

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEKLY MENU

Dear Resident,

FEDICS' payment system is now up and running.

Kindly pop down to the Bistro in order to receive your 'TAG' and have it Activated (Provided you have topped up your account).

This 'TAG' is your means for paying for your meals, you simply 'Tap & Pay'.
One of the BISTRO Staff will give you lesson (or 2) on how to use your Tag.

Topping up your account is very easy

Option 1 – pay with your debit or credit card a lump sum **OR**

Option 2 – EFT into the banking details below:

Bank: **Standard Bank**

Branch: **Merriman Square**

Account: **Current**

Account number: **070639361**

Proof of payment (POP) to be sent to Hilde Swinnen: hswinnen@tsebo.com

When sending the POP please indicate the follow:

Village

Unit Number

Name and Surname

NB! if this is not done, it will take some time to allocate your funds accordingly.

Some general points:

Daily Meal orders by 14h00, previous day

Sunday orders close Friday at 14h00

Same day meal cancellations by 9h00

Use the pre-paid account system or pay via Debit or Credit card

No cash payments accepted

Home deliveries will be 11h30

Add an additional R10 for take-aways

Do not hesitate to contact **Nikki Kellerman**, the Unit Manager on **ext. 2249** if you wish to discuss any catering matters.

TSEBO

WE DEVELOP PEOPLE, TO SERVE
PEOPLE, TO UPLIFT SOCIETY

TSEBO
50+
YEARS
FROM 1971 - 2022

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WEEK 6 – 12 MARCH

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 6 March	Slow Baked Chicken Thighs with Sweet Potato and Gravy, Sauteed Baby Marrow	Sweet and Sour Pork Meatballs on a bed of Spaghetti with a Side Salad
Tuesday, 7 March	Beef Lasagne with a Cocktail Garlic Roll and Greek Salad	Seafood Paella with Fresh Lemon Slice and a Side Salad
Wednesday, 8 March Dessert: R25	Flame Grilled Chicken Leg Quarter with an Orange Glaze, Roast Potatoes, Broccoli and Cauliflower Au Gratin and Coriander Carrots Dessert: Apple Crumble with custard	Tenderized Beef Strips baked in Sour Cream and Brown Onion sauce, served on Mash with Coriander carrots Dessert: Apple Crumble with custard
Thursday, 9 March	Mild Butter Chicken served with Basmati Rice, Yoghurt and Cucumber Sambals and Sauteed Green Beans	Saucy BBQ Beef Sausages served on Parmesan Mash with Brown Onion Gravy, Corn Wheels and Minted Peas
Friday, 10 March	Deep Fried Hake and Chips, Fresh Lemon Wedges, Tartare Sauce and Coleslaw	Garlic and Herb Crusted Pork Chops with Mushroom Sauce and Savoury Rice, Roasted Beetroot and Green Beans
Saturday, 11 March	Chicken Thigh, Slow Baked with Lemon and Thyme, served with Buttery Sweet Potato Disks, and Gravy	Beef Burger on a Sesame Seed Bun with Pineapple Ring, Mayo and Chips
Sunday, 12 March Main meal R120 Dessert R25	Roast: Roasted Pork Fillet topped with a Creamy Mushroom Sauce, Potato Wedges, Roasted Eggplant and Spinach Stir Fry Dessert: Duo of Chocolate Mousse served with Waffle and Cream	

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WEEK 13 - 19 MARCH

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 13 March	Lemon and Herb Infused Chicken Thigh served with Savoury Rice, Roasted Beetroot with Feta	Individual Cornish Pie with Mash and baby Marrow
Tuesday, 14 March	Beef Stroganoff set on a Herbed Mash, with a Mediterranean Vegetables	Southern Fried Chicken Strips on a bed of Salad Greens, cocktail Tomato, Cucumber and Crispy Onion Rings
Wednesday, 15 March Dessert: R25	Grilled Pork Chop served with Garlic Baby Potatoes, Stir Fry Cabbage and Green Beans Dessert: Malva pudding with cream	Tuna Mayonnaise Pasta Bake served with a Cocktail Garlic Roll and a Side Salad Dessert: Malva pudding with cream
Thursday, 16 March	Creamy Chicken Casserole served with Parsley Rice, Cauliflower and Broccoli Bake	Cold Meat and Salad Platter (Chicken, Pastrami, Cocktail Vienna, Potato Salad, Carrot Salad)
Friday, 17 March	Greek Style Battered Hake, Spicy Rice, Tzatziki, Beetroot and a Garden Salad	
Saturday, 18 March	Honey and Mustard Chicken with Parsley Rice, Carrot and Pea Medley	Boneless Pork Rib Panini Burger, served with Chips
Sunday, 19 March Main meal R90 Dessert R25	Roast: Slow Roast Beef Topside served with Crumbed Mushrooms, Honey Mustard Sauce, Hasselback Potatoes, sauteed Green Beans and Roasted Butternut Dessert: Peach Cobbler	

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WEEK 20 – 26 MARCH

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 20 March	Chicken and Butternut Pasta Bake with a Cocktail Garlic Roll and Greek Salad	Mild Slow Cooked Beef Curry served with Yellow Rice, Fresh Sambals and Mexican Cut Corn and Chickpea Salad
Tuesday, 21 March	Hake Goujons with Savoury Rice, Lemon Butter sauce, Brussel Sprouts and Carrots	Pork Banger with Brown Onion Gravy, Cheddar Mash and Roasted Vegetables
Wednesday, 22 March Dessert: R25	Chicken Schnitzel served with Cheese Sauce, Potato Wedges, Baby Marrow and Corn Dessert: Choc sponge cake with ice cream	Beef and Vegetable Hot Pot served with white Rice and Beetroot Salad Dessert: Choc sponge cake with ice cream
Thursday, 23 March	Oven-Baked Pancakes with Creamy Chicken, served with Garden Salad and Roasted Broccoli	Meatballs cooked in Tomato and Basil Sauce, served with Mash, Baby Carrots and Peas
Friday, 24 March	Battered Hake with Chips, Fresh Lemon, Coleslaw and Three Bean Salad	Sweet and Sour Pork Stir-fry served on a bed of Noodles and a Garden Salad
Saturday, 25 March	Chicken Mayo and bacon Wrap with Chips and a Side Salad	Smokey Grilled Texan Beef Burger with Sesame Roll served with Chips and a Salad
Sunday, 26 March Main meal R90 Dessert R25	Roast: Rosemary Roasted Chicken leg quarter served with roasted Potatoes, Gravy, Butternut and Green Beans Dessert: Malva Pudding with Custard	

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WEEK 27 – 31 MARCH

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 27 March	Southern Fried Chicken with cheese sauce served with savoury rice, accompanied by roasted vegetables	Smoked Salmon fish cakes with tartare sauce, creamy mash served with roasted vegetables
Tuesday, 28 March	Bobotie with yellow rice, sambals, coconut and chutney. Accompanied by carrot and peas	Pork Schnitzel with mushroom and pepper sauce, potato wedges served with chunky mixed vegetables
Wednesday, 29 March Dessert: R25	BBQ chicken burgers topped with cheese and pineapple, served with sweet potato fries.	Beef and vegetable stew with white rice and beetroot salad
Thursday, 30 March	Boerewors with tomato relish, cheddar mash accompanied by roasted butternut and green beans	Niçoise Salad (Flaked tuna, cocktail tomato, cucumber, red onion and boiled egg)
Friday, 31 March	Deep Fried Hake with chips, fresh lemon wedges, coleslaw and carrot and pine salad	Macaroni and cheese pasta bake with bacon bits and mushrooms, accompanied by Greek salad.

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