

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 and 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

WHAT'S COOKING

WEEK 29 Jan – 04 February 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
Monday, January 29	Chicken a la king served with white rice and seasonal vegetables.	Cottage pie served with seasonal vegetables.	Grilled Vegetable wrap served with fries and a side salad.
Tuesday, January 30	Pork and bean stew served with white rice and roasted vegetables.	Tuna and corn pasta bake served with roasted vegetables.	Cheese and corn pasta bake served with roasted vegetables.
Wednesday, January 31	Tempura pork served with egg noodles and a side of Roasted vegetables.	Lamb liver strips in onion gravy served with mash potatoes and seasonal vegetables.	Red cabbage salad served with seasonal vegetables.
Thursday, February 01	Homemade Fish Pie served with roasted vegetables.	Meat loaf served with parley rice and roasted vegetables.	Roasted Baby potato salad served with Boiled egg and spinach.
Friday, February 02	Fish and chips served with tartar sauce, lemon wedge and a side salad.	Grilled Chicken wrap served with fries and a side salad.	Brinjal and feta schnitzel served with potato wedges and salad
Saturday, February 03	Beef casserole served with brown rice and seasonal vegetables.	Chicken Meat balls served with gravy, brown rice and roasted vegetables.	All day breakfast
Sunday, February 04 Main meal R105 Dessert R28	<p align="center"><u>Roast</u> Rosted rosemary and red onion pork leg served with roasted potatoes, seasonal vegetables and gravy.</p> <p align="center">**Chicken option available</p> <p align="center"><u>Dessert:</u> Creamy bread pudding and custard</p>		

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WEEK 05 – 11 February 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
Monday, February 05	Chicken Breyani served with a side salad and sambals.	Ham and cheese quiche served with potato wedges and seasonal vegetables.	
Tuesday, February 06	Fettucine alfredo served with a side salad and a garlic roll.	Beef bangers in onion gravy served with mash potatoes and seasonal vegetables.	Fettucine Vegetable alfredo served with a side salad and a garlic roll.
Wednesday, February 07	Pork bangers and mash served with onion gravy and roasted vegetables.	Cape Malay Bobotie served with yellow rice and seasonal vegetables.	Lentil Bobotie served with yellow rice and seasonal vegetables.
Thursday, February 08	Chicken Schnitzel served with roasted vegetables and potato wedges.	Pork chop served with seasonal vegetables mash potatoes.	Falafel balls served with tzatziki sauce a side salad and potato wedges.
Friday, February 09	Fish and chips served with tartar sauce, lemon wedge and a side salad.	Beef frikkadels served with tomato and onion smoor, mash potatoes and seasonal vegetables.	
Saturday, February 10	Homemade chicken and leek pie served with potato wedges and seasonal vegetables.	Spaghetti bolognaises served with a green side salad.	
Sunday, February 11 Main meal R105 Dessert R28	<p style="text-align: center;"><u>Roast</u> Roasted onion and peppers beef served with roasted potatoes, seasonal vegetables, Yorkshire pudding and horseradish sauce.</p> <p style="text-align: center;"><u>Dessert</u> Layered chocolate mousse, whipped cream and strawberries.</p>		

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Same day meal cancellations by 9h00
Use the pre-paid account system or pay via Debit or With Credit card.
No cash payments accepted

WHAT'S COOKING

WEEK 12 – 18 February 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
Monday, February 12	Chicken cordon Bleu served with cheese sauce, potato wedges and seasonal vegetables.	Bacon and mushroom pasta bake served with roasted vegetables.	mushroom pasta bake served with roasted vegetables.
Tuesday, February 13	Beef kebabs topped with sweet chili sauce served with potato wedges and seasonal vegetables.	Chicken liver in onion gravy served with mash potatoes and seasonal vegetables.	Vegetable kebabs topped with sweet chili sauce served with potato wedges and seasonal vegetables.
Wednesday, February 14	Homemade Fish cakes served with mash potatoes and a side of seasonal vegetables.	Butter chicken curry served with white rice and a side of vegetables	Homemade Lentil burger served with mash potatoes and a side of seasonal vegetables.
Thursday, February 15	Butterbean beef stew served with white rice and seasonal vegetables.	Pork meat balls in sweet and sour sauce served with Spaghetti and a side of vegetables.	Butterbean stew served with white rice and seasonal vegetables.
Friday, February 16	Fish and chips served with tartar sauce, lemon wedge and a side salad.	Crumbed chicken burger served with cheese sauce, salad and fries.	
Saturday, February 17	Grilled chicken BBQ skewers served with potato wedges and seasonal vegetables.	Boerewors roll served with fries and onion gravy.	
Sunday, February 18 Main meal R105 Dessert R28	<p style="text-align: center;"><u>Roast</u> Roasted pork fillet with cranberry sauce served with broccoli and cauliflower bake and roasted potatoes.</p> <p style="text-align: center;">** Chicken option available</p> <p style="text-align: center;"><u>Dessert</u> Homemade apple crumble with custard</p>		

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WEEK 19 – 25 February 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
Monday, February 19	Beef tenderized steak 120g in gravy served with roasted vegetables and mash potatoes.	Sweet and sour chicken stir-fry served with egg noodle and stir-fry vegetable.	Sweet and sour vegetable stir-fry served with egg noodle and stir-fry vegetable.
Tuesday, February 20	Seafood paella served with a side salad.	Beef lasagna served with a side salad and a garlic roll.	Vegetable lasagna served with a side salad and a garlic roll.
Wednesday, February 21	Moroccan roast chicken ¼ with gravy served white rice and seasonal vegetables	Homemade vetkoek with mince served with a side salad.	Homemade vetkoek with vegetable stew served with a side salad.
Thursday, February 22	Beef enchiladas served with sweet potato fries and a side salad.	Pork meat loaf served with onion gravy, mash potatoes and a side of seasonal vegetables.	Cheese and tomato enchiladas served with sweet potato fries and a side salad.
Friday, February 23	Fish and chips served with tartar sauce, lemon wedge and a side salad.	Spinach, feta and bacon quiche served with roasted vegetables and potato wedges.	
Saturday, February 24	Pork schnitzel served with cheese sauce, potato wedges and seasonal vegetables.	Beef bangers in onion gravy served with mash potatoes and roasted vegetables.	
Sunday, February 25 Main meal R105 Dessert R28	<p style="text-align: center;"><u>Roast</u> Slow cook orange and thyme gammon with gravy served with potato bake, pumpkin and green vegetables.</p> <p style="text-align: center;">**Chicken option available</p> <p style="text-align: center;"><u>Dessert</u> Peppermint tart</p>		

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WEEK 26 – 03 March 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
Monday, February 26	Tuscan chicken served with herb rice and roasted vegetables.	Carbonara pasta served with a Greek salad and a garlic roll.	Waldorf salad
Tuesday, February 27	Chicken lasagna served with a Greek salad and a garlic roll.	Beef meatloaf in a gravy served with mash potatoes and seasonal vegetables.	Chickpea curry served with white rice and seasonal vegetables.
Wednesday, February 28	Crumbed Calamari served with fries and a side salad, with lemon wedge and tartar sauce.	Beef kofta with yoghurt sauce served with mash potatoes and roasted vegetables.	Mac and cheese served with a Greek salad and a garlic roll.
Thursday, February 29	Pork stroganoff served with brown rice and seasonal vegetables.	Tomato bredie served with brown rice and seasonal vegetables.	
Friday, March 01	Fish and chips served with tartar sauce, lemon wedge and a side salad.	Steak and Kidney pie with gravy served with fries and a side salad	
Saturday, March 02	Cornish pie served with fries and a side salad.	Hawaiian pizza served with a side salad.	
Sunday, March 03 Main meal R132 Dessert R28	<p><u>Roast</u> Roasted thyme and garlic lamb served with mint gravy, roasted herb potatoes and seasonal vegetables.</p> <p><u>Dessert</u> Malva pudding served with ice cream.</p>		

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