



Ref: EGMB – Your Name, Surname and Unit Number  
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## DAILY LUNCH MENU - AUGUST 2024

WEEK 1: 29/07 - 04/08							
	Monday 29-Jul	Tuesday 30-Jul	Wednesday 31-Jul	Thursday 01-Aug	Friday 02-Aug	Saturday 03-Aug	Sunday 04-Aug
R72.00	Spaghetti Bolognese with Parmesan Cheese	Beef and Cabbage Stew served with Rice	Chicken Schnitzel Mushroom Sauce Chips and Seasonal Vegetables	Beef Bobotie served with Yellow Rice and Seasonal Vegetables	Fish & Chips served with Tartare Sauce	Cottage Pie served with Gravy and Seasonal Vegetables	Cherry and Honey Glazed Gammon served with Gravy, Roast Potato and Seasonal Vegetables *Roast Chicken OR Vegetarian Option Available Main: R105.00
R58.00	Cape Malay Chicken Curry served with Rice and Seasonal Vegetables	Chicken & Mushroom Pie served with Seasonal Vegetables	Thai Pork Stir Fry Served on Chinese Noodles	Stuffed Chicken Fillet & Feta, Cheese Sauce and Seasonal Vegetable			
R58.00	Mac and Cheese with Roasted Vegetables	Vegetable Potjie with Rice	Vegetables Schnitzel with mushroom sauce Vegetables and chips	Butternut and Feta Quesadilla with Seasonal Vegetables	Basil Pesto and Mozzarella Quiche with Fries	Spinach and Feta Pie Potato Wedges and Seasonal Vegetables	Dessert: R28.00 Malva & Custard
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	**	**
WEEK 2: 05/08 - 11/08							
	Monday 05-Aug	Tuesday 06-Aug	Wednesday 07-Aug	Thursday 08-Aug	Friday 09-Aug	Saturday 10-Aug	Sunday 11-Aug
R72.00	Tomato Beef Bredie served with Rice and Seasonal Vegetables	Sausage Roll with Chips, Gravy and Seasonal Vegetables	Butter Chicken with Rice, Roti and Sambal and Seasonal Vegetables	Beef Casserole on Mash served with Seasonal Vegetables	Fish & Chips with Tartare Sauce with tartar sauce	Prego Chicken Fillet served with Chips & Vegetables	Roast Beef served with Roast Potato and Seasonal Vegetables *Roast Chicken OR Vegetarian Option Available Main: R105.00
R58.00	Chicken a la King served with Rice & Seasonal Vegetables	Tuna Pasta Bake served with Seasonal Vegetables	Beef Bangers on Mash with Gravy, Carrot and Peas	Ginger & Soya Chicken Stir-Fry served on Rice with Seasonal Vegetables			
R58.00	Vegetable Bredie served with Rice and Seasonal Vegetables	Vegetable Curry Pie served with Chips, Gravy and Seasonal Vegetables	Creamy Butternut Curry served with Rice, Roti and Sambal	Vegetable Lasagne served with sweet corn	Vegetables Chow Mein served with Egg Noodles	Vegetable Burger served with Chips & Salad	Dessert: R28.00 Sago Pudding & Custard
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	**	**



## DAILY LUNCH MENU - AUGUST 2024

### WEEK 3: 12/08 - 18/08

	Monday 12-Aug	Tuesday 13-Aug	Wednesday 14-Aug	Thursday 15-Aug	Friday 16-Aug	Saturday 17-Aug	Sunday 18-Aug
R72.00	Beef Stroganoff served with Rice and Seasonal Vegetables	Chicken and Green Pea Curry served with Rice and Sambals	Pork Schnitzel, Cheese Sauce, Jacket Potato, Seasonal Vegetables	Beef Casserole served with Rice and Seasonal Vegetables	Fish & Chips with Tartare Sauce	Boerewors Rolls with Caramelized Onion and Chips	Roasted Pork Belly with Roast Potato and Seasonal Vegetables *Roast Chicken OR Vegetarian Option Available Main: R105.00
R58.00	Thai Fish Cakes served with Mash, Sweet Chilli Mayo and Seasonal Vegetables	Beef Lasagne served with a Salad	Hunters Chicken Casserole served with Rice and Seasonal Vegetables	Pork Stir-Fry served with Egg Noodles			
R58.00	Mushroom and Lentil Cakes served with Mash and Mint Sauce	Chickpea and Butternut Curry served with Rice and Sambals	Plant Base Schnitzel Served with Jacket Potato, Seasonal Vegetables	Creamy Mushroom Rissotto	Vegetable Filled Pancake, Cheese Sauce served with Garden Salad	Plant Base Hotdog served with Caramelized Onion and Chips	Dessert: R28.00 Brownies & Cream
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	**	**

### WEEK 4: 19/08 - 25/08

	Monday 19-Aug	Tuesday 20-Aug	Wednesday 21-Aug	Thursday 22-Aug	Friday 23-Aug	Saturday 24-Aug	Sunday 25-Aug
R72.00	Beef Curry served with Rice, Sambals & Seasonal Vegetables	Grilled Prego Chicken Fillets served with Savoury Rice and Seasonal Vegetables	Slow Roasted Pork with Parsely Rice and Seasonal Vegetables	Beef & Cabbage Stew served with Fluffy Rice Seasonal Vegetables	Fish & Chips with Tartare Sauce	Cheesy Margarita Pizza served with Salad	Roast Lamb and Rosemary Roast Potatoes, Gravy & Mint Sauce nd Seasonal Vegetables *Roast Chicken OR Vegetarian Option Available Lamb @ R132.00 Dessert @R28.00 Apple Crumble & Cream
R58.00	Creamy Chicken Casserole served with Rice and Seasonal Vegetables	Liver & Onion Smoor with Mash and Seasonal Vegetables	Chicken Stir-Fry with Egg Noodles	Oven Roasted Chicken Breast, Gravy with Rice and Seasonal Vegetables			
R58.00	Broccoli and Cauliflower Casserole served with Rice	Spinach and Feta Quiche with Salad	Creamy Cabbage, Carrot and Zucchini with Spaghetti	Vegetables Stir-Fry with Chinese Noodles	Lentil Burger with Chips and Salad		Roasted Cauliflower Steaks served with Rice and Creamy Garlic Sauce & Vegetables
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	**	**

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