

# Jan'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>VRYDAG</u>
1	2	3	4	5
New Year's Day	Leave (no deliveries)	Leave (no deliveries)	Leave (no deliveries)	Leave (no deliveries)
8	9	10	11	12
Beef Roast with Gravy, Served with Rice, Feta Spinach and Butternut.	Fish Nuggets with Mashed Potato, Creamy Peas and Butter Corn,	Coconut Chicken Curry Served with Samp, Broccoli and Carrots.	Meatloaf with Gravy and Rice, Green beans and Sweet Pumpkin.	Pork Rashes Served with a Maize Dish and a Salad of the Day.
15	16	17	18	19
Garlic Mustard Pork Fillet Served with Rice, Broccoli and Sweet Potato.	Fish Mornay with Lemon Butter Sauce Served with Mashed Potato, Cauliflower and Gems squash with Corn and Cheese Fillings.	Beef Strips with Mushroom Sauce, Served with Spicy Rice, Baby marrow and Fried Cabbage.	Fried Chicken Served with a Sweet & Sours Sauce, Potato Stew and Roast Vegetables.	T-Bone Steak Served with Fried Rice, Fresh Bread roll and a salad of the Day.
22	23	24	25	26
Braised Beef with Tomato & Onion Sauce, Served with Rice, Creamy Spinach and Sweet Pumpkin.	Fish Cakes with a Sauce, Served with Mashed Potato, Cauliflower and Caramelized Butternut.	Garlic Chicken Stir-fry Served with Noodles and Stir-fry Vegetables.	Pork Chops with Tomato Gravy, Served with Rice and Mixed Vegetables and Baby marrow.	Macaroni & Mince with Cheese topping, Served with a fresh Bread roll and a Beetroot Salad.
29	30	31		
Tenderloin Pork Served with Rice, Broccoli and Sweet Potato.	Boerewors/Sausage Served with Mashed Potato, Peas and Corn Fritters.	Creamy Chicken Stew Served with Samp, Green beans and Sweet Carrots.		