

WEEKLY MENU

MON 6 JULY	Chicken Pesto Pasta	Fish cakes served with savoury rice & carrots	(v) Lentil bolognaise over spaghetti pasta
TUES 7 JULY	Traditional Meatloaf with mash, Broccoli	Chicken Stroganoff with rice, green beans & butternut	(v) Mushroom Stroganoff with rice & butternut
WED 8 JULY	Cabbage & potato stew with rice & beetroot salad	Ham & Mushroom & cheese pizza R90	(v) Savoury bake potato filled with meat free mince
THUR 9 JULY	Two oven roasted chicken drumsticks with veggie bake & garlic potatoes	Beef Stroganoff with mashed potato & green beans	(v) Vegetable Lasagne
FRI 10 JULY	Savoury Baked Potato with Cheese, Peas & Butternut	Grilled/Fried Fish with chips, coleslaw and tartar sauce	(v) Veg sausages with gravy, mash and baby marrows
SAT 11 JULY	Tomato Meatballs with mashed potatoes and baby marrow	Chicken Korma in a creamy sauce with rice and side sambal	(v) Vegetarian: Thai lentil veg curry with rice
SUN 12 JULY	Roast Chicken with rice, roast potatoes, and gravy and veg medley	Roast Gammon with rice, roast potatoes and gravy and veg medley	Dessert Chocolate Mousse

R70 ladies portion / R90 standard portion

Friday Fish & chips R90

Sunday lunch R120 Beef / Chicken / Pork / Gammon

Sunday lunch R150 Lamb

Sunday Dessert R30

WEEKLY MENU

MON 13 JULY	Alfredo pasta with a side of parmesan	Chicken Wrap & Chips	(v)Caribbean Butternut & Chickpea Roti
TUES 14 JULY	Cape bobotie with yellow rice, butternut and chutney	Thai chicken stir fry with stir fried vegetables and rice	(v) Lentil bobotie with rice and butternut
WED 15 JULY	Chicken a la king with rice and Baby Marrow	Prawn Curry with Poppadoms & Chutney R90	(v) Veg Korma with rice and side sambal
THUR 16 JULY	Monterrey chicken bake with rice & butternut	Beef Ragu on Penne Pasta with peas & carrots	(v) Veg Ragu with mashed potatoes, Peas and carrots
FRI 17 JULY	Pork sausages with mashed Potatoes, Sauteed Green Beans & Gravy	Fried/Grilled Fish Served with chips, coleslaw and tartar sauce	(v)Tomato vegetable meatballs with couscous with stir fry veg
SAT 18 JULY	Mediterranean Chicken Chicken breast with rice and butternut	Indian meatball curry with Spaghettie and green beans	(v)Veg kebabs with rice and potato wedges
SUN 19 JULY	Roast Chicken with rice, roast potatoes and gravy and vegetable medley	Roast Beef served with rice, roast potatoes, Yorkshire pudding and gravy and vegetable medley	Dessert Sticky Toffee Pudding

R70 ladies portion / R90 standard portion

Friday Fish & chips R90

Sunday lunch R120 Beef / Chicken / Pork / Gammon

Sunday lunch R150 Lamb

Sunday Dessert R30

WEEKLY MENU

MON 20 JULY	Benji Butter chicken with basmati rice and butternut	Tomato bredie with rice and broccoli	(v) Vegetarian: Cauliflower and chickpeas Butter chicken with rice and butternut
TUES 21 JULY	Cottage Pie with garden peas & carrots	Chicken Penne a la vodka with parmesan cheese	(v) Baked feta pasta
WED 22 JULY	Savoury Penne Bake topped with Cheese	Grilled pork chop with braised vegetables R90	(v) Mild coconut Veg curry with chickpeas, rice and Butternut
THUR 23 JULY	Curry Mince Rotti with Sambal	Creamy tomato chicken pasta with side parmesan cheese	(v) Lentil chilli con carne with couscous topped with sour cream
FRI 24 JULY	Beef curry with yellow rice, peas and side sambal	Grilled/Fried Fish with chips, coleslaw and tartar sauce	(v) Vegetarian burger served with chips
SAT 25 JULY	Spaghetti bolognaise with parmesan cheese	Sticky Wings with Chips & Greek Salad	(v) Pesto cherry tomato sauce over penne pasta
SUN 26 JULY	Roast Chicken with rice, roast potatoes, and gravy and Seasonal Vegetables	Roast Pork with rice, roast potatoes, and gravy and Seasonal Vegetables	Dessert: Sago Pudding

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Sunday lunch R150 Lamb

Sunday Dessert R30

WEEKLY MENU

MON 27 JULY	Chicken breyani with side sambal	Texas pulled pork with mashed potatoes and baby marrows	(v)Vegetable briyani with lentils, with a side sambal salad
TUES 28 JULY	Lemon & Herb Chicken Breast with savoury rice & seasonal vegetables	Korean Beef sesame noodles with Stir Fried Vegetables,	(v) Mushroom, lentils and broccoli bake: with rice and Carrots
WED 29 JULY	Savoury Pancake Topped with Cheese Sauce and side vegetables	Ribs and chips R90	(v) Eggplant parmesan with Roast Potatoes, and butternut
THUR 30 JULY	Chicken Carbonara pasta with parmesan cheese	Glazed sticky pork over stir fried vegetables and basmati rice	(v) Broccoli mac n cheese
FRI 31 JULY	BBQ Chicken Breast with pan fried Vegetables & Mashed Potatoes	Grilled/Fried Fish served with chips, coleslaw and tartar sauce	(v)Chickpea bowl with couscous and roasted vegetables
SAT 1 AUG	Mild pork curry with rice, carrots and and side sambal	Grilled Chicken Burger & Chips	(v)A hearty bean and veg stew with rice
SUN 2 AUG	Roast Beef with Savoury Rice, Yorkshire pudding, roast potatoes, gravy and vegetables	Roast Chicken with rice, roast potatoes and gravy and roasted Vegetables	Dessert Baked Citrus Pudding

R70 ladies portion / R90 standard portion

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Sunday lunch R120 Beef / Chicken / Pork / Gammon

Sunday lunch R150 Lamb

Sunday Dessert R30