

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 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

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WEEK 01 – 03 September 2023

DATE	OPTION 1 – R72	Option 2 – R58
Friday, 01 September	Fish and chips, fresh lemon wedge, tartare sauce and coleslaw	Chicken a la king, herbed white rice and steamed pumpkin
Saturday, 02 September	Mutton Rogan Josh, fluffy white rice, baby carrots	Beef sausage roll, green salad with chips and BBQ sauce
Sunday, 03 September Main meal R105 (Both Options) Dessert R28	<p style="text-align: center;"><u>Roast</u> Slow roast silverside, roast potatoes, Mediterranean roast vegetables and a brown onion gravy</p> <p style="text-align: center;"><u>Dessert</u> Malva pudding with custard</p>	
<p>Daily Meal orders by 14h00, previous day Sunday orders close Friday at 14h00 Same day meal cancellations by 9h00</p> <p>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</p>		

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WEEK 04 – 10 September

DATE	OPTION 1 – R72	OPTION 2 – R58
Monday, 04 September	Sweet and sour chicken, potato wedges, cauliflower and broccoli	Tomato bredie, parsley white rice, beetroot and onion
Tuesday, 05 September	Beef sausage, creamy mash, baby carrots, peas and a gravy	Spaghetti bolognese, topped with cheese, served with a green salad
Wednesday, 06 September	Pork Schnitzel with mushroom sauce, potatoes and diced mixed vegetables	Tagliatelle Carbonara topped with roasted tomato and basil sauce
Thursday, 07 September	Sesame beef strips, egg noodle, Asian style stir fried vegetables, garden salad	Vegetarian Caramelized carrots, green beans, and roasted chickpea salad with a light ranch dressing
Friday, 08 September	Fish and chips, lemon wedge, garden salad and seafood sauce	Green bean bredie, herbed rice and pumpkin
Saturday, 09 September	Bacon, mushroom, and vegetable cous-cous served with roast veg and a gravy on the side	Moussaka served with roast butternut, a garlic and cucumber yoghurt
Sunday, 10 September Main meal R105 (Both Options) Dessert R28	<p style="text-align: center;">Roast Pork fillet, roast potatoes, creamed spinach, butternut, and gravy. Chicken alternative available on Request</p> <p style="text-align: center;">Dessert: Banana and caramel dessert</p>	

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WHAT'S COOKING



WEEK 11 – 17 September

DATE	OPTION 1 – R72	OPTION 2 – R58
Monday, 11 September	Cottage pie, yellow raisin rice, gem squash, sauteed green beans served with a rich gravy	Pork bangers, served with creamy mash and peas with a country gravy
Tuesday, 12 September	Creamy chicken and mushroom penne pasta a side salad	Bacon and mushroom quiche, creamy sweetcorn, baby carrots and peas
Wednesday, 13 September	Mutton curry, fluffy white rice, served with sambal	Pork meatballs, tomato relish, creamy mash, butternut and feta
Thursday, 14 September	Beef Lasagna, Greek salad, and a garlic roll	Vegetarian Mediterranean vegetable open sandwich: Grilled peppers, roasted cherry tomatoes, basil pesto, olives feta and relish on lightly toasted wholewheat bread
Friday, 15 September	Fish and chips, lemon wedge, carrot and pine salad with a 1000 island sauce	Butter chicken served with fluffy white rice and sambal
Saturday, 16 September	Cold Meat Platter – Beef chipolatas, boiled eggs, cold meats, cheese, sweet chilli dipping sauce, salad garnish and garlic roll	BBQ chicken drumsticks, savoury rice, creamed spinach and butternut
Sunday, 17 September Main meal R105 Dessert R28	<p style="text-align: center;"><u>Roast</u> Rosemary roasted chicken drumstick and thigh with garlic baby potatoes, pan fried green beans, sweet baby carrot roundels and gravy.</p> <p style="text-align: center;"><u>Dessert</u> Coconut tart with cream</p>	

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WEEK 18 – 24 September

DATE	OPTION 1 – R72	OPTION 2 – R58
Monday, 18 September	Chicken kebabs, sweet potato fries, side salad and a mild curry sauce	Sweet and sour pork stew, white herbed rice, beetroot and feta salad
Tuesday, 19 September	Beef Breyani, cinnamon infused pumpkin and sambal	Chicken schnitzel, mushroom sauce, sweet potato disks and sauteed baby marrow
Wednesday, 20 September	Beef Burger topped with caramelized onions, sliced tomato, cucumber accompanied by sweet potato fries	Hake goujons served with brown fried rice, lemon butter sauce accompanied with Brussel sprouts and carrots
Thursday, 21 September	Cape Malay Bobotie served with yellow rice, butternut, sambal and chutney	Vegetarian Vegetarian Lasagna with baby marrow and corn salad
Friday, 22 September	Fish and chips, coleslaw, lemon wedge and tartare sauce	Oven baked pancakes filled with creamy chicken, served with a garden salad and roasted broccoli
Saturday, 23 September	Pork and apple pie, served with cinnamon pumpkin, garlic potatoes and beetroot	Hearty beef and lentil casserole on parsley rice, roasted pumpkin, and brussels sprouts
Sunday, 24 September Main meal R132 Dessert R28	<p style="text-align: center;"><u>Roast</u> Roast leg of lamb, roast potatoes, Mediterranean roast veg served with a mint sauce.</p> <p style="text-align: center;"><u>Dessert</u> Trifle</p>	

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WEEK 25 – 30 September

DATE	OPTION 1 – R72	OPTION 2 – R58
Monday, 25 September 	Heritage Day Braai – R72 Chicken kebab, boerewors, potato salad, Green salad and garlic roll	
Tuesday, 26 September	Beef stroganoff on a bed of tagliatelle, roasted butternut and green beans	BBQ pulled pork, served on a Portuguese roll with a side salad and chips
Wednesday, 27 September	Irish stew, herbed white rice, cinnamon pumpkin	Chicken and mayo wrap served with chips and a salad
Thursday, 28 September	Beef short rib, potato wedges, carrot and pine salad and a cocktail garlic roll	Vegetarian Moroccan style vegetable stew with brown rice and a beetroot salad
Friday, 29 September	Fish and chips, lemon wedge, 3 bean salad and seafood sauce	Pasta Alfredo, sauteed baby marrow, onion and green beans
Saturday, 30 September 	Take-aways only – R58 Chicken strips, chips and a salad	

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