

Sept'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>
		<u>29 Aug'18</u>	<u>30 Aug'18</u>	<u>31 Aug'18</u>
		<u><i>Paprika & Organum Leg quarter Chicken Served with Rice, Stir-fry Vegetables.</i></u>	<u><i>Mustard Glazed Pork Chops Served with Rice, Green beans and Sweet Potato.</i></u>	<u><i>Sticky Chicken Wings Served with Potato in Jacket and Mixed Vegetables.</i></u>
3	4	5	6	7
Hawaiian Chicken Stir-fry Served with Noodles and stir-fry Vegetables.	Beef Stroganoff with Rice, Feta Spinach and Butternut.	Thai Pork Curry Served with Samp, Broccoli and Sweet Pumpkin.	Fish Mornay Served with Mashed Potato, Coleslaw Salad and Whole Corn.	Vetkoek & Mince Served with a Banana Salad & Carrot Salad.
10	11	12	13	14
Bacon Ham & Cheese Macaroni Dish, Served with a Fresh Bread roll and a Salad of the Day.	Battered Hake Served with Spicy Rice, Cauliflower and Baby marrow.	Mustard & Rosemary Pork Chops Served with Mashed Potato, Beetroot Salad and Filled Gem squash with Cheese Toppings.	Beef & Mushroom Braised Dish Served with Yellow Rice, Spinach and Pumpkin Fritters.	Chicken ala King Served with Rice, Green beans and Sweet Potato.
17	18	19	20	21
Apricot & Onion Chicken Stew Served with Rice, Creamy Spinach and Sweet Potato.	Rosemary & Garlic Beef Roast Served with Spicy Rice, Broccoli and Butternut.	Fish Nuggets Served with Fried Rice, Peas and Carrot Sticks.	Tenderloin Pork Stew Served with Samp, Baked Beans and Pumpkin.	Grilled Chicken Drummies, Served with Potato Wedges, Noodles Salad and Mixed Vegetables.
24	25	26	27	28
Public Holiday <u>Heritage Day</u>	Crispy Battered Fishcake Served with Rice, Spinach and Corn Fritters.	Italian Spaghetti & Meatballs with Tomato Gravy, Green beans and Diced Carrots.	Lemon Butter Chicken Breast Served with rice, Baby marrow and Filled Gems with Cheese Topping.	Pork Chops with Sweet & Sour Glaze Served with Potato Bake and a Salad of the Day.

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Items on our menu are subject to change without prior notice according to seasonality and availability