

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) and [tagreen@tsebo.com](mailto:tagreen@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.

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 **Tania Green**, 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



## WEEK 15-21 January 2024

| DATE   | OPTION 1 – R72   | OPTION 2 – R58   | Vegetarian – R58   |
|--|--|--|--|
| <b>Monday,<br/>15 January</b>  | CHICKEN SCHNITZEL AND CHEESE SAUCE SERVED WITH POTATO WEDGES AND A SUMMER SALAD.   | CREAMY PORK MEATBALLS SERVED WITH PASTA, A SIDE SALAD AND GARLIC ROLL.           | MAC AND CHEESE SUPREME SERVED WITH A SIDE SALAD AND GARLIC ROLL.           |
| <b>Tuesday,<br/>16 January</b>   | BEEF & VEGGIE STIR-FRY SERVED ON EGG NOODLES   | GRILLED CHICKEN TORTILLA WRAP SERVED WITH SWEET POTATO FRIES AND SALAD           | ROASTED VEGETABLE WRAP SERVED WITH SWEET POTATO FRIES AND SALAD            |
| <b>Wednesday,<br/>17 January</b>   | HOMEMADE FISH CAKES WITH TOMATO AND ONION SMOOR SERVED WITH MASH POTATOES AND ROASTED VEGETABLES.  | BUTTERNUT, BACON AND FETA QUICHE SERVED WITH A SUMMER SALAD AND A SIDE OF BREAD. | BUTTERNUT AND FETA QUICHE SERVED WITH A SUMMER SALAD AND A SIDE OF BREAD.. |
| <b>Thursday,<br/>18 January</b>  | ROASTED BBQ ¼ CHICKEN SERVED WITH POTATO WEDGES AND SEASONAL VEGETABLES.   | BEEF & PENNE PASTA SALAD SERVED WITH TOMATO, FRESH HERBS AND ZUCCHINI            | SUMMER PENNE PASTA SALAD SERVED WITH TOMATO, FRESH HERBS AND ZUCCHINI      |
| <b>Friday,<br/>19 January</b>  | FRIED FISH AND CHIPS SERVED WITH TARTAR SAUCE, A SIDE SALAD AND LEMON WEDGE.   | BBQ CHICKEN KEBABS SERVED WITH POTATO WEDGES AND A SIDE SALAD.                   | BBQ VEGETABLE KEBABS SERVED WITH POTATO WEDGES AND A SALAD.                |
| <b>Saturday,<br/>20 January</b>  | STEAK & KIDNEY PIE SERVED WITH FRIES & SIDE SALAD.   |  | PORK BANGERS & MASH WITH ONION GRAVY, ROASTED VEGETABLES AND MASH POTATOES |
| <b>Sunday,<br/>21 January</b><br><b>Main meal<br/>R105</b><br><b>Dessert R35</b>   | <p><b>ROAST</b><br/>ROASTED PORK FILLET SERVED WITH RED WINE GRAVY, CREAMY SPINACH, MASHED PUMPKIN, GLAZED CARROTS AND ROASTED POTATOES.</p> <p><b>DESSERT:</b><br/>BANOFFEE DESSERT</p> |  |  |
| <p><b>Daily Meal orders by 14h00, previous day</b><br/> <b>Sunday orders close Friday at 14h00</b><br/> <b>Same day meal cancellations by 9h00</b><br/> <b>Use the pre-paid account system or pay via Debit or Credit card</b><br/> <b>No cash payments accepted</b></p> |  |  |  |

**WEEK 22-28 January 2024**

| DATE  | OPTION 1 – R72  | OPTION 2 – R58  | VEGETARIAN – R58  |
|---|---|---|---|
| <b>MONDAY,<br/>22 JANUARY</b>   | BEEF LASAGNA SERVED WITH A GREEN SALAD AND A GARLIC ROLL.   | OVEN ROASTED CHICKEN PIECES SERVED WITH POTATO WEDGES AND A SIDE SALAD. | VEGETABLE PASTA BAKE SERVED WITH A SIDE SALAD AND A GARLIC ROLL.            |
| <b>TUESDAY,<br/>23 JANUARY</b>  | CHICKEN AND FETA QUICHE SERVED WITH A SUMMER SALAD AND GARLIC BREAD.  | BEEF SUAGE & MASH SERVED WITH ROASTED SEASONAL VEGETABLES               | THREE CHEESE QUICHE SERVED WITH A SUMMER SIDE SALAD AND GARLIC BREAD.       |
| <b>WEDNESDAY,<br/>24 JANUARY</b>  | BEEF MINCE FILLED PANCAKES SERVED WITH CHEESE SAUCE, ROASTED VEGETABLES AND A SIDE SALAD.   | TERIYAKI CHICKEN STIR FRY SERVED WITH EGG NOODLES                       | ROASTED VEGETABLE FILLED PANCAKES SERVED WITH CHEESE SAUCE AND A SIDE SALAD |
| <b>THURSDAY,<br/>25 JANUARY</b>   | BEEF STROGANOFF SERVED WITH SEASONAL VEGETABLES AND FLUFFY WHITE RICE   | CHERMOULA CHICKEN PIECES SERVED WITH COUSCOUS AND SEASONAL VEGETABLES   | ROASTED CHERMOULA VEGETABLES, MUSHROOM AND CHICKPEAS SERVED ON COUSCOUS     |
| <b>FRIDAY,<br/>26 JANUARY</b>   | FISH AND CHIPS SERVED WITH TARTAR SAUCE, A SIDE SALAD AND LEMON WEDGE.  | BEEF MINCE, PEPPERS AND CHEESE WRAP FILLED WITH SALAD SERVED WITH FRIES | SWEETS AND SOUR VEGETABLE CHOW MEIN SERVED WITH EGG NOODLES                 |
| <b>SATURDAY,<br/>27 JANUARY</b>   | ORANGE AND THYME BAKED CHICKEN PIECES WITH POTATO WEDGES AND A SUMMER SALAD.  | NEAPOLITAN MEATBALLS SERVED WITH PASTA, A SIDE SALAD AND GARLIC ROLL.   |   |
| <b>SUNDAY,<br/>28 JANUARY</b><br><b>MAIN MEAL</b><br><b>R132</b><br><b>DESSERT R35</b>  | <b>ROAST</b><br>ROASTED BEEF SERVED WITH RED ONION GRAVY AND ROAST POTATOES, YORKSHIRE PUDDING, BAKED BROCCOLI, CARROT AND PEAS<br><b>DESSERT</b><br>BLUEBERRY CHEESECAKE |   |   |
| <b>DAILY MEAL ORDERS BY 14H00, PREVIOUS DAY</b><br><b>SUNDAY ORDERS CLOSE FRIDAY AT 14H00</b><br><b>SAME DAY MEAL CANCELLATIONS BY 9H00</b><br><b>USE THE PRE-PAID ACCOUNT SYSTEM OR PAY VIA DEBIT OR WITH CREDIT CARD.</b><br><b>NO CASH PAYMENTS ACCEPTED</b> |   |   |   |