

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**

**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

**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 1 – 7 April 2024

| DATE   | OPTION 1 – R72   | OPTION 2 – R58  | Vegetarian – R58   |
|--|--|---|--|
| <b>Monday,</b><br>April 1  | BBQ baked chicken wings served with potato wedges and a side salad.  | Lamb liver strips served with onion gravy, mash potatoes and seasonal vegetables.     | Vegetable schnitzel served with cheese sauce, potato wedges and roasted vegetables.                  |
| <b>Tuesday,</b><br>April 2   | Beef Bangers with brown onion gravy served with mashed potatoes and seasonal vegetables.   | Chicken casserole served with Rice and seasonal vegetables.                           | Plant based sausage served with onion gravy, mash potatoes and seasonal vegetables.                  |
| <b>Wednesday,</b><br>April 3   | Sweet chili beef strips served with stir fry vegetables and egg noodles.   | . Chicken and butternut pasta bake served with potato wedges and seasonal vegetables. | Butternut and feta pasta baked served with potato wedges and seasonal vegetables.                    |
| <b>Thursday,</b><br>April 4  | Pork meatballs with tomato and onion relish served with mash potatoes and seasonal vegetables.   | Beef and Butterbean curry served with white rice and seasonal vegetables.             | Plant base meatballs with tomato and onion relish served with mash potatoes and seasonal vegetables. |
| <b>Friday,</b><br>April 5  | Fried fish and chips served with a side salad, lemon wedge and tartar sauce.   | Boerewors roll served with fried onion, fries, and a side salad.                      | Creamy mac and cheese served with a side salad and a cocktail roll.                                  |
| <b>Saturday,</b><br>April 6  | Bobotie served with yellow rice and roasted vegetables.  | Lemon and herb chicken thigh served with potato wedges and roasted vegetables.        |  |
| <b>Sunday,</b><br>April 7<br><b>Main meal R105</b><br><b>Dessert R28</b> | <p style="text-align: center;"><b><u>Roast</u></b></p> <p style="text-align: center;">Roasted garlic and thyme beef served with Yorkshire pudding, spiced roasted potatoes and seasonal vegetables with a gravy.</p> <p style="text-align: center;"><b><u>Dessert:</u></b></p> <p style="text-align: center;">Strawberry and cream mousse tart</p> |   |  |



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## WEEK 8 – 14 April 2024

| DATE  | OPTION 1 – R72  | OPTION 2 – R58  | Vegetarian – R58   |
|---|---|---|--|
| <b>Monday,</b><br>April 8   | Pork stroganoff served with herbed white rice and roasted vegetables.   | Beef cottage pie served with roasted vegetables.                                | Cottage pie with plant-based mince served with roasted vegetables.   |
| <b>Tuesday,</b><br>April 9  | Panko chicken schnitzel served with cheese sauce, roasted baby potatoes and roasted vegetables.   | Chicken livers in onion gravy served with mash potatoes and roasted vegetables. | Plant based chic n style schnitzel served with cheese sauce, roasted baby potatoes and roasted vegetables. |
| <b>Wednesday,</b><br>April 10   | Sweet and Sour Chicken wrap served with fries and a side salad.   | Savory beef mince served in a homemade roti served with a side salad.           | Vegetable wrap with falafel balls served with fries and a side salad.                                      |
| <b>Thursday,</b><br>April 11  | BBQ Baked 1/4 chicken served with potato wedges and roasted vegetable.  | Beef lasagne served with a cocktail roll and seasonal vegetables.               | Plant based mince lasagne served with a cocktail roll and seasonal vegetables.                             |
| <b>Friday,</b><br>April 12  | Fried fish and chips served with fries, lemon wedge, side salad and tartar sauce.   | Ham and mushroom pizza served with a side salad.                                | Spinach and feta quiche served with fries and a side salad.  |
| <b>Saturday,</b><br>April 13  | Pork rib burger served with mushroom sauce, potato wedges and a side salad.   | Baked chicken parmesan served with potato wedges and a side salad.              |  |
| <b>Sunday,</b><br>April 14<br><b>Main meal R105</b><br><b>Dessert R28</b> | <p style="text-align: center;"><b><u>Roast</u></b><br/>Glazed Gammon served with garlic roasted potatoes, creamy spinach, and roasted pumpkin.<br/><b>**Chicken option available</b></p> <p style="text-align: center;"><b><u>Dessert</u></b><br/>Apple pie served with vanilla ice cream</p> |   |  |

# WHAT'S COOKING

## WEEK 15 – 21 April 2024

| DATE  | OPTION 1 – R72  | OPTION 2 – R58   | Vegetarian – R58  |
|---|---|--|---|
| <b>Monday,</b><br>April 15  | Tomato bredie served with white rice and seasonal vegetables.   | Spinach and bacon paste bake served with a cocktail roll and a side salad.             | Tomato, lentil and courgette bredie served with white rice and seasonal vegetables.         |
| <b>Tuesday,</b><br>April 16   | Bacon and mushroom quiche with a served with a side salad and cocktail roll.  | Chicken and vegetable pie served with gravy, mashed potatoes, and seasonal vegetables. | Potato, mushroom, and leek pie served with gravy, mashed potatoes, and seasonal vegetables. |
| <b>Wednesday,</b><br>April 17   | Homemade fish cakes served with onion and tomato relish, mash potatoes and seasonal vegetables.   | Italian meatballs served with spaghetti and a side salad.                              | Spaghetti and plant base meatballs served with a side salad.                                |
| <b>Thursday,</b><br>April 18  | Chicken Breyani served with a side salad and yoghurt dressing.  | Moussaka served with a cocktail roll and a side salad.                                 | Vegetable and lentil moussaka served with a cocktail roll and a side salad.                 |
| <b>Friday,</b><br>April 19  | Fried fish and chips served with fries, lemon wedge, side salad and tartar sauce.   | Mince curry served in a vetkoek served with a side salad.                              | vegetable curry served in a vetkoek served with a side salad.                               |
| <b>Saturday,</b><br>April 20  | Beef burger and cheese served with fries and a side salad.  | Chicken and mushroom pasta bake served with seasonal vegetables.                       |   |
| <b>Sunday,</b><br>April 21<br><b>Main meal R132</b><br><b>Dessert R28</b> | <p><b>Roast</b><br/>Red onion and thyme lamb roast served with garlic roasted potatoes and seasonal vegetables.</p> <p><b>Dessert:</b><br/>Lemon and yoghurt tart</p> |  |   |



# WHAT'S COOKING

## WEEK 22 – 28 April 2024

| DATE  | OPTION 1 – R72   | OPTION 2 – R58  | Vegetarian – R58   |
|---|--|---|--|
| <b>Monday,</b><br>April 22  | Beef and vegetable stew served with white rice and roasted butternut.  | Crumb chicken burger served with fries and a side salad.                              | Potato and vegetable stew served with white rice and roasted butternut.            |
| <b>Tuesday,</b><br>April 23   | Creamy fish pie served with sweet potato wedges and roasted vegetables.  | Citrus and coriander chicken kebabs served with sweet potato wedges and a side salad. | Vegan meatball kebabs served with sweet potato wedges and a side salad.            |
| <b>Wednesday,</b><br>April 24   | Sour and sour pork stir fry served with egg noodles and stir fry vegetables.   | Beef casserole served white rice and seasonal vegetables.                             | Sour and sour chickpea stir fry served with egg noodles and stir fry vegetables.   |
| <b>Thursday,</b><br>April 25  | Steak and kidney pie served with Roasted vegetables and potato wedges.   | Tuna pasta bake served with a cocktail roll and a side salad.                         | Tomato, mushroom and feta pasta bake served with a cocktail roll and a side salad. |
| <b>Friday,</b><br>April 26  | Fried fish and chips served with fries, lemon wedge, side salad and tartar sauce.  | Beef lasagna served with a cocktail roll and a side salad.                            |  |
| <b>Saturday,</b><br>April 27  | Baked pork chops in onion gravy served with potato wedges and seasonal vegetables.   | Grilled peppers and meaty pizza served with a side salad.                             |  |
| <b>Sunday,</b><br>April 28<br><b>Main meal R105</b><br><b>Dessert R28</b> | <p align="center"><b><u>Roast</u></b><br/>Cranberry glazed roasted pork fillet served with Garlic roasted potatoes and seasonal vegetables.<br/><b>**Chicken option available</b><br/><b><u>Dessert:</u></b><br/>White chocolate Panna Cotta</p> |   |  |