

EVERGREEN MUIZENBERG

# WHAT'S COOKING

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## WEEKLY MENU

Dear Resident,

FEDICS' payment system.

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](mailto: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 09h00

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+1**  
YEARS  
FROM 1971 - 2022

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## WEEK 27 MARCH - 02 APRIL

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 27 March	Southern Fried Chicken with Cheese sauce, savoury rice, and roasted vegetables	Homemade Fish Cakes with Tartare sauce, creamy mash, and roasted vegetables
Tuesday, 28 March	Bobotie with yellow rice, sambals, coconut rice, chutney, carrots, and peas	Pork Schnitzel with mushroom sauce, potato wedges, served with chunky mixed vegetables
Wednesday, 29 March	BBQ Chicken Breast Fillet served with sweet potato fries and salad	Beef and Vegetable Stew with rice and beetroot salad
Thursday, 30 March	Homemade Lamb Mince Pie, served with mash and mint gravy	Tagliatelle Carbonara topped with a roasted tomato and basil sauce
Friday, 31 March	Battered Hake served with chips, coleslaw, and a lemon wedge	Beef Stir Fry served with parsley rice
Saturday, 01 April	Creamy Chicken, bacon, and Mushroom Tagliatelle with Side Salad	Steak and Kidney Pie or Beef Sausage Roll, Rosemary gravy Chips & Side salad
Sunday, 02 April <b>Main meal R120</b> <b>Dessert R25</b>	Slow roast leg of lamb served with garlic potatoes, Mediterranean style roasted vegetables, mint sauce & Yorkshire pudding	<b>Dessert:</b> Apple crumble with cream

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## WEEK 03 - 09 APRIL

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 03 April	Sesame Beef Strips, egg noodle, Asian Style Stir-fry Vegetables, Garden Salad	Creamy Chicken a la King, Herbed White Rice, Roasted Butternut, Sautéed Green Beans
Tuesday, 04 April	Homemade express Pizza – Grilled Chicken, Mixed Peppers, Chutney, Sweet Red Onion, Mozzarella and Cheddar Cheese	Ham & Mushroom Quiche served with Rosemary Sweet Potatoes, Country Gravy
Wednesday, 05 April	Seafood Paella topped with Hake Goujons & Lemon Wedges	Cold Meat Platter – Chicken Strips, Beef Chipolata, Boiled Eggs, Pasta Salad, Green Salad, & a Cocktail Garlic Roll
Thursday, 06 April	Lamb Liver with Mash and Gravy, scooped out Gem Squash filled with Creamy Sweetcorn	Pork Banger with Mash. Baby Onions, Roasted Butternut. Brown Onion Gravy
Friday, 07 April	Hake Fillet Coated in a dill batter, served with potato wedges, Carrot & Pineapple salad or Pickled Hake with Hot cross Buns	Roast chicken thighs with orange and Rosemary gravy, served with roast potatoes
Saturday, 08 April	Sweet Chilli Chicken & Cheese Wrap with Sweet Potato Fries & a Side Salad	Beef Rib Burger with Smokey BBQ sauce on a Sesame Seed Bun with Chips and Side Greens
Sunday, 09 April <b>Main meal R95 (Both options) Dessert R25</b>	Seared Gammon steak served with sweet roasted baby onions, apple & Rosemary gravy, cinnamon pumpkin & Brussel sprouts <b>Dessert:</b> Trifle	Smokey grilled chicken breasts, served with Thyme infused gravy, potato Croquettes and country vegetables <b>Dessert:</b> Trifle

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## WEEK 10 - 16 APRIL

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 10 April	Beef Cordon Bleu stuffed with Ham and Mushroom served Cheese Sauce and Potato Wedges	Sweet & Sour Pork Stew served on a bed of White Rice with Beetroot & Feta Salad
Tuesday, 11 April	Hake Goujons with Savoury Rice, Lemon Butter Sauce, and baby Carrots	Chicken Schnitzel with Mushroom Sauce, served with Grilled Cubed Aubergines and Baby Marrow
Wednesday, 12 April	Sliced Pork Fillet with Roast potato, Gravy, caramelized Carrots, Onion, and Smokey flavored Corn	Cottage Pie with Yellow Rice, Chutney, Grilled Cauliflower & Broccoli
Thursday, 13 April	Butter Chicken with Basmati Rice and Sambals	Tortilla Wrap filled with Saucy Steak Strips, Lettuce, Tomato and Red Onion, served with Chips
Friday, 14 April	Lemon & Herb seasoned Hake fillet served with Rainbow Coleslaw and Chips	Beef Moussaka served with a Garlic Roll and Beetroot and Onion Salad
Saturday 15 April	Beef Burger topped with Pineapple Ring, Sliced Cheese and Red Onion Sliced on a Seeded Bun served with Chips & Pepper sauce	Individual Pepper Steak Pie served with Chips, Mushroom Sauce & a Side Salad
Sunday, 16 April <b>Main meal R95</b> <b>Dessert R25</b>	Classic roast beef served with mushroom sauce, Hasselback potatoes, Cauli & broccoli gratin & sweet pumpkin	<b>Dessert:</b> Banoffee Pie

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## WEEK 17 - 23 APRIL

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 17 April	Cheddar melt Chicken Fillet served with a Bacon & Mushroom sauce, and Garlic Potato Wedges, Leafy Salad with Cherry Tomato & Mozzarella Cubes	Greek Meatballs in a Tomato Basil Sauce, served with Penne Pasta and a side Salad
Tuesday, 18 April	Beef & Vegetable Pie served with Mash, Gravy and Green Beans	Roasted Chicken Leg Quarter, Served with Potato Salad, Chunky Tomato, Onion and Cucumber salad in a Balsamic Reduction
Wednesday, 19 April	Home-made Fish Cakes served with Creamy Parsley sauce, Steamed Baby Potatoes & Side Salad	Bacon, Cheese & Avo, Lettuce Wrap with a Roasted Red Pepper Dressing served with a portion of Chips
Thursday, 20 April	Lamb stew with Cous-cous served with Mediterranean Roasted Vegetables	Chicken Burger with Mushroom Sauce, Potato Wedges and a Greek Salad
Friday, 21 April	Deep Fried Battered Hake with savoury Rice, Steamed Broccoli with a Lemon Butter sauce	Bacon & Mushroom Pasta Bake served with Leafy Green salad & Garlic Roll
Saturday 22 April	Beef Sausage with Chakalaka, Mash and Scooped out Gem squash filled with creamy Sweetcorn	Vegetable Lasagne with a Cocktail Garlic Roll & a Side Salad
Sunday, 23 April <b>Main meal R95 (Both options) Dessert R25</b>	Pork neck served with cauliflower & broccoli bake, roast potatoes & honey glazed baby carrots <b>Dessert:</b> Peppermint crisp	Honey & mustard basted chicken thighs with cauliflower & broccoli bake, roast potatoes & honey glazed baby carrots <b>Dessert:</b> Peppermint crisp

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## WEEK 24 - 30 APRIL

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 24 April	Home-made Lamb mince pot pie served with minted gravy, pea mash and roasted vegetables	Pork meatballs served on Egg Noodles with Coriander, honey and soy sauce, served with a French salad
Tuesday, 25 April	Cornflake encrusted chicken schnitzel served with Asian sauce, potato chips, cauliflower and red apple & raisin salad	Spaghetti Bolognese topped with grated Parmesan
Wednesday, 26 April	Grilled Pork chop served with garlic baby potatoes, stir-fry cabbage and green beans	Tuna pasta bake served with garlic roll and a side salad
Thursday, 27 April	Pulled pork phyllo pastry parcel served with potato bake, savoury Baby carrots and peas	Creamy chicken and mushroom stew served on herbed white rice
Friday, 28 April	Tempura Hake served with chips and Island sauce and Coleslaw with raisins	Bacon, chicken and mushroom Tagliatelle pasta served with a side salad
Saturday 29 April	Boneless pork rib Panini, served with chips and a leafy green salad	<b>Cold Meat Platter:</b> Beef Pastrami, Salami, boiled eggs, potato salad, green salad and a cocktail garlic roll
Sunday, 30 April <b>Main meal R95</b> <b>Dessert R25</b>	Slow Roast Beef Topside served with Onion Gravy, Roast Potatoes, Corn Fritter, Braised Spinach and Mushrooms <b>Dessert:</b> Baked caramelised pear with custard	

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