

March'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>
<i>26 Feb'2018</i>	<i>27 Feb'2018</i>	<i>28 Feb'2018</i>	1	2
<i>Beef & Tomato Bredie Served with Rice, Cauliflower and Carrots.</i>	<i>Battered Hake Served with Mashed Potato, Baby marrow with Sauce and Gems squash.</i>	<i>Meatballs in Mushrooms Sauce with Rice, Peas and Butternut.</i>	Pork Bean Curry Served with Samp, Creamy Cabbage and Sweet Pumpkin.	Home Made Chicken Pie Served with Fruit Salad and a Beetroot Salad.
5	6	7	8	9
Meatloaf with Gravy Served with Rice, Green beans and Cape Sweet Potato.	Fish Nuggets Served with Herb Mayo & Mashed Potato, Spinach and Butternut.	Chicken Schnitzel with Fried Rice, Baby marrows and Diced Carrots.	Beef Stew with Brown Rice, Peas and Gems with Cheese and Corn fillings.	Hawaii Sweet & Sour Pork Stir-fry with Noodles, Served with Stir-fry Vegetables.
12	13	14	15	16
Grilled Chicken with Mayo & Chutney Sauce, Served with Condensed Broccoli and Pumpkin.	Braised Beef with Gravy, Served with Samp, Cauliflower & Butter Corn.	Fried Fish Cake Served with Rice, Cabbage and Sweet Carrots.	Grilled Pork Chop Served with Mashed Potato & Gravy, Peas and Butternut.	Macaroni & Mince with Cheese Served with a Fresh Bread roll and a Salad of the Day.
19	20	21	22	23
Pork Fillet Served with Rice, Creamy Spinach and a Salad of the Day.	Chicken Strips Served with Potato Wedges with Sweet Chilli Sauce and Mixed Vegetables.	<i>PUBLIC HOLIDAY</i> Human Rights Day	Battered Hake with Rice, Baby marrows and Butternut.	T-Bone Steak Served with a Maize Dish (PAP) Served with a Carrot Salad.
26	27	28	29	30
Beef Roast with Rice, Green beans with Bacon and Pumpkin.	Pork in Mushroom Sauce Served with Mashed Potato, Broccoli and Butternut.	Apricot Chicken with Rice, Sweet Peas and Gems with Cheese Fillings & Corn.	Spaghetti Bolognese Served with Fresh Bread roll and Greek Salad.	<i>PUBLIC HOLIDAY</i> Good Friday