



# WEEKLY MENU

MON  
05 JAN

Butter Chicken served with Basmati rice, baby marrow and carrots

OR

Spaghetti Bolognese with a side of Parmesan cheese

OR

(V) Mild Coconut Curry served with Basmati rice, baby marrow and carrots

TUES  
06 JAN

Asian Beef stir-fry served with Basmati rice or noodles and vegetables

OR

Chicken Penne a la Vodka seasoned with fresh Basil and a side of Parmesan cheese

OR

(V) Penne a la Vodka

WED  
07 JAN

Herb Roast Chicken served with roast potatoes, creamed spinach and butternut

OR

Pork sausages served with mash, peas, butternut and gravy

OR

(V) Vegetable sausages served with mash, peas, butternut and gravy

THURS  
08 JAN

Chilli con carne served with garlic herb rice with a side of sour cream and cheddar cheese

OR

Hannah Chicken served with garlic herb rice, baby marrow and carrots

OR

(V) Lentil dahl with rice, baby marrow and carrots

FRI  
09 JAN

Grilled or deep-fried Hake served with chips or savoury rice and coleslaw

OR

Sweet and sour chicken served with sauteed potatoes, butternut and broccoli

OR

(V) Sweet and sour Falafel with savoury rice and stir-fry vegetables

SAT  
10 JAN

Creamy Chicken Salsa served with savoury rice and garden peas

OR

Arrabiatta pasta

OR

(V) Veggie burger served with chips

SUN  
11 JAN

Roast Beef or Roast Pork with rice, roast potatoes, Yorkshire pudding and vegetables of the day

Dessert: Trifle

OR

(V) Egg-plant Parmesan with mash, butternut and baby marrow

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