

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

WEEKLY MENU

Dear Resident,

Bistro payment system.

To begin the process you need to deposit a sum of money into our account. There are two ways –

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**

Once done please send proof of payment (POP) to Hilde Swinnen: hswinnen@tsebo.com with the following details -

- Village
- Unit Number
- Name and Surname

To start ordering meals and refreshments please come to the Bistro counter, we will issue with your own 'TAG' and have it activated.

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 this Tag.

We are currently still using the manual system to book daily lunches, and will be introducing an electronic booking system form next week.

To top up your account you simply follow the same process.

Some general points:

- Daily Meal orders by 14h00, previous day
- Sunday orders close Friday at 14h00
- Same day meal cancellations by 09h00 otherwise you will be charged for the meal booked.

- No cash payments accepted
- Home deliveries will be from 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 01 – 07 MAY

DATE	OPTION 1 – R65	
Monday, 01 May	Braai Special: Sirloin steak, basted chicken thigh with potato salad, fresh garden salad and garlic roll	
Tuesday, 02 May	Roasted chicken thigh served with baked potato and a garden salad	Bacon and vegetable cous-cous served with a roasted vegetable
Wednesday, 03 May	Creamy Beef mince pasta served with a cocktail roll and Greek salad	Chicken kebabs served with a curry noodle salad and a carrot and pine salad
Thursday 04 May	Thai green chicken curry with basmati rice and sambal	Vegetarian Creamed spinach and feta stuffed butternut with brown rice and beetroot salad
Friday 05 May	Battered hake served with chips, onion rings, carrot and pine salad and a lemon wedge	Sweet and sour pork strips with yellow and red peppers served inside a roll, served with a side of chips and a green salad
Saturday 06 May	Homemade express pizza: Mildly spiced chicken, mixed peppers, sweet chilli, red onion, mozzarella, and cheddar cheese	Chicken and mushroom pie or a beef sausage roll, gravy, chips and a side salad
Sunday, 07 May Main meal R120 Dessert R25	Roast Slow Roast Leg of Lamb served with mint sauce, pumpkin fritter, roast potatoes, creamed brussels sprouts, and baby onions. Dessert Bread and butter pudding	

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WEEK 08 – 14 MAY

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 08 May	Lamb and butter bean curry served with fluffy white rice and cucumber sambal	Sweet and sour chicken stir -fry served with egg noodles and vegetables
Tuesday, 09 May	Pork bangers served with mash, gravy, peas, and baby carrots	Hearty beef and lentil casserole on parsley rice, roasted pumpkin, and brussels sprouts
Wednesday, 10 May	Southern fried chicken drumsticks served on a bed of salad greens, cocktail tomatoes, cucumber and crispy onion rings with a portion of chips	Tuna and mayonnaise pasta bake served with cocktail garlic roll and a garden salad
Thursday, 11 May	Chicken burger topped with cheese, pineapple ring served with potato salad and sweet potato fries	Vegetarian Moroccan style vegetable stew with brown rice and a beetroot salad
Friday, 12	Fried hake with chips, Greek salad, tartare sauce and fresh lemon	Macaroni and cheese with bacon bits and mushroom accompanied by a Greek salad and a cocktail roll
Saturday, 13 May	Chicken mayo and bacon wrap served with chips and a side salad	Vetkoek with savoury mince and vegetable filling
Sunday, 14 May	Mother's Day Carvery Menu to follow	

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WEEK 15 – 21 MAY

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 15 May	Mutton Breyani served with cumin infused cauliflower florets	Oven baked pancakes filled with creamy chicken, served with a garden salad and roasted broccoli
Tuesday, 16 May	Pork and apple pie, served with cinnamon pumpkin, garlic potatoes and beetroot	Spaghetti Bolognese with a garlic roll and side salad
Wednesday, 17 May	Lemon and herb infused chicken leg quarter, served with savory rice, roasted butternut and a country gravy	Beef and mushroom pie served with mashed potato and seasonal veg
Thursday, 18 May	Bacon, onion and mushroom quiche, served with honey glazed carrots and a creamy bechamel sauce	Vegetarian Creamy macaroni and cheese with roast vegetables and mushroom sauce
Friday, 19 May	Battered hake served with chips, 3 bean salad and a lemon wedge	Smoked Kessler pork chop, served with mash potato and oven roasted vegetables and a gravy
Saturday, 20 May	Beef Burger topped with caramelized onions, sliced tomato, cucumber, accompanied by sweet potato fries	Spicy mince and cheddar cheese nachos with tomato salsa and guacamole
Sunday, 21 May Main meal R95 Dessert R25	<p align="center">Roast Slow roast beef served with Yorkshire pudding, roast potatoes, gravy and accompanied by cauliflower & broccoli au gratin and baby carrots</p> <p align="center">Dessert: Traditional Trifle</p>	

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WEEK 22 – 28 MAY

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 22 May	Mild slow cooked beef curry served with yellow rice, fresh sambal, cut corn and chickpea salad	Creamy Chicken a' la King on a bed of parsley rice, accompanied by roasted butternut and steamed broccoli
Tuesday, 23 May	Shepards Pie served sauteed green beans, beetroot and onion salad with chutney on the side	Grilled BBQ chicken fillet, served with chips, onion rings and pumpkin and Brussel sprouts
Wednesday, 24 May	Boerewors with tomato relish, cheddar mash and roasted butternut and green beans	Chicken and mushroom pie served with garlic baby potatoes and carrot batons
Thursday, 25 May	Cape Malay Bobotie served with yellow rice, sambals and chutney	Vegetarian Vegetarian Lasagne with baby marrow and corn salad
Friday, 26 May	Tempura Hake with savoury rice, steamed broccoli and lemon butter sauce	Sesame beef strips served on a bed of Asian style stir-fry vegetables and a green salad
Saturday 27 May	Chicken fillet burger topped with a creamy mushroom sauce and served with masala spiced chips	Niçoise salad (flaked tuna, cocktail tomatoes, cucumber, red onion and boiled egg) served with a cocktail garlic roll
Sunday, 28 May Main meal R90 (Both options) Dessert R25	<p>Roast Roasted pork belly served apple sauce, cinnamon butter, pan fried green beans and roasted baby potatoes</p> <p>Alternative Rosemary roasted chicken drumstick and thigh with roasted baby potatoes, pan fried green beans and gravy</p> <p>Dessert Chocolate Mousse with a biscuit crumb</p>	

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WEEK 29 – 31 MAY

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 29 May	Hake goujons served with brown fried rice, lemon butter sauce, accompanied with Brussel sprouts and carrots	Creamy chicken and mushroom Tagliatelle served with a side salad
Tuesday, 30 May	Tenderised steak served with creamy mash potato, cinnamon infused butternut and scooped out gem squash filled with creamy sweetcorn	Grilled chicken salad topped with cherry tomato, Avo and feta cheese, served with a cocktail roll
Wednesday, 31 May	Spinach and feta stuffed chicken breast, served with a creamy mushroom sauce and oven roasted vegetables	Green pasta mince bake served with roast vegetables and gravy

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