

EVERGREEN MUIZENBERG

# WHAT'S COOKING

EVERGREEN  
lifestyle  
muizenberg

## MONTHLY MENU

Dear Resident,

Bistro payment system.

You will 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

### Some general points:

- Meals are served daily from 12h30
- 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.

For any dietary requirements or special requests please speak to the Catering manager on duty

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 4 - 10 March 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
<b>Monday,</b> March 4	BBQ baked chicken wings served with potato wedges and a side salad.	Creamy tuna pasta bake served with a garlic roll and a side salad.	Creamy cheese pasta bake served with a garlic roll and a side salad.
<b>Tuesday,</b> March 5	Beef and carrot casserole served with white rice and seasonal vegetables,	Homemade chicken and leek pie served with potatoes wedges and seasonal vegetables.	Spinach and feta phyllo pie served with potato wedges and seasonal vegetables
<b>Wednesday,</b> March 6	Beef bangers served with herb mash potatoes, gravy, and roasted vegetables.	Creamy chicken pancake served with potato wedges and a side salad.	Stir fry vegetables filled pancake with potato wedges and a side salad.
<b>Thursday,</b> March 7	Pork meatballs served with mash potatoes and seasonal vegetables with a gravy.	Boerewors roll served with fried onion and a side salad with fries.	Falafels balls served with tzatziki, potato wedges and a side salad.
<b>Friday,</b> March 8	Fish and chips served with tartar sauce, lemon wedge and a side salad.	Grilled Chicken wrap served with fries and a side salad.	Vegetable strips served with fries, a side salad and cheese sauce.
<b>Saturday,</b> March 9	Baked pork chop with mustard sauce served with potato wedges and seasonal vegetables.	Hawaiian chicken and pepper kababs served with potato salad and a garlic roll.	
<b>Sunday,</b> March 10  <b>Main meal R105</b> <b>Dessert R28</b>	<p style="text-align: center;"><b><u>Roast</u></b> Rosemary and garlic Roast beef Served with Yorkshire pudding, Roasted potatoes and seasonal vegetables. (gravy)</p> <p style="text-align: center;"><b><u>Dessert:</u></b> Death by chocolate trifle</p>		


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## WEEK 10 - 17 March 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
<b>Monday,</b> March 11	Lemon and herb roasted chicken leg ¼ served with baby potatoes and seasonal vegetables.	Beef lasagna served with a garlic roll and seasonal vegetables.	Mac and cheese served with a garlic roll and a side of seasonal vegetables.
<b>Tuesday,</b> March 12	Lamb liver strips with bacon bites served in an onion gravy with mash potatoes and seasonal vegetables.	Chicken stir fry served with egg noodles.	Vegetable stir fry with egg noodles.
<b>Wednesday,</b> March 13	Beef casserole served with brown rice and roasted vegetable.	Chicken Alfredo Penne served with a side salad.	Vegetable mince casserole served with brown rice and roasted vegetables.
<b>Thursday,</b> March 14	Roasted BBQ Chicken drumsticks served with fries and a side salad.	Pork stroganoff served with parley rice and a side salad.	Vegetable schnitzel served with cheese sauce, potato wedges and salad.
<b>Friday,</b> March 15	Fish and chips served with tartar sauce, lemon wedge and a side salad.	Butternut and chicken stew served with brown rice and seasonal vegetables.	Butternut and lentil casserole served with brown rice and seasonal vegetables.
<b>Saturday,</b> March 16 <b>St Patrick's day</b> <b>Theme Dinner</b>	Crumbed Chicken burger served with fries and a side salad.	Irish shepherd's pie served with a gravy, and a side salad.	
<b>Sunday,</b> March 17 <b>Main meal R105</b> <b>Dessert R28</b> <b>St Patrick's day</b>	<p style="text-align: center;"><b><u>Roast</u></b> Pork fillet served with cranberry roasted garlic baby potatoes and seasonal vegetables.</p> <p style="text-align: center;"><b>**Chicken option available</b> <b><u>Dessert</u></b> Sago pudding served with custard.</p>		

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# WHAT'S COOKING

## WEEK 18 - 24 March 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
<b>Monday,</b> March 18	Butter chicken curry served with white rice and Sambals.	Pork meatballs in tomato gravy served with mash potatoes, seasonal vegetables.	Vegetable meatballs in tomato sauce served Brown rice and a side salad.
<b>Tuesday,</b> March 19	Beef tenderised steak in gravy served with roasted vegetables and mash potatoes.	Ham and cheese mac served with a garlic roll and a side salad.	Mac and cheese served with a garlic roll and a side salad
<b>Wednesday,</b> March 20	Chicken and mushroom homemade pie served with potato wedges and seasonal vegetables.	Savory beef and vegetable mince stew served with white rice and sambal.	Savory vegetable and vegetable mince stew served with white rice and sambal.
<b>Thursday,</b> March 21	Pork stroganoff served with yellow rice and roasted vegetables.	Mushroom, bacon and cheese quiche served with a side salad and potato wedges.	Mushroom and cheese quiche served with a side salad and potato wedges.
<b>Friday,</b> March 22	Fish and chips served with tartar sauce, lemon wedge and a side salad.	Creamy beef baked pancake served with a garlic roll and seasonal vegetables.	Stir fry vegetables wrapped in a pancake served with potato wedges and a side salad.
<b>Saturday,</b> March 23	Chicken schnitzel served with mushroom sauce, potato wedges and salad.	Homemade beef burger served with salad and potato wedges.	
<b>Sunday,</b> March 24  <b>Main meal R105</b> <b>Dessert R28</b>	<p style="text-align: center;"><b><u>Roast</u></b> Rosted chicken pieces served with Garlic and herb roasted potatoes and roasted seasonal vegetables.</p> <p style="text-align: center;"><b><u>Dessert</u></b> Old school malva pudding served with custard.</p>		

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## WEEK 24 - 31 March 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
<b>Monday,</b> March 25	Fish cakes served with gravy, white rice, and seasonal vegetables	Spaghetti Bolognese served with a cocktail roll and a side salad.	Vegetable Bolognese served with a cocktail roll and a side salad.
<b>Tuesday,</b> March 26	Pork bangers and herb mash potatoes served with onion gravy and roasted vegetables.	Chicken lasagne served with a garden salad and a cocktail roll.	Vegetable lasagne served with a garden salad and a cocktail roll.
<b>Wednesday,</b> March 27	Crumbed Beef schnitzel served with mushroom sauce, potato wedges and roasted potatoes.	Chicken meatballs served with onion gravy, mash potatoes and roasted vegetables.	Vegetable sausage served with onion gravy, mash potatoes and roasted vegetables.
<b>Thursday,</b> March 28	Teriyaki chicken served with basmati rice and seasonal vegetables.	Beef stir fry served with egg noodles and a side salad.	Vegetable stir fry served with egg noodles, vegetable mince and a side salad.
<b>Friday,</b> March 29 <b>Easter Friday</b>	Fish and chips served with tartar sauce, lemon wedge and a side salad.	Pickled fish served with Hot cross buns.	Vegetable Paella served with a side salad.
<b>Saturday,</b> March 30	Crumbed chicken strips and Avo wrap served with a side salad and potato wedges.	Sloppy Joe burger served with potato wedges and a side salad.	
<b>Sunday,</b> March 31 <b>Main meal R138</b> <b>Dessert R28</b>	<p style="text-align: center;"><b>Roast</b></p> <p style="text-align: center;">Roasted Rosemary and Thyme lamb served with Roasted potatoes, butternut, and creamy spinach with gravy.</p> <p style="text-align: center;"><b>Dessert</b></p> <p style="text-align: center;">Chocolate brownie served with Ice cream and chocolate sauce.</p>		

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