

Aug'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>
<u>30 July</u>	<u>31 July</u>	<u>1</u>	<u>2</u>	<u>3</u>
<u><i>Butterbean Beef Stew</i></u> <u><i>Served with Samp, Creamed</i></u> <u><i>Spinach and Pumpkin</i></u> <u><i>Fritters.</i></u>	<u><i>Grilled Pork Chops with</i></u> <u><i>Rice, Baby marrow and</i></u> <u><i>Sweet Potato.</i></u>	<i>Chicken Biryani Served</i> <i>with Brown Rice,</i> <i>Butternut with Sage and</i> <i>Broccoli with Topping</i> <i>Sauce.</i>	<i>Fried Fish Nuggets with</i> <i>Crispy coating with</i> <i>Mashed Potato, Peas and</i> <i>Sweet Carrots.</i>	Macaroni & Cheese Mince served with a Bread roll and Curry Flavoured Banana Salad.
<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>
Spicy Pork Stew with Chopped Green & Red Peppers with Rice, Green beans and Sweet Potato Fritters.	Deep Fried Hake with Cheese Sauce Served with Mashed Potato, Baby marrow and Gems with Corn Fillings & Cheese Topping.	Italian Spice Meatballs Served with Pasta, Bread roll and Mixed Vegetables.	<u>Public Holiday</u> <u><i>Women's Day</i></u>	Marinated Pork Rashers Served with a Maize Dish and Cabbage Salad.
<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>
Garlic Rosemary Beef Roast Served with Rice, Spinach and Butternut.	Chicken Gordon Bleu with Cheese Sauce Served with Mashed Potato, Peas and Baby Whole Corn.	Fish Cakes with Mint Sauce Served with Spicy Rice, Cabbage and Sweet diced Carrots.	Durban Beef Curry Served with Samp, Sour Cream Cauliflower and Pumpkin.	Pasta al Fredo Served with a Fresh Bread roll, with Beetroot Salad and Carrot Salad.
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
Pepper Mushroom Beef Served with Rice, Green beans and Cinnamon Pumpkin.	Mustard Pork Sliced Fillet, Served with Mashed Potato, Spinach and Gems with Corn & Cheese Fillings.	Steamed Hake with Fennel Cream Sauce with Rice, Peas and Salted Carrots.	BBQ Chicken Kebabs Served with Potato Stew, Broccoli and Butternut.	Spaghetti Bolognese Served with Corn Fritters and a garden Salad.
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>
Tomato & Beef Bredie Served with Rice, Creamy Cabbage and Sweet Butternut.	Battered Hake Served with Mashed Potato, Pumpkin and a Salad of the Day.	Paprika & Organum Leq quarter Chicken Served with Rice, Stir-fry Vegetables.	Mustard Glazed Pork Chops Served with Rice, Green beans and Sweet Potato.	Sticky Chicken Wings Served with Potato in Jacket and Mixed Vegetables.