

APRIL'19 Menu

Goldplate Foods



<u>MONDAY</u> <u>MAANDAG</u>	<u>TUESDAY</u> <u>DINSDAG</u>	<u>WEDNESDAY</u> <u>WOENSDAG</u>	<u>THURSDAY</u> <u>DONDERDAG</u>	<u>FRIDAY</u> <u>VRYDAG</u>
1	2	3	4	5
Lemon & Herb Grilled Chicken Fillet Served with Rice & Gravy, Green beans and Sweet Potato.	<i>Mildly Curry Meatballs Served with Mashed Potato, Creamy Cauliflower, Carrot & Pineapple Salad.</i>	<i>Sweet & Sour Pork Stir-fry Served with Rice Cabbage and Cinnamon Pumpkin.</i>	Fish Nuggets Served with Potato Wedges, Baby marrow and Sweet Butternut.	Macaroni with Savoury Mince & Cheese, Served with a fresh Bread roll and Beetroot Salad.
8	9	10	11	12
<i>Chicken a La King Served with Rice, Creamy Spinach and Gems with Sweet Corn Fillings and Cheese Topping.</i>	Crispy Fishcake Served with Mashed Potato, Mixed Vegetables and Bake Bean Salad.	Meatloaf with Tomato Gravy Served with Spicy Rice, Broccoli and Cabbage Salad.	Honey Glazed Pork Chop, Served with Potato Bake, Fruit Salad and Bread roll on the Side.	Sweet Chilli Chicken Nuggets, Served with Fried Rice, Corn Fritters and Noodle Salad.
15	16	17	18	19
Pork Sausage Served with Mashed Potato & Gravy, Baby marrow and Gems with Sweet Corn Fillings & Cheese Topping.	Oxtail Flavoured Beef Stew Served with Stamp, Spinach with Feta and Pumpkin.	Crumbed Chicken Strips with Cheese Sauce topping, Served with Rice, Peas and Custard Carrots and Roasted Baby Potato's on the Side.	Spaghetti Bolognese Served with a 3 Bean Salad and Fresh Bread roll on the Side.	<u>Public Holiday</u> Good Friday
22	23	24	25	26
<u>Public Holiday</u> Family Day	Chicken Schnitzel Served with a Sweet Chilli Sauce with Mashed Potato and Oven Roasted Vegetables.	Tenderised Steak Served with Garlic & Mushroom Sauce with Rice, Green Beans and Sweet Potato.	Battered Hake Served with Lemon Butter Sauce, Spicy Rice, Mixed Vegetables and a Salad of the Day.	Boneless Pork Ribs Served with Maize Dish, Cocktail Carrot Salad.
29	30			
Pasta Alfredo with Ham Served with Baby Potato's on the side, Spinach and a Salad of the Day.	Sticky Chicken Wings Served with Potato Wedges, Broccoli and Sweet Pumpkin.			

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