

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](mailto: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 lesson (or 2) on how to use this Tag.

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

EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

## WEEK 31 July – 06 August 2023

DATE	OPTION 1 – R65	Option 2 – R50
Monday, 31 July	Beef stroganoff on a bed of herbed tagliatelle, served with a side salad	Fish cakes served with sweet potato, green beans, mash and a tomato relish
Tuesday, 01 August	Spaghetti Bolognese served with seasonal veg	Chicken curry with fluffy white rice and sambal
Wednesday, 02 August	Sweet and sour pork and vegetable pie served with potato wedges, pumpkin, and peas	Beef sausage, creamy mash served with carrots, peas, and gravy
Thursday, 03 August	Sauteed steak strips with onion and mixed peppers served with basmati rice and a rich gravy	Butternut and pea Breyani, served with a yoghurt dressing
Friday, 04 August	Fish and chips, fresh lemon wedge, tartare sauce and garden salad	Alfredo pasta topped with basil pesto, served with a side salad
Saturday, 05 August	Beef rib burger served on a toasted panini, with chips and a green salad	Vetkoek and mince served with a cucumber sambal
Sunday, 06 August <b>Main meal R95</b> <b>Dessert R25</b>	<p style="text-align: center;"><b>Roast</b> Slow roast beef, roast potatoes, baby carrots, steamed broccoli with sauteed sliced onions and a country gravy</p> <p style="text-align: center;"><b>Dessert</b> Coconut tart with cream</p>	

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 11h30  
Add an additional R10 for take-aways

EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

## WEEK 07 – 13 August

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 07 August	Chicken breyani served with pumpkin and sambal	Pork bangers, mash, peas, and a gravy
Tuesday, 08 August	Cottage pie served with creamy sweetcorn, butternut, and chutney on the side	Chicken stir fry with egg noodles and sesame seeds and a side salad
Wednesday, 09 August	BBQ beef pizza (Beef strips, mushrooms, mixed peppers), drizzled with a smokey BBQ sauce	Bacon and mushroom macaroni and cheese, roast vegetables, and mushroom sauce
Thursday, 10 August	BBQ basted sticky pork ribs, chips, and a Greek salad	Mediterranean roasted vegetable and cous cous salad topped with olives and feta, served with a side salad
Friday, 11 August	Fish and chips, lemon wedge and 3 bean salad, lemon butter sauce	Lemon and herb chicken breast fillet, served with chips, onion rings, sauteed baby marrow
Saturday, 12 August	Sweet and sour pulled pork Portuguese roll with salad greens and chips	Chicken mayo wrap served with chips and salad
Sunday, 13 August <b>Main meal R95</b> <b>Dessert R25</b>	<p style="text-align: center;"><b>Roast</b></p> <p>Orange and thyme infused chicken drumstick and thigh served with savoury rice, roast garlic baby potatoes, cauliflower and broccoli bake and a gravy.</p> <p style="text-align: center;"><b>Dessert:</b></p> <p>Lamington served with ice cream and chocolate sauce</p>	

**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**

**Add an additional R10 for take-aways**

EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

## WEEK 14 – 20 August

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 14 August	Ox Liver served with creamy mash, onion gravy, and roasted vegetables	Beef Moussaka accompanied by beetroot salad and a cocktail garlic roll
Tuesday, 15 August	Pulled pork phyllo parcel with potato bake, baby carrots and peas	Creamy chicken a la king served with white rice, butternut, and green beans
Wednesday, 16 August	Bobotie served with yellow raisin rice, roasted vegetables, and chutney	Fisherman's pie served with brussels sprouts and pumpkin and a gravy
Thursday, 17 August	Southern style fried chicken drumsticks served with potato wedges, carrot and pine salad and a sweet chilli mayo sauce	Green vegetable and feta pasta with a garden salad
Friday, 18 August	Fish and chips, lemon wedge, carrot and pine salad with a seafood sauce	Bacon and mushroom penne pasta with a creamy mushroom sauce, served with a side salad
Saturday, 19 August	Boerewors roll served with tomato and onion relish, potato chips, cheese sauce, side salad	Beef burger topped with sliced pineapple and cheese sauce, served with chips and salad
Sunday, 20 August <b>Main meal R120</b> <b>Dessert R25</b>	<p style="text-align: center;"><b>Roast</b> Roast leg of lamb, roast potatoes, cauliflower and broccoli, sweet butternut, served with a mint sauce.</p> <p style="text-align: center;"><b>Dessert</b> Grilled banana. Ice cream and chocolate sauce</p>	

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

Add an additional R10 for take-aways

EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

## WEEK 21 – 27 August

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 21 August	Crumbed pork chop, drizzled with a honey and mustard sauce, creamy mash, green beans, and diced pumpkin	Irish stew, served with fluffy white rice, roasted pumpkin, and baby marrow
Tuesday, 22 August	Mild beef curry served with poppadum s, and sambal	Boneless chicken wings, served with potato salad, grilled pineapple ring and a cocktail roll
Wednesday, 23 August	Deep fried calamari served with a potato chips, onion rings, side salad and a lemon and parsley mayo	Ham and mushroom, and spinach quiche, served with sweet carrots and peas, and a creamy bechamel sauce
Thursday, 24 August	Chicken and mushroom pie, yellow savoury rice, roast veg and a gravy	Vegetable breyani, served with beetroot and butternut, and sambal
Friday, 25 August	Fish and chips, coleslaw, lemon wedge and tartare sauce	Tomato bredie, herbed white rice, with mixed roast veg
Saturday, 26 August	Chicken kebabs, sweet potato fries, side salad and a mild curry sauce	Pork sausage, mash, and gravy with mushy peas
Sunday, 27 August <b>Main meal R95</b> <b>Dessert R25</b>	<p style="text-align: center;"><b>Roast</b></p> <p style="text-align: center;">Slow roast silverside, roast potatoes, creamed brussels sprouts, roasted seasonal vegetables and a country gravy.</p> <p style="text-align: center;"><b>Dessert</b></p> <p style="text-align: center;">Pecan nut chocolate brownie with cream</p>	

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

Add an additional R10 for take-aways

EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

## WEEK 28 – 31 August

DATE	OPTION 1 – R65	OPTION 2 – R50
Monday, 28 August	Beef Frikadel, mash potato, creamy sweetcorn, and roasted butternut	BBQ pork sosatie, potato wedges and side salad
Tuesday, 29 August	Tenderised steak cooked in a brown onion gravy, served with garlic baby potatoes, gem squash and baby carrots	Coconut beef curry served with herbed white rice and sambal
Wednesday, 30 August	Crumbed chickenburger topped with red onion rings, pickles, and a mushroom sauce and chips	Pork meatballs, tomato relish, creamy mash, butternut, and feta
Thursday 31 August	Cheddar melt Chicken Fillet served with a Bacon & Mushroom sauce, and Garlic Potato Wedges, Leafy Salad with Cherry Tomato & Mozzarella Cubes	Nachos with beans, corn, and grated cheese, served with salsa and yoghurt

**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**

**Add an additional R10 for take-aways**