

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.

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 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 - 05 November 2023

DATE	OPTION 1 – R72	Option 2 – R58
Wednesday 01 November	Liver and onions, creamy mash, carrots and peas with a gravy	Beef pasta, garlic roll and side salad
Thursday 02 November	Slow roast grilled pork chop, mash potato, seasonal veg and gravy	Cottage pie, yellow rice, gem squash and creamy sweetcorn
Friday 03 November	Fish and chips, tartare sauce, coleslaw and lemon wedge	Pork bangers, mash, peas and gravy
Saturday 04 November	Boeredag R145 per person MENU AT BISTRO	TAKE AWAY ONLY Sweet chilli Chicken & Pineapple wrap served with sweet potato fries and a side salad
Sunday, 05 October Main meal R105 Dessert R28	<p><u>Roast</u> Lemon and thyme roast chicken drumstick and thigh steamed broccoli and carrots, roast potatoes and gravy.</p> <p><u>Dessert</u> Ice cream with fresh strawberries and chocolate sauce</p>	

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Home deliveries 11h30
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WEEK 06 – 12 November

DATE	OPTION 1 – R72	OPTION 2 – R58
Monday, 06 November	Mediterranean style oven baked fish, mash, broccoli, baby carrots and pumpkin	Beef rib burger, chips and salad
Tuesday, 07 November	Butter chicken, basmati rice, seasonal vegetables	Savoury minced beef macaroni and cheese with a garden salad
Wednesday, 08 November	Homemade steak and kidney pie, sweet potato mash, green beans and butternut with a gravy	Sweet and sour pork meatballs served on a bed of spaghetti with a side salad
Thursday, 09 November	Tuscan chicken, herbed white rice, roasted vegetables	<u>Vegetarian</u> Vegetable curry served with white fluffy rice
Friday, 10 November	Fish and chips, lemon wedge, green salad and seafood sauce	Bacon Carbonara with a tagliatelle noodle and a side salad
Saturday, 11 November	Sweet chilli chicken kebabs, sweet potato fries, side salad and a garlic roll	Beef sausage roll, seasonal veg and a gravy
Sunday, 12 November Main meal R105 Dessert R28	<u>Roast</u> Slow roast beef, baby roast potatoes, mixed roast vegetables, and a brown onion gravy <u>Dessert:</u> Chocolate mousse with fresh mint	

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WEEK 13 – 19 November

DATE	OPTION 1 – R72	OPTION 2 – R58
Monday, 13 November	Homemade chicken and mushroom pie, mas and creamed spinach	Calamari burger with chips and salad
Tuesday, 14 November	Pork schnitzel, roast potatoes, seasonal vegetables and mushroom sauce	Beef lasagne served with a Greek salad
Wednesday, 15 November	Grilled turkey breast, green beans, baby carrots and roast potatoes with a gravy	Fish burger with chips and salad
Thursday, 16 November	Sticky chicken wings, potato salad, green salad, corn on the cob and a garlic roll	<u>Vegetarian:</u> Spinach and feta stuffed butternut, brown rice and creamy mushroom sauce
Friday, 17 November	Fish and chips, coleslaw, lemon wedge and tarte sauce	Steak roll, potato wedges, side salad
Saturday, 18 November	<u>Snack Platter:</u> Salami, Pastrami, samosas, spring rolls, boiled egg, rissoles and a sweet chilli dipping sauce, with salad garnish	Pepper steak OR steak and kidney pie with chips, salad and gravy
Sunday, 19 November Main meal R132 Dessert R28	<p style="text-align: center;"><u>Roast</u> Roast leg of lamb, roast potatoes, carrots, broccoli, cauliflower and green beans, served with a mint sauce.</p> <p style="text-align: center;"><u>Dessert</u> Custard slice</p>	

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WEEK 20 – 26 November

DATE	OPTION 1 – R72	OPTION 2 – R58
Monday, 20 November	Citrus and thyme roasted leg quarter, served with garlic baby potatoes, pumpkin, and green beans	Mediterranean style oven baked fish with mash and steamed broccoli
Tuesday, 21 November	Beef stir fry, egg noodles, fresh herbs and a salad	Alfredo pasta topped with basil pesto, served with a side salad
Wednesday, 22 November	Crumbed pork chop, mash, gravy and butternut and green beans	Chicken and mushroom quiche, beetroot and onion salad and a creamy bechamel sauce
Thursday, 23 November	Tenderised steak cooked in a country gravy, potato wedges, pumpkin and sauteed baby marrow	<u>Vegetarian:</u> Vegetable kebabs with a sweet and sour sauce, chips and salad
Friday, 24 November	Fish and chips, carrot and pine salad, lemon wedge and tartare sauce	Pizza: Salami, mozzarella and cheddar cheese, with a side salad
Saturday 25 November	Pork schnitzel, baked potato, pepper sauce and seasonal vegetables	BBQ chicken wrap, sweet potato fries and green salad
Sunday, 26 November Main meal R105 Dessert R28	<u>Roast</u> Roast Eisbein, roast potatoes, roasted seasonal vegetables and a gravy Chicken Alternative available on request <u>Dessert</u> Banana and caramel fridge dessert	

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WEEK 27 – 30 November

DATE	OPTION 1 – R72	OPTION 2 – R58
Monday, 27 November	Sticky pork kebabs, sweet potato fries, mild curry noodle salad and 3 bean salad	Tuna bake, roast vegetables and lemon butter sauce
Tuesday, 28 November	Crumbed calamari, hake strips, chips, tartare sauce and coleslaw	Beef and vegetable stew, fluffy herbed white rice and sambal
Wednesday, 29 November	Southern fried chicken drumsticks, steamed broccoli, baby carrots, beetroot and gravy	Spaghetti with pork meatballs, butternut and green beans
Thursday 30 November	Beef quesadilla, cheese sauce served with chips	<u>Vegetarian:</u> Lentil bobotie with yellow rice and seasonal vegetables

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