

# Oct'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	5
Beef in Leek Mushroom Sauce served with Rice, Green beans and Sweet Potato.	Hake Cottage Pie Served with Sweet Pumpkin and Broccoli with a White Onion Sauce Topping.	Chicken Nuggets with Ginger & Chilli Sauce, Served with Fried Rice, Peas and Carrots.	Grilled Pork Rashers with Potato Stew, Cabbage and Butternut.	Marinated BBQ Beef Kebabs Served with a Bread roll, Butter corn and a Spring Fruit Salad.
8	9	10	11	12
Honey & Sage Pork Chop Served with Creamy Spinach and Hubbard Pumpkin.	Orange Glazed Chicken Leg quarter with Brown Rice, Baby marrow & Sweet Potato.	Battered Hake with Lemon Dill & Mayo, Mashed Potato, Carrot Salad and Filled Gems squash with Corn filling & Cheese topping.	Mustard & Rosemary Meatloaf with Tomato Gravy Served with Rice, Cauliflower and Peas.	Chicken Bacon Pasta Dish Served with a Fresh Bread roll and Beetroot Salad.
15	16	17	18	19
Pineapple & Pepper Beef Stir-fry Served with Stir-fry Rice, Baked Beans and Sweet Potato.	Coconut Pork Curry Served with Samp, Broccoli with Sweet Sauce and Butternut.	Thyme Spiced Chicken Fillet with Baked Potato, Peas and a Salad of the Day.	Deep Fried Fish Cake with Parsley Sauce with Spicy Rice, and Roasted Vegetables.	Pork Sausage Served with our Famous Maize Dish and a Curry bean Salad.
22	23	24	25	26
Crumbed Chicken Schnitzel with Cheese topping Served with Rice, Green beans and Sweet Potato.	Lemon Butter Steamed Hake Served with Mashed Potato, Corn Fritters and Filled Gems squash with Cheese Topping.	Garlic & Rosemary Beef Roast with Rice, Baby marrow and Sweet Carrots.	Mustard & Honey Pork Strips Served with Creamy Pasta and Mixed Vegetables.	BBQ T-Bone Steak served with a Potato Salad & Greek Salad and a Fresh Bread roll on the Side.
29	30	31		
Spicy Pork Chop Served with Rice & Gravy, Broccoli and Cape Sweet Potato.	Beef Casserole Served with Samp, Green beans and Pumpkin Fritters.	Onion & Tarragon Chicken Drummies, Served with Cabbage and Butternut.		

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