

EVERGREEN MUIZENBERG

WHAT'S COOKING

EVERGREEN
lifestyle
muizenberg

MONTHLY 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 – 02 JULY

DATE	OPTION 1 – R65	OPTION 2 – R50
Saturday 01 July	Coconut beef curry, basmati rice, served with a coriander salsa	Bacon and vegetable cous-cous served with roast veg
Sunday, 02 July Main meal R95 Dessert R25	Roast Slow roast beef served with Yorkshire pudding, roast potato, cauliflower and broccoli au gratin and baby carrots Dessert Malva pudding with custard	

Daily Meal orders by 14h00, previous day
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Same day meal cancellations by 9h00

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Home deliveries 11h30
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WEEK 03 – 09 JULY

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 03 July	Homemade steak and kidney pie, yellow rice, pumpkin, and gravy	Pork banger with mash, peas, carrots, and gravy
Tuesday, 04 July	Penne pasta with basil pesto chicken and a side salad	Sausage and bean stew, herbed white rice, and beetroot
Wednesday, 05 July	Fish cakes served with steamed broccoli, garlic baby potatoes, and a creamy parsley sauce	Chicken strips, potato wedges, green salad and a roll
Thursday, 06 July	Beef lasagne, Greek salad, garlic roll	Vegetarian Mushroom stroganoff served on a bed of egg noodles
Friday, 07 July	Fish and chips, tartare sauce, fresh lemon, and a 3-bean salad	BBQ beef wrap with red onion and pineapple, served with chips and sweet chilli sauce
Saturday, 08 July	Bacon and mushroom quiche, served with baby marrow and green beans	Chicken a la king, herbed rice, butternut, and brussels sprouts
Sunday, 09 July Main meal R95 Dessert R25	<p style="text-align: center;">Roast Roast Eisbein served with roast potatoes, steamed peas and baby carrots, yellow rice and a creamy bechamel sauce. (Chicken option available on request)</p> <p style="text-align: center;">Dessert Poached pear with custard</p>	

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WEEK 10 – 16 JULY

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 10 July	Chicken kebabs served with a curry noodle salad, carrot and pine and sweet potato fries	Sausage and onion quiche with sweet potatoes, butternut and a country gravy
Tuesday, 11 July	Pork stir-fry served on a bed of egg noodles with a side salad	Spaghetti and meatballs in a Napolitana sauce, served with country style veg
Wednesday, 12 July	Butter chicken, basmati rice, served with a coriander salsa	Crumbed chicken burger with fries and salad
Thursday, 13 July	Smokey pulled pork served in a Portuguese roll, with sweet potato fries and a garden salad	Vegetarian Lentil and veg casserole with herbed white rice and green beans
Friday, 14 July	Fish and chips, coleslaw, fresh lemon and 1000 island sauce	BBQ chicken drumsticks, savoury rice, creamed spinach, and butternut
Saturday, 15 July	Savoury mince filled pancake with roast veg and creamy white sauce	Beef sausage, mash, cauliflower, and broccoli with a brown onion gravy
Sunday, 16 July Main meal R95 Dessert R25	<p style="text-align: center;">Roast Roast beef with rosemary and garlic, potato bake, roasted seasonal vegetables, and gravy.</p> <p style="text-align: center;">Dessert Sago pudding with custard</p>	

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WEEK 17 – 23 JULY

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 17 July	Citrus and thyme roasted leg quarter, served with garlic baby potatoes, pumpkin, and green beans	Honey and mustard glazed pork chop, served with roast potatoes and mixed roast vegetables
Tuesday, 18 July	Green bean beef bredie, served with white rice, beetroot, and onion salad	Meatloaf, served with creamy mashed potatoes, gem squash and baby carrots
Wednesday, 19 July	Beef and butterbean stew, served with fluffy white rice and a side salad	Ham and mushroom quiche, served with a green salad and sweet potato fries
Thursday, 20 July	Beef Breyani, served with a cucumber and tomato sambal	Vegetarian Chickpea curry served with fluffy white rice and a garden salad
Friday, 21 July	Fish and chips, fresh lemon, carrot and pine salad, and tartare sauce	Sweet and sour pork stir fry on a bed of spaghetti, and a green salad
Saturday, 22 July	Beef sausage roll, chips, and a garden salad	Chicken strips, chips, and a garden salad
Sunday, 23 July Main meal R120 Dessert R25	<p>Roast Roast leg of lamb, roast potatoes, baby onions, seasonal roasted vegetables with a mint sauce.</p> <p>Dessert Peppermint crisp tart</p>	

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WEEK 24 – 30 JULY

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 24 July	Beef lasagne, garlic roll and Greek salad	Chicken and mushroom pie, savoury rice, broccoli, and gravy
Tuesday, 25 July	Tenderised steak in a brown onion gravy, mashed potatoes, baby carrots and peas	Pork banger with mash, roasted baby onions, butternut, and gravy
Wednesday, 26 July	Creamy chicken, bacon, and mushroom tagliatelle with a side salad	Bacon, cheese and avo wrap with chips and BBQ sauce on the side
Thursday, 27 July	Lamb stew served with cous cous and roasted Mediterranean vegetables	Vegetarian Vegetable stir fry topped with fresh herbs, feta, and olives
Friday, 28 July	Fish and chips served with chips, fresh lemon, and a green salad	Grilled chicken breast, served with potato wedges, seasonal vegetables, and a mushroom sauce
Saturday, 29 July	Sticky chicken wings, chips, garlic roll and salad	Beef sausage, creamy mash, country style vegetables and gravy
Sunday, 30 July Main meal R95 (Both options) Dessert R25	Roasted pork belly served with apple sauce, cinnamon butter, pan fried green beans and roasted baby potatoes. (Chicken option available on request) Dessert Bread & Butter pudding	

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