

# JUNE'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>
3	4	5	6	7
Chicken & Mushroom Stew with Pepper Sauce, Served with Rice, Roast Vegetables and a Fresh Bread roll on the Side.	Thai Curry Pork Strips Served with Fried Rice, Creamy Spinach and Butternut + Fried Onions on the Side.	Lemon Butter Fish Mornay Served with Mashed Potato, Fried Cabbage and Sweet Carrots.	Beef Stroganoff with Garlic Sauce Served with Samp, Green beans and Sweet Potato.	Spaghetti bolognese Served with Coleslaw Salad, Mixed Vegetables and Potato Salad.
10	11	12	13	14
Beef Strips with Mushroom Sauce Served with Brown Rice, Creamy Broccoli and Cinnamon Butternut.	Battered Hake with Cheese Sauce Served with Mashed Potato, Mix Vegetables and Coleslaw Salad.	Italian Meatballs with Spaghetti Served with a Fresh Bread roll and Stir-fry Vegetables.	Mustard Flavoured Pork Chops with Potato Wedges, Baby Marrow with Cheese Sauce and Sweet Carrots.	Chicken Pops with Sweet Chilli & Mustard Sauce with Fried Rice, Baby Potato's and Beetroot Salad.
17	18	19	20	21
<b><u>Public Holiday</u></b>	Slow Cooked Rosemary Beef Stew with Rice, Cauliflower and Fried Sweet Potato.	Fish Cakes Served with Cheese Sauce, Green beans and Pumpkin + Fried Onions on the Side.	Lemon Marinated Grilled Chicken Drumsticks Served with Peas and Butternut.	Honey & Garlic Pork Bites Served with Potato Bake, Baked Bean salad and Fried Onions.
24	25	26	27	28
Fish Nuggets Served with Potato Stew, Creamy Baby Marrow and Gems with Corn Filling and Cheese Topping.	Sweet Chilli Chicken Strips Served with Spicy Rice, Fried Cabbage and Butternut.	Meatloaf with Gravy Served with Mashed Potato, Broccoli with Sauce and Carrot Salad.	Tomato & Onion Beef Sausage Served with Samp, Creamy Spinach and Sweet Potato & Fried Onions on the Side.	Bacon & Mushroom Macaroni with Cheese, Served with a Fresh Bread roll on the Side and Coleslaw Salad.