

Sept'2020 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
	Tomato & Onion Meatballs Served with Rice, Fresh Bread roll on the Side, Sweet Potato Cubes and Whole Corn.	BBQ Marinated de-boned Pork Rib, Served with stir-fry Rice, Cabbage Salad and Cinnamon Pumpkin.	Lemon & Herb Battered Hake Served with Mashed Potato, Onion & Peas Mix and Sweet Carrots.	Macaroni with Savoury Mince & Cheese, Served with fresh Bread roll on the Side with Potato Wedges and Beetroot Salad.
7	8	9	10	11
Beef Biryani Served with Penne Noodles, Creamy Spinach with Potato Bits & Onion and Coleslaw Salad with Raisons.	Garlic & Ginger Glazed Pork Dish Served with Fried Rice, Green beans with Bacon and Sweet Potato.	Sweet & Sour Chicken Sosaties Served with a Mushroom & Onion Maize Dish, baby marrow with Tomato & Onion Mix and Sweet Cubed Carrots.	Homemade Fish Pie Served with Creamy Cauliflower with Crisp Topping and Gems squash with Sweet Corn & Cheese.	Crispy Chicken Schnitzel with Mushroom & Pepper Sauce, Served with Fried Rice, Pumpkin Fritters and Noodle Salad.
14	15	16	17	18
Beef Pie Served with Rice & Gravy on the Side, Cauliflower with White Onion & Crisp Topping & Coleslaw Mix Salad.	Lemon & Herb Grilled Chicken Fillet Served with Potato Bake, Creamy Green Beans + Potato Bits and Sweet Potato.	Fish Cakes with Lemon Butter Sauce, Served with Rice, Onion Flavoured Peas and Carrot & Pineapple Salad.	Meatballs Served with Tomato & Organum Sauce with Mashed Potato, Creamy Cabbage and Butternut & Potato Wedges on the Side.	Creamy Pasta al Fredo with Fresh Mushrooms Served with Potato Salad and Roasted Vegetables and Onion Rings.
21	22	23	24	25
Oxtail Flavoured Beef Stew Served with Stamp & Potato Wedges on the Side, Spinach with Feta and Sweet Broccoli with Bacon.	Crispy Battered Hake with Lemon & Herb Sauce + Dill and Cheese Topping, Served with Creamy Potato Bake, Feta Spinach and Corn Fritters.	Olive Fried Chicken Strips Served with Potato Bake, Mixed Vegetables and Cabbage Salad.	PUBLIC HOLIDAY <i>Heritage Day</i>	Pepper Steak with Mango Chutney Sauce, Served with Potato Bake and a Beetroot Salad.
28	29	30		
Delicious Creamy Chicken Pasta al Fredo with Bacon & Cheese Toppings, Served with a Creamy Cauliflower with Cheddar Topping and Coleslaw Salad.	Durban Curry Pork Strips, Slow Cooked in Mustard Leaves, Served with Samp, Whole Corn and Pumpkin.	Vetkoek & Savoury Mince with Cheese Filling + Onion Rings on the Side Served with a 3 Bean Salad, Stir-fry Vegetables and Fresh Bread roll on the Side.		

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