

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**

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 29-05 May 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
Monday, April 29	Chicken and mushroom lasagna served with a garlic roll and a side salad.	Beef bangers brown onion gravy served with mash potatoes and seasonal vegetables.	Plant base "mince" lasagna served with a garlic roll and a side salad.
Tuesday, April 30	Beef and vegetable stir-fry served on egg noodles.	Chicken casserole served with rice and seasonal vegetables.	Chickpea and Vegetable stir- fry served on a bed of egg noodles.
Wednesday, May 1	Homemade pork and apple pie served with mashed potatoes, gravy, and seasonal vegetables	Lamb liver strips in onion gravy served with mash potatoes and seasonal vegetables.	Homemade Roasted vegetable pie served with mashed potatoes and seasonal vegetables.
Thursday, May 2	Lemon and herb chicken schnitzel served with roasted sweet potato and a side salad.	Beef meat balls with tomato and onion relish served with spaghetti.	Plant base "schnitzel" served with roasted sweet potato and a side salad
Friday, May 3	Fried fish and chips served with fries, lemon wedge, side salad and tartar sauce.	Creamy mac and cheese with bacon served with a side salad.	
Saturday, May 4	Deep fried calamari and chips served with side salad, lemon wedge and tartar sauce.	Crumb chicken wrap served with fries.	
Sunday, May 5 Main meal R105 Dessert R28	<p style="text-align: center;"><u>Roast</u> Roasted Red onion and peppers Beef served with garlic roasted potatoes, seasonal vegetables, and gravy.</p> <p style="text-align: center;"><u>Dessert:</u> Creamy strawberry mouse topped with fresh fruit and cream.</p>		

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WEEK 06-12 May 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
Monday, May 6	Pork and vegetable stew served with white rice and a side salad.	Chicken a la king served with white rice and seasonal vegetables.	Plant base "Chicken" a la king served with white rice and seasonal vegetables.
Tuesday, May 7	Roasted chicken pieces served with herb rice and seasonal vegetables.	Spaghetti Bolognese served with a cocktail roll.	Plant base "mince" spaghetti Bolognese served with a cocktail roll.
Wednesday, May 8	Beef stroganoff served with white rice and seasonal vegetables.	BBQ chicken stir fry served on a bed of pasta and seasonal vegetables.	Butternut and chickpea stroganoff served with white rice and seasonal vegetables.
Thursday, May 9	Honey and Garlic roasted chicken pieces served with potato wadges and seasonal vegetables.	Cottage pie served with seasonal vegetables.	Cottage pie "plant base mince" served with seasonal vegetables.
Friday, May 10	Fried fish and chips served with fries, lemon wedge, side salad and tartar sauce.	Creamy beef pancake served with seasonal vegetables.	
Saturday, May 11	Steak pie served with fries, gravy, and side salad.	Butter chicken with white rice and seasonal vegetables.	
Sunday, May 12 Main meal R105 Dessert R28	<u>Mother's Day Menu</u>		

WHAT'S COOKING

WEEK 13-19 May 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
Monday, May 13	Mongolian beef and vegetable stir-fry served with seasonal vegetables.	Chicken meat balls in a tomato and basil sauce served on a bed of spaghetti.	Plant base meat balls in a tomato and basil sauce served on a bed of spaghetti.
Tuesday, May 14	Chicken and mushroom stroganoff served with seasoned rice and seasonal vegetables.	Beef lasagna served with a cocktail roll and a side salad.	Plant base Chicken and mushroom stroganoff served with seasoned rice and seasonal vegetables.
Wednesday, May 15	Crumbed pork chop served with mash potatoes, seasonal vegetables, and gravy.	Beef and butterbean stew served with mashed potatoes, and seasonal vegetables.	Butterbean stew served with mash potatoes, and seasonal vegetable.
Thursday, May 16	Creamy Marinara seafood pasta served with a cocktail garlic roll.	Homemade chicken and vegetable pie served with potato wedges and a side salad.	Homemade roasted vegetable pie served with potato wedges and a side salad.
Friday, May 17	Fried fish and chips served with fries, lemon wedge, side salad and tartar sauce.	Beef meatloaf served with mash potatoes, gravy and seasonal vegetables.	
Saturday, May 18	Cheeseburger served with fries and a side salad.	Chicken livers in a brown onion sauce served with mash potatoes and seasonal vegetables	
Sunday, May 19 Main meal R105 Dessert R28	<p style="text-align: center;">Roast Roasted beef with red wine jus served with roasted potatoes and seasonal vegetables.</p> <p style="text-align: center;">Dessert: Chocolate brownie served with ice cream.</p>		

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WEEK 20-26 May 2024

DATE	OPTION 1 – R72	OPTION 2 – R58	Vegetarian – R58
Monday, May 20	Homemade fish cakes served with a tomato and onion gravy, mash potatoes and seasonal vegetables.	chili con carne served with brown rice and a side salad.	Plant base mince chili con carne served with brown rice and a side salad.
Tuesday, May 21	Creamy beef cannelloni pasta served with a seasonal vegetable and a cocktail roll.	Cape chicken curry served with herb rice and roasted butternut.	Creamy spinach cannelloni pasta served with a seasonal vegetable and a cocktail roll.
Wednesday, May 22	Chicken alfredo served with a cocktail roll and a side salad.	Beef cottage pie served with seasonal vegetables.	Plant base Chicken strips alfredo served with a cocktail roll and a side salad.
Thursday, May 23	Beef and cabbage stew served with white rice and beetroot salad.	Pork and apple pie served with white rice and seasonal vegetables.	Roasted vegetable pie served with white rice and seasonal vegetables.
Friday, May 24	Fried fish and chips served with fries, lemon wedge, side salad and tartar sauce.	Crumb chicken burger served with salad and fries.	
Saturday, May 25	Green bean beef stew served with white rice.	Creamy Chicken and mushroom Alfredo served with cocktail roll.	
Sunday, May 26 Main meal R105 Dessert R28	<p style="text-align: center;">Roast Roasted pork belly served with cranberry sauce, Roasted garlic and herb potatoes and seasonal vegetables. **Chicken option available Dessert: Malva pudding served with custard.</p>		