

WEEKLY MENU

MON 3 AUG	Chicken Stroganoff with rice, green beans and butternut	Traditional Meat Loaf with mashed potatoes and peas	(v) Lentil bolognaisse over spaghetti
TUES 4 AUG	Chicken Pesto Pasta	Fish Cakes with savoury rice and carrots	(v) Vegetable lasagne
WED 5 AUG	Roasted Chicken Drumsticks with vegetable bake and garlic potatoes	Regina Pizza (ham, mushroom and cheese) R90	(v) Savoury baked potato filled with meat-free mince
THUR 6 AUG	Cabbage Stew with rice and beetroot salad	Chicken Parmesan with roast potatoes, peas and carrots	(v) Mushroom stroganoff with rice and butternut
FRI 7 AUG	Savoury Baked Potato topped with cheese, peas and butternut	Grilled/Fried Fish with chips, coleslaw and tartar sauce	(v) Vegetarian sausages with gravy, mashed potatoes and baby marrow
SAT 8 AUG	Mongolian Beef with carrots and rice	Chicken Korma in a creamy sauce with rice and sambal	(v) Thai lentil and vegetable curry with rice
SUN 9 AUG	Roast Chicken with rice, roast potatoes, and gravy and veg medley	Roast Gammon with rice, roast potatoes and gravy and veg medley	Dessert: Self-Saucing Chocolate 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 10 AUG	Spaghetti Bolognaise with Parmesan cheese	Chicken Wrap with chips	(V) Pesto and cherry tomato sauce over penne pasta
TUES 11 AUG	Thai Chicken Stir- Fry with stir-fried vegetables and rice	Beef Ragu with mashed potatoes, peas and carrots	(V) Vegetable ragu with mashed potatoes, peas and carrots
WED 12 AUG	Chicken à la King with rice and baby marrow	Prawn Curry with Poppadoms & Chutney R90	(V) Vegetable korma with rice and sambal
THUR 13 AUG	Cape Bobotie with yellow rice, butternut and chutney	Monterey Chicken Bake with rice and carrots	(V) Lentil bobotie with rice and butternut
FRI 14 AUG	Pork Sausages with mashed potatoes, carrots and gravy	Fried/Grilled Fish Served with chips, coleslaw and tartar sauce	(V) Tomato and vegetable meatballs with couscous and stir- fried vegetables
SAT 15 AUG	Mediterranean Chicken Breast with rice and butternut	Indian Meatball Curry with rice and green beans	(V) Vegetable kebabs with rice and potato wedges
SUN 16 AUG	Roast Chicken with rice, roast potatoes and gravy and seasonal vegetables	Roast Beef served with rice, roast potatoes, Yorkshire pudding and gravy and seasonal vegetables	Dessert: Eton Mess with berries and cream

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MON 17 AUG	Benji Butter chicken with basmati rice and butternut	Tomato bredie with rice and broccoli	(v) Cauliflower and chickpea butter curry with rice and butternut
TUES 18 AUG	Cottage Pie with garden peas & carrots	Chicken Penne a la vodka with parmesan cheese	(v) Baked feta pasta
WED 19 AUG	Savoury Penne Bake topped with cheese	Grilled pork chop with braised vegetables R90	(v) Mild coconut vegetable curry with chickpeas, rice and butternut
THUR 20 AUG	Curry Mince Rotti with Sambal	Sticky Chicken Wings with chips and side salad	(v) Lentil chilli con carne with couscous topped with sour cream
FRI 21 AUG	Alfredo Pasta with Parmesan cheese	Grilled/Fried Fish with chips, coleslaw and tartar sauce	(v) Vegetarian burger served with chips
SAT 22 AUG	Beef Curry with yellow rice, peas and sambal	Creamy Tomato Chicken Pasta with Parmesan cheese	(v) Caribbean butternut and chickpea roti
SUN 23 AUG	Roast Chicken with rice, roast potatoes, and gravy and Seasonal Vegetables	Roast Gammon with rice, roast potatoes, and gravy and Seasonal Vegetables	Dessert: Chocolate Mousse

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MON 24 AUG	Lemon and Herb Chicken Breast with savoury rice and seasonal vegetables	Glazed Sticky Pork over stir-fried vegetables and basmati rice	(v) Broccoli mac and cheese
TUES 25 AUG	Chicken Biryani with sambal	Korean Beef Sesame Noodles with stir-fried vegetables, topped with sesame seeds	(v) Mushroom, lentils and broccoli bake: with rice and Carrots
WED 26 AUG	Savoury Pancake Topped with Cheese Sauce and side vegetables	Ribs and chips R90	(v) Eggplant parmesan with Roast Potatoes, and butternut
THUR 27 AUG	Chicken Carbonara pasta with parmesan cheese	Texas Pulled Pork with mashed potatoes and baby marrow	(v) Vegetable biryani with lentils and sambal
FRI 28 AUG	Grilled Chicken Burger with chips	Grilled/Fried Fish served with chips, coleslaw and tartar sauce	(v) Chickpea bowl with couscous and roasted vegetables
SAT 29 AUG	BBQ Chicken Breast with pan-fried vegetables and mashed potatoes	Pork Adobo with rice and butternut	(v) A hearty bean and veg stew with rice
SUN 30 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: Apple Crumble with Custard

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MON 31 AUG	Savoury Baked Potato topped with savoury mince and cheese, with seasonal vegetables	Chicken Marsala with rice and broccoli	(v) Stuffed butternut with roast potatoes and seasonal vegetables
TUES 1 SEPT	Tuscan Chicken with mashed baby potatoes and baby marrow	Braised Pork in Sweet Soy Sauce with rice and butternut	(v) Sweet and sour falafels with rice
WED 2 SEPT	Beef Stir-Fry with stir-fried vegetables and rice	Crumbed Chicken Burger and Chips R90	(v) Lentil and mushroom Shepherd's Pie with seasonal vegetables
THUR 3 SEPT	Broccoli and Bacon Mac and Cheese topped with cheddar cheese	Chicken Cacciatore with rice and carrots	(v) Pesto pasta with Parmesan cheese
FRI 4 SEPT	Hearty Beef Casserole with rice and carrots	Grilled or Fried Fish with chips, coleslaw and tartar sauce	(v) Lemon baby marrow with lemon-roasted potatoes, butternut and broccoli
SAT 5 SEPT	Beef Stir-Fry with rice and stir-fried vegetables	Coronation Chicken with rice and butternut	(v) Butter Bean Potjie with rice
SUN 6 SEPT	Roast Pork with rice, roast potatoes, gravy and seasonal vegetables	Roast Chicken with rice, roast potatoes, gravy and seasonal vegetables	Dessert: Baked Citrus Pudding

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