

WEEKLY MENU

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	Broc,bacon Mac & Cheese with a side of salad	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

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 7 SEPT	Traditional Meatloaf with Mashed Potatoes & Peas	Chicken Pesto Pasta	(v) Lentil bolognaise over spaghetti pasta
TUES 8 SEPT	Roast Chicken Drum Sticks with Veggie bake & garlic potatoes	Fish Cakes with Savoury Rice & Carrots	(v) Vegetable Lasagne
WED 9 SEPT	Savoury Baked Potato with Cheese, Peas & Butternut	Hawaiian Pizza R90	(v) Savoury bake potato filled with meat free mince
THUR 10 SEPT	Chicken Parmesan with Roast Potatoes, Peas & Carrots	Cabbage Stew with Rice & Beetroot Salad	(v) Mushroom stroganoff with rice and butternut
FRI 11 SEPT	Chicken Schnitzel with wedges & glazed carrots	Grilled/Fried Fish with chips, coleslaw and tartar sauce	(v) Veg sausages with gravy, mash and baby marrows
SAT 12 SEPT	Chicken Broc Pasta Bake	Beef Pita with Side Salad	(v) Thai lentil veg curry with rice
SUN 13 SEPT	Roast Chicken with rice, roast potatoes, and gravy and veg medley	Roast Lamb with rice, roast potatoes and gravy and veg medley R180	Dessert: Ice Cream with Berry Compote

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Friday Fish & chips R90

Sunday lunch R120 Beef / Chicken / Pork / Gammon

Sunday lunch R150 Lamb

Sunday Dessert R30

WEEKLY MENU

MON 14 SEPT	Thai Chicken S/F with rice & Stir Fried Vegetables	Bobotie with yellow rice, Butternut & Chutney	(V) Pesto and cherry tomato sauce over penne pasta
TUES 15 SEPT	Chicken Wrap & Chips	Spaghetti Bolognaise with Parmesan Cheese	(V) Veg Ragu with mashed potatoes, Peas and carrots
WED 16 SEPT	Chicken a la King with Rice & Baby Marrow	Braai Mix - Beef Sausage, 2 Drum Sticks with Baby potato & Side salad R90	(V) Vegetable korma with rice and sambal
THUR 17 SEPT	Pork Sausage with Mashed potato, Carrots & Gravy	Monterrey Chicken Bake ,with rice & Carrots	(V) Lentil bobotie with rice and butternut
FRI 18 SEPT	Steak sandwich & Chips	Fried/Grilled Fish Served with chips, coleslaw and tartar sauce	(V) Tomato and vegetable meatballs with couscous and stir- fried vegetables
SAT 19 SEPT	Chicken Skewers with Chips & Side salad	Meatball Curry	(V) Vegetable kebabs with rice and potato wedges
SUN 20 SEPT	Roast Chicken with rice, yorkshire pudding roast potatoes and gravy and seasonal vegetables	Roast Gammon served with rice, roast potatoes, gravy and seasonal vegetables	Dessert: Strawberry Fridge Pudding

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Sunday Dessert R30

WEEKLY MENU

MON 21 SEPT	Cottage Pie with Garden Peas & Carrot	Chicken Penne a la Vodka	(v) Cauliflower and chickpeas Butter chicken with rice and butternut
TUES 22 SEPT	Tomato Bredie with Rice & Broccoli	Butter Chicken with Basmati Rice & Butternut	(v) Baked feta pasta
WED 23 SEPT	Alfredo Pasta	Ribs & Chips R90	(v) Mild coconut vegetable curry with chickpeas, rice and butternut
THUR 24 SEPT	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 25 SEPT	Pork Chop with Potato salad and Butternut	Grilled/Fried Fish with chips, coleslaw and tartar sauce	(v) Vegetarian burger served with chips
SAT 26 SEPT	Beef Wrap with chips	Chicken Korma	(v) Caribbean butternut and chickpea roti
SUN 27 SEPT	Roast Chicken with rice, roast potatoes, and gravy and Seasonal Vegetables	Roast Beef with rice, roast potatoes, Yorkshire pudding and gravy and Seasonal Vegetables	Dessert: Chocolate Mousse

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Sunday Dessert R30

WEEKLY MENU

MON 28 SEP	Chicken Breyani with side sambal	Beef Mince Pie with Seasonal Veg.	(v) Broccoli mac and cheese
TUES 29 SEP	Savoury Pancake topped with Cheese sauce & Green Veg	Creamy Tomato Chicken Pasta with Parmesan Cheese	(v) Mushroom, lentils and broccoli bake with rice and Carrots
WED 30 SEP	Glazed Sticky Pork with Stir Fried Vegetables & Basmati Rice	Creamy Prawn Pasta R90	(v) Eggplant parmesan with Roast Potatoes, and butternut
THUR 1 OCT	BBQ Chicken Breast with Rice and Pan Fried Vegetables	Pulled Pork with Mashed Potato & Baby Marrow	(v) Vegetable biryani with lentils and sambal
FRI 2 OCT	Grilled Chicken Burger with chips	Grilled/Fried Fish served with chips, coleslaw and tartar sauce	(v) Chickpea bowl with couscous and roasted vegetables
SAT 3 OCT	Pork & Apple Pie with Side Salad & Chips	Butterfly Chicken with Salad & Garlic Potato	(v) A hearty bean and veg stew with rice
SUN 4 OCT	Roast Chicken with rice, roast potatoes, gravy and roasted vegetables	Roast Pork with rice, roast potatoes and gravy and roasted Vegetables	Dessert: Peach Cobbler

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