

June'18 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>VRYPDAG</u>
		(30 May'18)	(31 May'18)	1
		<i>Sweet & Sour BBQ stir-fry, Served with a Fresh Bread roll, Spaghetti & Mixed Vegetables.</i>	<i>Honey Garlic Pork Bites & Onion Rings, Served with Rice, baby marrow and Corn.</i>	Chicken Gordon Bleu Served with a Potato in Jacket with Stir- fry Vegetables.
4	5	6	7	8
Lemon & Herb Grilled Chicken Served with Rice, Spinach and Sweet Potato.	Winter Curry Hot Pot Pork Stew Served With Samp, Cauliflower and Sweet Pumpkin.	Battered Hake with Cheese Sauce, Served with Mashed Potato, Broccoli and Carrots.	Oven Roast Beef Tenderloin Served Gravy & Rice, Green beans and Butternut.	Boneless Pork Ribs Served with Potato Bake, Cabbage Salad & Bean Salad.
11	12	13	14	15
Thai Chicken Curry with Rice, Served with a Fresh Bread roll and a Salad of the Day.	Garlic & Ginger Beef Strips Served with Pasta, Sweet Peas and Butter Corn.	Fish Mornay Served with Rice, Broccoli and Butternut.	Grilled Honey & Mustard Pork Chops with Mashed Potato, Cabbage and Carrots.	Spaghetti Bolognese Served with a Fresh Bread roll and a Greek Salad.
18	19	20	21	22
Chicken Pie Served with Mixed Vegetables and a Salad of the Day.	Tomato Bredie Beef Stew with Rice, Feta Spinach and Sweet Potato.	Spicy Battered Fish Bites Served with Spicy Rice, Baby marrow and Carrots.	Pork Rashers with Mashed Potato, Cauliflower and Corn	Baked Lemon Chicken with Creamy Mushroom Sauce, Mashed Potato, Butternut & Corry Beans Salad.
25	26	27	28	29
Chilli Ginger & Coconut Fishcakes with Rice, Green beans and Pumpkin.	Apple & Garlic Pork Stew Served with Mashed Potato, Broccoli and Butternut.	Asian Beef Stir-fry Served with Asian Fried Rice, Fresh Bread roll and Fried Vegetables.	Grilled Chicken Leg Quarter with Lime Dressing Served with Rice, Peas and Gems with Cheese Fillings.	Macaroni & Mince Served with Potato Bake and a Fresh Bread roll, Carrot Salad.

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Items on our menu are subject to change without prior notice according to seasonality and availability