

# July'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>
2	3	4	5	6
Apricot Chicken Served with Rice, Broccoli and Pumpkin.	Worcestershire Spiced Meatloaf Served with Mashed Potato, Baby marrow and Butternut.	<i>Mustard Glazed Sliced Pork with Rice, Baby marrow and Salted Carrots.</i>	<i>Battered Hake Served with Fried Rice, Cabbage and Peas.</i>	T-Bone Steak Served with Potato Wedges, Creamed Spinach and Grilled Tomato.
9	10	11	12	13
Slow Cooked Winter Beef Pot with Rice, Green beans and Pumpkin Fritters.	Apple Cider & Mustard Pork Chops Served with Mash & Gravy, Cauliflower and Gems with Cheese Fillings.	Lemon & Garlic Butter Steamed Hake with Fried Rice, Cabbage and Carrots.	Pepper Beef Stir-Fry Served with Pasta and Thai Stir-Fry Vegetables.	Chicken Strips Served with Honey Mustard Sauce, with Spicy Rice, and Roasted Vegetables.
16	17	18	19	20
Chicken a La King Served with Rice, Creamy Spinach with Sweet Potato.	Meatballs with Tomato Gravy Served with Mashed Potato, Baby marrow and Butternut.	Tenderloin Chops Served with Rice, Mix Vegetables and Banana Salad.	Chicken Schnitzel with Pepper Mushroom Sauce, Fried Rice, Cauliflower and Pumpkin.	BBQ Steak Served with Potato bake and Vegetables Spring roll.
23	24	25	26	27
Beef Roast Served with Rice, Creamy Spinach and Butternut.	Crispy Fish Cake Served with Baby potato, Sweet Peas and Butter Corn.	Delicious Chicken Pie Served with a Fresh Bread roll, Broccoli and Carrots.	Pork Sausage Served with Spicy Rice, Baked beans and Mixed Vegetables.	Vetkoek & Mince Served with Onion Rings and Noodle Salad
30	31			
Butterbean Beef Stew Served with Samp, Creamed Spinach and Pumpkin Fritters.	Grilled Pork Chops with Rice, Baby marrow and Sweet Potato.			

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