

# 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>
2	3	4	5	6
<b><i><u>PUBLIC HOLIDAY</u></i></b> Family Day	Rosemary & Garlic Sliced Pork Fillet with Gravy, Served with Rice, Spinach with Feta and Sweet Pumpkin.	Meatballs with Mashed Potato, Fried Baby marrow and Custard Carrots.	Honey & Soya Grilled Chicken with Rice, Broccoli and Butter Corn.	BBQ Steak Served with Potato Bake and a Salad of the Day.
9	10	11	12	13
Fish Mornay with Spicy Rice, Green beans and Butternut.	Braised Beef with Mushroom Sauce Served with Stamp, Peas and Fried Sweet Potato.	Chicken Curry with Rice, Cauliflower and Filled Gems with Cheese fillings.	Stir-fry Pork Served with Pasta with a touch of Ginger and Stir-fry Vegetables.	Chicken Gordon Bleu Served with Fried Rice and a Salad of the Day.
16	17	18	19	20
Creamy Pork Stew Served with Rice, Spinach mix and Cinnamon Pumpkin	Beef Sausage Served with Tomato Gravy and Mashed Potato, Baby marrow and Corn.	Battered Hake Served with Rice, Cabbage and Carrots..	Spaghetti Bolognese Served with a Fresh Bread roll and a Salad of the Day.	Thai Chicken Served with Stamp, Sweet Peas and Salted Butternut.
23	24	25	26	27
Chicken Leq quarter Served with Rice, Green beans and Sweet Potato.	Fishcakes Served with Potato Wedges, Broccoli and Filled Gems.	Beef Strips Served with Mushroom Sauce with Rice, Peas and Cauliflower.	Pork Sausage Served with Mustard Glaze Sauce, Mashed Potato with Gravy and Roast Vegetables.	<b><i><u>PUBLIC HOLIDAY</u></i></b> Freedom Day
30				
Beef Roast with Gravy Served with Rice, Creamy Spinach and Butternut.				