

SAT
1 NOV

Eggplant parmesan with red sauce and cheeses and served with mash, garden peas and butternut

OR

Chicken kebabs with savoury rice, broccoli and carrots

(V) Cream of mushroom pasta

SUN
2 NOV

Roast Beef with rice, roast potatoes, Yorkshire pudding and gravy and vegetable medley

(V) Oven roasted butternut topped with sesame seeds and plant-based meat topped with honey and sesame dressing

Dessert: Apple crumble with custard

Daily Meals (Ladies Portion – R70) – (Normal Portion – R90)
Fish & Chips (Ladies Portion – R90) – (Normal Portion – R110)
Sunday Roast (2 course – R150)

MON
3 NOV

Chicken Stroganoff with basmati rice, green beans and butternut.

OR

Creamy chicken pasta bake topped with cheese

OR

(v) Homemade basil pesto with fresh parmesan olive oil and salt and pepper dressed over pasta

TUE
4 NOV

Beef curry with yellow rice, garden peas and carrots with side sambal salad.

OR

Chicken supreme in a creamy sauce with mushrooms and bacon, mashed potato and steamed green veggies.

OR

(v) Chickpeas with a mild teriyaki curry sauce served with couscous

WED
5 NOV

Penne a la vodka with parmesan cheese and BBQ chicken breast

OR

Glazed sticky pork on stir-fry vegetables and basmati rice.

OR

(v) Penne pasta tossed in creamy tomato and vodka sauce with fresh basil and side with parmesan cheese

THUR
6 NOV

Alfredo pasta with side parmesan cheese.

OR

Coconut beef marsala with basmati rice, peas and carrots.

OR

(v) Baby marrow sautéed with coconut milk, ginger, garlic, coriander and green Thai chili paste with crushed chickpea hummus.

FRI
7 NOV

Pork schnitzel, fried egg, sautéed potatoes and braised cabbage with carrots.

OR

Grilled hake with savoury rice, broccoli and carrots with a lemon wedge.

OR

(v) Lentil Meatloaf with plant-based protein, onions, carrots, celery and lentils, rolled in sesame seeds

SAT
8 NOV

Coronation chicken with rice, carrots and peas.

OR

Gourmet mac n cheese with peppers, corn and onion.

OR

(v) Bean Stew – 3 beans mixed with onions, carrots, celery, potatoes and peas in a brown gravy.

SUN
9 NOV

Roast Beef or Gammon with rice, Yorkshire pudding, roast potatoes, gravy and veggies.

(v) Italian style braised cabbage with fennel, carrots, olive oil and basil

Dessert – Malva pudding with custard

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Fish & Chips (Ladies Portion – R90) – (Normal Portion – R110)
Sunday Roast (2 course – R150)

MON
10 NOV

Chicken carbonara with mushroom and parmesan cheese.

OR

Asian pork stir-fry on rice and stir-fry veg.

OR

(V) Plant-based "meatballs" and rice with a homemade tomato's basil sauce

TUE
11 NOV

Sesame meatballs with basmati rice, steamed green beans and braised cabbage.

OR

Creamy chicken salsa with corn, salsa and sour cream and served with savoury rice and garden peas.

OR

(V) Plant-based "chick'n" and vegetable stir-fry.

WED
12 NOV

Tomato bredie with carrots and peas, served with rice.

OR

Thai chicken stir-fry with spaghetti and stir-fry vegetables.

OR

(V) Baked potato topped with baby marrow mushrooms carrots and peppers drizzled with basil oil topped with cheese.

THUR
13 NOV

Chicken biryani with a side sambal.

OR

Texas pulled pork with mashed potatoes, gravy, butternut and baby marrows.

OR

(V) Light lentil and vegetable biryani - layered rice, onions lentils and roast potatoes.

FRI
14 NOV

Steak sandwich on garlic toasted French bread, lettuce, tomato, feta and.

OR

Spaghetti bolognese with a side parmesan cheese.

OR

Hannah Chicken, with green beans, carrots and potatoes.

(V) Plant-based bolognese, with onion's carrots celery and fresh tomato

SAT
15 NOV

Spring chicken pot with rice, green beans and baby marrows.

OR

Pork adobo with rice, green beans and butternut

OR

(V) Ratatouille - aubergine, baby marrows, pepper, cooked in a tomato-based sauce with quinoa

SUN
16 NOV

Roast Lamb or Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley.

(V) Stuffed gem squash with plant-based mince

Dessert - Waffles and ice cream

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Sunday Roast (2 course - R150)



THE
FYNBOS
Bistro

WEEKLY MENU

MON
17 NOV

Chicken marsala with mash, baby marrows and butternut.

OR

Pork sausages with gravy and mash then served with carrots and green peas.

OR

(V) Vegetarian sausage on mashed potato with gravy peas and carrots

TUE
18 NOV

Chicken parmesan topped with red sauce & cheese, served with mash, garden peas and butternut.

OR

Braised pork in sweet soy with rice, broccoli and butternut.

OR

(V) Eggplant parmesan with roast potatoes and butternut

WED
19 NOV

Mushroom stroganoff: Served with mash, butternut and green beans.

OR

Herb roast chicken: Served with gravy, rice and peas and carrots.

OR

(V) Baby marrow lemon

THUR
20 NOV

Broccoli bacon mac n cheese: Creamy mac n cheese with bacon and broccoli .

OR

Chicken cacciatore with rice and butternut.

OR

(V) Thai lentil and vegetable curry on basmati rice

FRI
21 NOV

Hungarian goulash: with rice, garden peas and carrots.

OR

Sweet n sour chicken: with stir fry veggies on a bed of rice.

OR

(V) Sweet and Sour falafels

SAT
22 NOV

Asian Beef stir fry: Beef sautéed with garlic, ginger and soy sauce, served over rice and sautéed stir fry veg.

OR

Thai chicken curry: Served with basmati rice and garden peas and carrots.

OR

(V) Broccoli mac and cheese

SUN
23 NOV

Roast Chicken or Beef with rice, roast potatoes, Yorkshire pudding and gravy with a veg medley.

(V) Meat-free wellington

Dessert - Cape brandy pudding with custard or ice cream

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Sunday Roast (2 course - R150)

WEEKLY MENU

MON
24 NOV

Pork potjie with rice, baby marrows and butternut.

OR

Creamy chicken pasta bake with cheese.

OR

(V) Butterbean potjie with, onion, carrot and potato on rice.

TUE
25 NOV

Traditional meatloaf with mash, gravy, broccoli & carrots.

OR

Chicken a la king with savoury rice, carrots and green beans.

OR

(V) Chickpea al la King on rice

WED
26 NOV

Bake potato with savoury mince and cheese, garden peas and butternut

OR

Arrabiatta pasta with a side of parmesan.

OR

(V) Savoury bake potato filled with meat-free mince.

THUR
27 NOV

Butter chicken: with basmati rice, garden peas and carrots.

OR

Traditional bobotie: served with yellow rice, cinnamon pumpkin, green beans and side sambal.

OR

(V) Lentil Bobotie on yellow rice with green beans and side sambal salad

FRI
28 NOV

Hawaiian pork chop topped with pine-apple salsa, and served with braised cabbage and potato salad.

OR

Beef ragu with rice, broccoli and butternut.

OR

(V) Mushroom and chickpea ragu with mashed potato and butternut

SAT
29 NOV

Beef casserole with rice, green beans and butternut.

OR

Rosemary infused chicken breast with a baked potato, broccoli and cauliflower.

OR

(V) Sesame tofu with couscous and broccoli

SUN
30 NOV

Roast Beef with rice, roast potatoes, Yorkshire pudding, gravy and vegetable medley.

(V) Danish feta with mixed nuts oven baked nestled on a bed of spinach

Dessert - Trifle bowls

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