

MARCH'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
				Bacon & Feta Macaroni & Cheese Dish, Served with a Fresh Bread roll, Carrot & Pineapple Salad.
4	5	6	7	8
Chicken Schnitzel with Mushroom Sauce Served with Fried Rice, Baby marrow and Sweet Carrots.	Meatballs with Tomato Basil Sauce, Mashed Potato, Baked Bean Salad and Butter Corn.	Curry Pork Cubes with Gravy Served with Brown Rice, Creamy Spinach and Sweet Potato Roll.	Sweet & Sour Beef Strips with Samp, Green beans and Sweet Pumpkin.	Fish nuggets served with Tango Sauce, Spicy Rice, Peas and Beetroot Salad.
11	12	13	14	15
Grilled Chicken Fillet with Lemon Garlic Sauce, Broccoli, Gems with Corn Fillings and Cheese Topping.	Beef Stroganoff Served with Noodles, Cauliflower and Carrot Salad.	Grilled Pork Chop Served with Samp, Fried Cabbage and Pumpkin Fritters.	Crisp Crumbed Fish Cakes Served with Potato Stew, Sweet Peas, and Bean Salad.	Sticky Chicken Wings Served with Couscous, Baby Potatoes and Carrot Salad.
18	19	20	21	22
Beef Roast with Rosemary & Garlic Gravy with Fried Rice, Creamy Spinach and Sweet Potato.	Battered Hake with Lemon Butter Sauce, Served with Mashed Potato, Peas and Corn Fritters.	Sweet Chilli Chicken Strips Served with Spicy Rice, Mixed Vegetables and Fresh Bread roll on the Side.	<u>Public Holiday</u> Human Rights Day	Beef Lasagne Served with Yellow Rice, Baby Potatoes and Greek Salad.
25	26	27	28	29
Honey Garlic Pork Chop served with Fried Rice, Broccoli with Sweet Sauce and Butternut.	Beef Sausage with Mashed Potato, Roasted Vegetables and Noodle Salad.	Grilled Chicken Drumsticks with Lemon Marinade Served with Brown Rice, Broccoli and Salted Carrots.	Steamed Hake with Lemon & Dill Sauce served with Rice, Pineapple Coleslaw Salad and Mixed Vegetables.	Vetkoek & Mince Served with Potato Salad and Noodles salad.

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www.goldplatefoods.co.za

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