



06 JULY - 12 JULY 2026

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?

Village Shuttle Services- 10 July @09h00

Opera- 07 July @14h00

Springboks VS Scotland- 11 July @17h40

Alida's Fashions- 13 July @10h00

Upcoming Events:

Evergreen Mid- Winter Market- 24 July

Christmas in July- 31 July

"A positive mind finds a way it can be done; a negative mind looks for all the ways it can't be done."— Napoleon Hill

Dear Evergreen Lake Michelle Residents,

The recent Muizenberg vs Noordhoek Pool Challenge was a fantastic success, bringing residents together for an afternoon of friendly competition, fun, and community spirit. Congratulations to everyone who participated, and thank you to all who came along to support the teams!

Don't forget to follow our Evergreen Facebook page for the latest news, photos, and upcoming events.

Join us at the Lifestyle Centre to cheer on the Springboks during the rugby matches, with match times available in the Aloe Aloe newsletter.

Finally, Challenge your mind with this month's crossword puzzle—a fun way to keep your brain active while learning something new. We hope you enjoy the challenge. Good luck, and happy puzzling!

Wishing you all a happy week!

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Dear Residents,

The annual DQ Self-Assessment Forms have been sent out for your completion by no later than 31 August. Your cooperation in submitting these forms on time is greatly appreciated.

Your safety remains one of our top priorities. We are pleased to let you know that new cat's eyes have been installed near the security gate to improve visibility and make driving in and out of the village safer, especially during the early mornings, evenings, and in poor weather conditions.

Please be advised that the shuttle service schedule has changed, and the shuttle will now operate on Fridays. Kindly refer to the latest shuttle timetable for the updated times.

Come along and support the Springboks games by joining us for the live rugby match screenings at the Lifestyle Centre Bistro & Bar on 4th July. It's a wonderful opportunity to enjoy the game, spend time with fellow residents, and cheer on our national team together. Please find below future times and dates of matches.

Thank you for your continued support and cooperation in helping us keep Evergreen Noordhoek a safe, welcoming, and vibrant community for everyone.

Stephan Lloyd
General Manager



WEEKLY EVENTS

 **Wednesday**
IS RECYCLING

MON 06 JULY	TUE 07 JULY	WED 08 JULY	THUR 09 JULY	FRI 09 JULY	SAT 10 JULY	SUN 11 JULY
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	10h30 WATER COLOUR LESSONS CREATIVE HUB	
10h00 ART CLUB CREATIVE HUB	09h00 CALLINETICS MEZZANINE LEVEL	09h00 VILLAGE BAND ACTIVITY ROOM 2	08h45-09h30 LOW IMPACT CARDIO ACTIVITY ROOM 1 09h30 -10h00 ABS & BUTT (MAT CLASS) ACTIVITY ROOM 1	09h15 AQUA AEROBICS POOL AREA		12h30 SUNDAY LUNCH BISTRO
10h15 AQUA AEROBICS POOL AREA		10h00 CHRISTIAN FELLOWSHIP MEZZANINE LEVEL	09h00 STRETCH CLASS MEZZANINE LEVEL	09h00 VILLAGE SHUTTLE SERVICES LSC	14h30 TABLE TENNIS TABLE TENNIS ROOM	14h30 TABLE TENNIS TABLE TENNIS ROOM
		12h00 RIAAN'S FRUITVAN TOP PARKING	10h00 KNITTING GROUP MAIN LOUNGE	10h00 ART CLUB CREATIVE HUB		
10h30 CATHOLIC GROUP CINEMA ROOM	14h00 OPERA CINEMA ROOM		10h30 TÁI CHI ACTIVITY RM 1	11h00-13h00 LINE DANCING ACTIVITY RM 1		
14h00 BRIDGE /CARD GAMES MEZZANINE LEVEL	14h00 GOLF CROQUET FISH HOEK BOWLING CLUB	15H00 LINE DANCING ACTIVITY RM 1	14h00 TABLE TENNIS TABLE TENNIS ROOM	15h00 SOCIAL POOL & SNOOKER MEZZANINE LEVEL	17h40 SPRINGBOKS VS SCOTLAND LSC	
	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

7 July

Isobel Firmin- Noordhoek

Daphne Wesselo-Noordhoek

8 July

**Cilla Grimmer -
Noordhoek**

9 July

**Brian Roos -
Noordhoek**

ANNIVERSARIES

6 July

Mark & Elinor Wilson- Noordhoek

7 July

Ben & Daphne Raubenheimer- Noordhoek

10 July

Ron & Ronnie Adams - Noordhoek

11 July

Derrett & Heather Evans - Noordhoek

New Residents

Rowena Stead House 2



'HOWARD'S END'



MOVIE

The encounter of three social classes of England at the beginning of the twentieth century: the Victorian capitalists (the Wilcoxes) considering themselves as aristocrats, whose only god is money; the enlightened bourgeois (the Schlegels), humanistic and philanthropic; and the workers (the Basts), fighting to survive.

The Schlegel sisters' humanism will be torn apart as they try both to softly knock down the Wilcox's prejudices and to help the Basts.

Directed by James Ivory. With Anthony Hopkins, Emma Thompson, Vanessa Redgrave, Helena Bonham Carter.

Where: Cinema Room 1

When: Thursday 9 July at 2.30pm sharp

RSVP: Booking form on notice board



Falstaff

(Giuseppe Verdi)

Date: Tuesday 7 July 2026

Time: 2pm

Venue: Cinema Room

The Metropolitan Opera's April 2023 presentation of Giuseppe Verdi's 'Falstaff' was a revival of director Robert Carsen's acclaimed production, which relocates Shakespeare's Windsor from the 15th century to post-war England in the 1950s. The story remains faithful to Shakespeare's 'The Merry Wives of Windsor', centering on the aging knight Sir John Falstaff (Michael Volle), whose boundless self-confidence far exceeds his dwindling fortune and social standing.

At the Garter Inn, the perpetually indebted Falstaff devises a scheme to restore his finances. Believing his charm irresistible, he sends identical love letters to two wealthy married women, Alice Ford (Ailyn Pérez) and Meg Page (Jennifer Johnson Cano), hoping to seduce them

and gain access to their husbands' money. His companions Bardolph and Pistol refuse to assist in what they consider a dishonourable enterprise, but Falstaff presses ahead undeterred.

The plan quickly unravels. Alice and Meg compare their letters and discover they have received exactly the same declaration of love. Amused rather than offended, they enlist Mistress Quickly (Marie-Nicole Lemieux) and Alice's daughter Nannetta (Hera Hyesang Park) in a conspiracy to teach the boastful knight a memorable lesson. Meanwhile, Alice's jealous husband Ford (Christopher Maltman) learns of Falstaff's intentions and secretly plots revenge of his own. Disguising himself as "Mr. Fontana", Ford visits Falstaff and encourages him to pursue Alice, hoping to catch both of them in an imagined act of infidelity. Falstaff, delighted by the apparent support, boasts openly of his plans, driving Ford into a rage.

The women's first trap succeeds brilliantly. Lured to Alice's home for a romantic rendezvous, Falstaff is forced to hide when Ford unexpectedly arrives with a search party. To avoid discovery, he is bundled into a large laundry basket and dumped into the River Thames. Though humiliated, Falstaff's vanity remains intact, and he readily accepts another invitation from Alice.

The second and final trick takes place at night in Windsor Forest. The women persuade Falstaff to appear disguised as the legendary Black Hunter. Instead, he finds himself surrounded by townsfolk masquerading as fairies, elves, and woodland spirits. They torment and mock him until the joke is revealed. Recognizing that he has been thoroughly outwitted, Falstaff accepts the situation with surprising good humour. At the same time, the young lovers Nannetta and Fenton (Bogdan Volkov) are able to marry despite Ford's earlier objections.

Verdi concludes the opera not with bitterness but with laughter. Falstaff leads the entire company in a dazzling final fugue proclaiming that "all the world's a joke" (*Tutto nel mondo è burla*), celebrating human folly as a universal condition. The result is a warm-hearted comedy in which wit triumphs over vanity and every character, including Falstaff himself, becomes part of the joke.



Book using the booking list on the notice board



ALIDA'S FASHIONS WILL BE VISITING
EVERGREEN NOORDHOEK
ON MONDAY 13 JULY 2026
FROM 10h00am
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



Evergreen MID-WINTER MARKET

*What's better on a Winter's day
than indoor shopping at our Artisanal market.*



WHERE:

Evergreen Lifestyle
Retirement Village
Noordhoek,
Glencairn Expressway



WHEN:

Friday,
24 July



TIME:

10h30 – 16h00



Quality food products, cheese, jams, breads,
nuts, confectionery, samosas



Innovative Crafts, clothing, candles, art glasses,
jewellery, soap, pottery and so much more...



The QR Code will allow you access
into the village/to the market.

**SIMPLY SAVE THE QR CODE
INTO YOUR PHONE TO SHOW
SECURITY UPON YOUR ARRIVAL.**





REPETITIVE BEHAVIORS

Are Often Distress Signals

≡ NOT "BAD BEHAVIOR" ≡



BEHAVIOR IS COMMUNICATION. UNDERSTANDING IS COMPASSION.

WHAT IT MIGHT LOOK LIKE



Repeatedly opening drawers or doors



Folding, sorting, or arranging items over and over



Pacing, wandering, or walking in circles



Asking the same questions again and again



Tapping, clicking, or making repetitive sounds



Repeatedly sitting down and standing up



Collecting or taking items repeatedly

WHAT THEIR BRAIN MIGHT BE SAYING

"I'm trying to find safety or orientation."



"I need purpose, comfort, and something familiar."



"I feel restless, anxious, or overwhelmed."



"I need reassurance. Are you here with me? Am I safe?"



"I need sensory input or a way to soothe myself."



"I need help with discomfort, pain, or unsettled energy."



"I'm searching for something that feels meaningful to me."



WHAT CAN HELP



Create calm, predictable environments.



Use a soothing tone and offer reassurance.



Reduce noise and overstimulation.



Offer purposeful, meaningful activities.



Validate feelings instead of correcting.



Check for unmet needs: pain, hunger, thirst, fatigue.



See the person. Understand the story beneath the repetition.

THE GOAL IS NOT TO ELIMINATE THE BEHAVIOR.

The goal is to reduce distress.

WHY DOES IT HAPPEN?



Anxiety or Overstimulation



Lack of Meaningful Activity



Pain or Physical Discomfort



Hunger, Thirst or Fatigue



Loneliness or Fear



Need for Movement



Searching for Familiarity or Identity



Overwhelmed Nervous System

Repetitive behaviors are often not symptoms of "difficult dementia."

They are **distress signals** from a brain trying to survive confusion with **dignity.**



SOMETIMES THE MOST POWERFUL RESPONSE IS NOT CONTROL.

≡ It is Understanding. ≡

SEE ME. UNDERSTAND ME. STAY WITH ME. ≡





FIXTURES 2026



SPRINGBOKS FIXTURES 2026



20 JUNE 2026	15:00	SPRINGBOKS vs BARBARIANS	
4 JULY 2026	17:40	SPRINGBOKS vs ENGLAND	
11 JULY 2026	17:40	SPRINGBOKS vs SCOTLAND	
18 JULY 2026	17:40	SPRINGBOKS vs WALES	
8 AUGUST 2026	21:00	SPRINGBOKS vs ARGENTINA	
22 AUGUST 2026	17:00	SPRINGBOKS vs ALL BLACKS	
29 AUGUST 2026	17:00	SPRINGBOKS vs ALL BLACKS	
5 SEPTEMBER 2026	17:00	SPRINGBOKS vs ALL BLACKS	
12 SEPTEMBER 2026	17:05	SPRINGBOKS vs ALL BLACKS	
27 SEPTEMBER 2026	11:45	SPRINGBOKS vs AUSTRALIA	
13 NOVEMBER 2026	TBC	SPRINGBOKS vs FRANCE	
21 NOVEMBER 2026	TBC	SPRINGBOKS vs IRELAND	

27-29 NOVEMBER 2026 NATIONS CHAMPIONSHIPS FINALS





EVERGREEN
NOORDHOEK
SHUTTLE
Services

with
Eshels Transport



When:
EVERY FRIDAY



Time:
9AM – 12PM



Destination:
**LONGBEACH MALL
& CHECKERS**



**BOOK WITH RECEPTION
ON EXT. 2400**



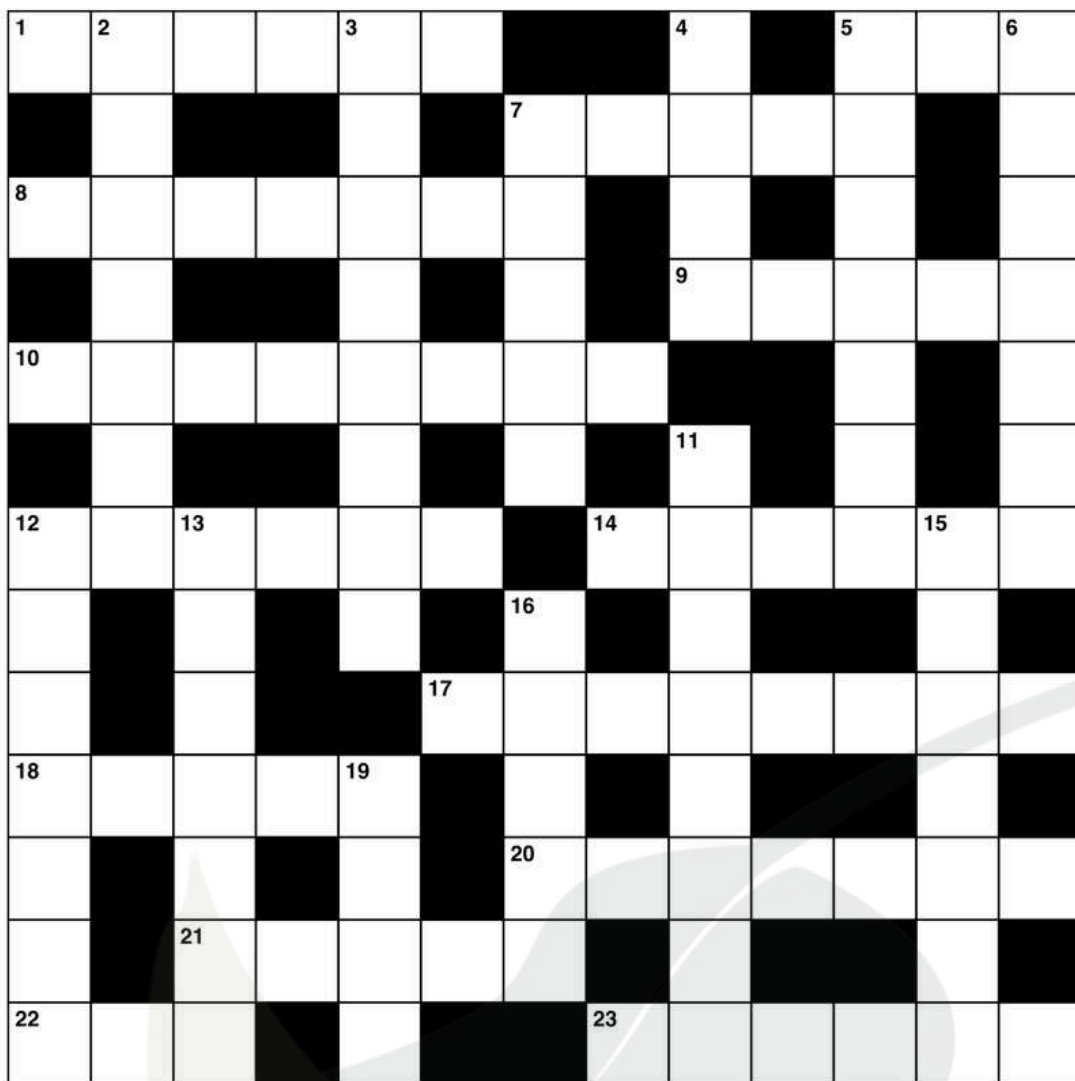
Crossword Puzzles

Across

- 1 - Spring back (6)
- 5 - Work of creativity (3)
- 7 - Noble gas (5)
- 8 - Forgive (7)
- 9 - Arms and legs (5)
- 10 - Forms of payment (8)
- 12 - Farmer (6)
- 14 - Tall structures (6)
- 17 - Moan (8)
- 18 - Connective tissue (5)
- 20 - Robbers at sea (7)
- 21 - Unpleasant giants (5)
- 22 - Male offspring (3)
- 23 - Chooses (6)

Down

- 2 - Space shuttle (7)
- 3 - Educational institutions (8)
- 4 - Hero (4)
- 5 - Excite (7)
- 6 - Thin papers (7)
- 7 - Dares (anag) (5)
- 11 - Bodily (8)
- 12 - Chats (7)
- 13 - Belief (7)
- 15 - Clothing (7)
- 16 - Great successes (5)
- 19 - Thin cable (4)



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



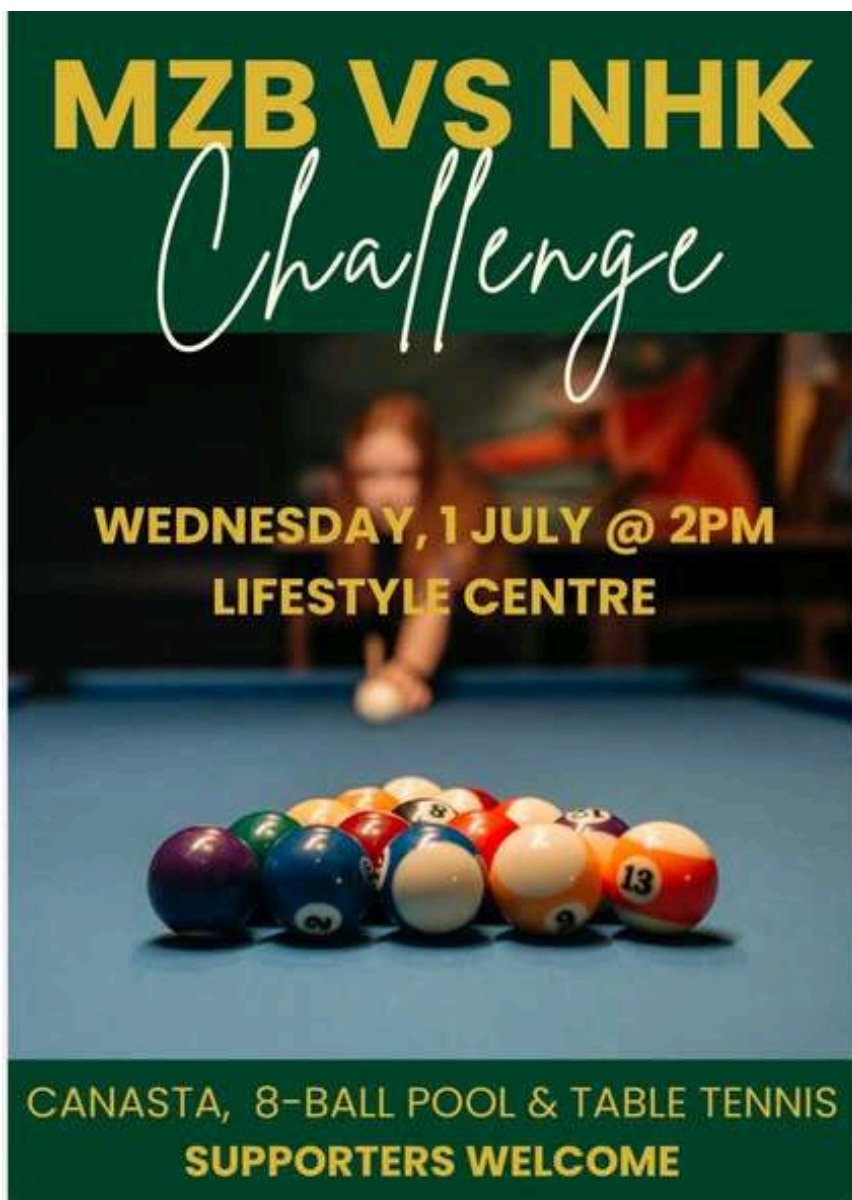
Landscapes

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



Muizenberg Village vs Noordhoek Village Pool Challenge!

Please click on the picture to see all the action from this exciting challenge. A huge congratulations to all the players on a great competition—well done to everyone who took part!

Thank you to all our supporters for cheering them on.

Be sure to follow our **Evergreen Facebook Page** for the latest news, updates, and upcoming events!



**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



Dinner and Dance
with El Vision Cabaret

CHRISTMAS

in *July*

NOORDHOEK

STARTERS

Baked Camembert
with fruit and a berry compote. Served with malva toast
R50

OR

Tomato basil soup
with a slice of garlic bread
R50

Join us from 6pm
Decorate your own table

 **THE FYNBOS**
Bistro

MAINS

Buffet

Honey glazed Gammon
Slow Roasted Beef
Rosemary Roast Lamb

All served with
Baked sweet potato
Cauliflower broc bake
Roast potatoes
Carrots and peas medley
Yorkshire pudding

R200



DESSERTS


Steamed Christmas pudding with homemade custard
R50

OR


Peppermint Tart
R50

OR


Trifle pudding
R50

Evergreen Noordhoek Lifestyle Centre
Friday : 31 July 2026
Seating from 18h00 // Book at the Fynbos Bistro

Monday: 6 July

Monterrey chicken bake: Chicken breast brushed with BBQ sauce, topped with tomato and a hint of chilli then topped with mozzarella cheese and oven baked. Served with rice, butternut and baby marrows
N: R90 // L: R70 // Family: R285
OR
Baked penne bake: Bolognaise sauce with a creamy sauce with penne pasta, topped with cheese and baked in the oven
N: R90 // L: R70 // Family: R285
Soup of the day: Chicken noodle soup R45
Vegetarian of the day: Lentil bolognaise over spaghetti pasta

Tuesday: 7 July

Savoury bake potato: Bake potato topped with savoury mince and cheese, served with garden peas and butternut
N: R95 // L: R75 // Family: R300
OR
Chicken BBQ breast: Served with baby roasted garlic potatoes, butternut and baby marrows
N: R90 // L: R70 // Family: R285
Soup of the day: Mushroom soup R45
Vegetarian of the day: Lentil meatloaf with mash, broccoli and carrots

Wednesday: 8 July

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 and carrots
N: R95 // L: R75 // Family: R300
OR
Korean BBQ pork: With egg fried rice and broccoli
N: R90 // L: R70 // Family: R285
Soup of the day: Tomato basil soup R45
Vegetarian of the day: Savoury bake potato filled with meat free mince

Thursday: 9 July

Chicken stroganoff: Chicken breast in a creamy mushroom stroganoff sauce. Served with basmati rice, green beans and butternut
N: R95 // L: R75 // Family: R300
OR
Braised Pork adobo: Pork fillet braised with vinegar, soya, ginger and spinach. Served with rice, garden peas and butternut
N: R90 // L: R70 // Family: R285
Soup of the day: Butternut soup R45
Vegetarian of the day: Mushroom stroganoff served with basmati rice, green beans and butternut

Friday: 10 July

Japanese Chicken burger: Marinated strips of chicken breast in soy sauce, garlic and ginger, then coated in corn flour and fried. Served with side chips
N: R90 // L: R70 // Family: R285
OR
Beef frikkadels: Our homemade beef frikkadels served with mash, gravy, garden peas and carrots
N: R95 // L: R75 // Family: R300
OR
Grilled or Fried Fish: Served with chips, coleslaw and tartar sauce
N: R120 // L: R90 // Family: R350
Soup of the day: Broc bacon soup R45
Vegetarian of the day: Veg frikkadels with gravy, mash, garden peas and carrots

Saturday: 11 July

Mongolian beef: Beef sauteed with carrots, onions, ginger, garlic, soya sauce and a little chilli flakes served with basmati rice
N: R95 // L: R75 // Family: R300
OR
Chicken pasta bake: A creamy tomato chicken pasta with macaroni, then topped with cheese and baked
N: R90 // L: R70 // Family: R285
Vegetarian of the day: Thai lentil veg curry with basmati rice

Sunday: 12 July

Roast Gammon or Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley
Sticky toffee pudding with custard or ice-cream
R180
Vegetarian of the day: Meat free wellington with roast potatoes, rice and veg of the day

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

