

MAY'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
		<i>Public holiday</i> Workers Day	Hawaiian Pork Stir-fry Served with Noodles and Stir-fry Vegetables with Gems Squash with Cheese & Corn Fillings.	Fish Nuggets with Lemon & Herb Sauce topping, Served with Couscous, Mixed vegetables and Carrot & Pineapple Salad.
6	7	8	9	10
Macaroni & Cheese dish with Bacon & Ham Bites, Served with Cauliflower and Sweet Carrots and oven Grilled Baby Potatoes on the Side.	Sweet Chilli Chicken Stir- fry with Mushrooms Served with Mashed Potato, Baby marrow and Sweet Potato.	<i>Public Holiday</i> National voting day	Lemon Butter Steamed Hake Served with Rice, Creamy Spinach and Pumpkin.	Meatballs & Spaghetti Served with Curry & Tomato Gravy with a Bread roll on the Side, and Beetroot Salad.
13	14	15	16	17
Chutney Beef Cubes Stroganoff Served with Pasta, Broccoli and Coleslaw Salad.	Chicken Pops with Sweet & Sour Sauce Served with Mashed Potato, Mixed Vegetables and Baby Potato's on the Side.	Grilled Pork Chop with Mustard topping Sauce Served with Spicy Rice, Cabbage and Corn Fritters.	Fish Cakes with Chilli & Coriander Sauce, Gem squash with Corn and Cheese Fillings, Creamy Cauliflower.	Chicken & Mushroom Pie, Served with Rice and bread roll on the side with a Baked Bean Salad.
20	21	22	23	24
Beef Sausage served with Rice and Tomato & Onion Gravy, Green beans and Coleslaw Salad.	Rosemary & Garlic Flavoured Meatloaf Served with a Maize Dish and Mixed Vegetables and Pumpkin Fritters.	Chicken Strips Served with Potato Wedges, Stir- fry Vegetables and Broccoli with Condensmilk Topping.	Saucy Tomato & Onion Pork Banger, Served with Mashed Potato, Curry Noodle Salad and a fresh bread roll on the Side.	Chicken Lasagne Served with Rice and Roasted Baby Potato and Roast Vegetables.
27	28	29	30	31
Chicken Thigh Served with Lemon & Butter Sauce, Served with Yellow Rice, Broccoli and Sweet Potato.	Curry Beef Stew Served with Noodles, Stir-fry Vegetables and Bake bean Salad.	Fish Nuggets Served with Rice, Beetroot Salad and Gems squash with Corn & Cheese Fillings.	Chicken Drumsticks Served with Potato Wedges, Creamy Cauliflower and Butternut.	Home Made Beef Pie Served with Rice, Roasted Vegetables and Carrot & Pineapple Salad.

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