

May'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
	<i><u>PUBLIC</u></i> <i><u>HOLIDAY</u></i> Workers' Day	Chicken A La King Served with Rice & Onion rings, Green beans and Sweet Pumpkin.	Curry Pork Stew with Samp, Creamy Cabbage and Diced Carrots.	Lemon butter Battered Hake Served with Potato Wedges and Mixed Vegetables.
7	8	9	10	11
Rosemary & Garlic Meatloaf with Tomato Gravy, Broccoli and Sweet Potato.	BBQ Grilled Pork Chops with Mashed Potato, Spinach and Filled Gems.	Beef Strips with Pepper Sauce, Served with a Creamy Pasta, Peas and Carrots.	Chicken Kebabs Served with Rice, Cauliflower and Butternut.	Monkey Gland Steak Served with Potato Bake and a Beetroot Salad.
14	15	16	17	18
Sliced Pork Fillet with Rice, green beans and Pumpkin Fritters.	Sweet & Sour Beef Stew Served with Samp, Baby marrow and Corn.	Fish Cake Served with Fried Rice, Cabbage and Custard Carrots.	Chicken Schnitzel with Mushroom Sauce, Served with Rice and Oven Roasted Vegetables.	Vetkoek & Mince Served with Penny lane Salad and Potato Salad.
21	22	23	24	25
Mixed Peppers Beef Roast with Onions Served with Rice, Creamy Spinach and Sweet Potato.	Chicken Breyani Served with Yellow Rice, Broccoli and a Salad of the Day.	Pork Sausage with Gravy, Mashed Potato, Carrots and Gems with Cheese Filling.	Fish Nuggets Served with Fried Rice, Cauliflower and Peas.	Sticky Chicken Wings Served with Fried Potato and Carrot Salad.
28	29	30	31	
Chicken Curry Served with Rice, Pumpkin Fritters and Green beans.	Steamed Hake with Cheese topping Served with Mashed Potato, Peas and Salted Carrots.	Sweet & Sour BBQ stir- fry, Served with a Fresh Bread roll, Spaghetti & Mixed Vegetables.	Honey Garlic Pork Bites & Onion Rings, Served with Rice, baby marrow and Corn.	