

January 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|---|
| | 1 | 2 | 3 | 4 | 5 |
| | New Year's Day | Closed | Closed | Closed | Closed |
| | 8 | 9 | 10 | 11 | 12 |
| | Greenbean beef stew with potatoes, butternut & rice | Chicken Penna Pasta with Basil & peas | Meatballs with gravy, garlic mash with corn, peas & carrots | Chicken lentil potatoes curry with rice | Tuna with red kidney beans, butterbeans, broccoli & carrots |
| | 15 | 16 | 17 | 18 | 19 |
| | Bobotie with yellow rice & raisins, butternut | Honey & Mustard Chicken Kebab with Green bean & Mushroom medley | Lemon & herb Pan fried fish with garlic mash, broccoli | Sweet & Spicy Chicken & Vegetable stir fry with rice | Pork cutlets with butternut, Mushroom Saute |
| | 22 | 23 | 24 | 25 | 26 |
| | Asian style beef strips with mushroom, broccoli & greenbeans | Chicken lentil potatoes curry with rice | Meatballs with gravy, garlic mash with corn, peas & carrots | Tumeric Pork chops with green onion rice | Chicken & rice noodle stir fry with basil & ginger |
| | 29 | 30 | 31 | 1 | 2 |
| | Apricot Basil Chicken couscous with broccoli | Lemon & Mustard Tuna Couscous with green beans & Butternut | Chicken Penna Pasta with Basil & peas | | |

Contact number: 076 8911125

Banking details: Capitec Bank
 A/C Name: M Sauls
 Acc Nr : 1499076809
 Branch Code : 470010

Order by 11am for next day delivery

Reference: Please use your name and surname