00

FRIDAY DINNER SERVICE

– 18H00

DAILY MEAL ORDERS BY

10H00

Price List

Normal Meals..... R90-95

Low Carb/Gluten Free..R95

Kiddies..... R50

Ladies Portion.....R70-75

Vegan.....R90-95

Family Normal (2 Adult, 2

Kids)..... R285-300

Family Low Carb..... R290

Free Range:

N R95/ L R75/ Family... R320

FRIDAY FISH & CHIPS

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

R110

standard portion

R90

ladies portion

