



**MON**  
**05 JAN**

Butter Chicken served with Basmati rice, baby marrow and carrots  
**OR**  
Spaghetti Bolognaise 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)**