

Vegetarian Menu

Oct

Monday, 04 October 2021	Tuesday, 05 October 2021	Wednesday, 06 October 2021	Thursday, 07 October 2021	Friday, 08 October 2021
Mediterranean Stir-Fry with Pearl Barley & Three Bean Salad (V)	Indian Butter Chickpeas & Fettuccini with Broccoli Salad (V)	Vegetarian Schnitzel with Creamy Ranch Sauce, Herbed Roast Potatoes, Coleslaw (V)	Creamy Vegetarian Stroganoff on Penne and Greek Salad (V)	Vegetarian Halloumi Kebabs, Creamy Potato Bake & Sweet Butternut (V)
Monday, 11 October 2021	Tuesday, 12 October 2021	Wednesday, 13 October 2021	Thursday, 14 October 2021	Friday, 15 October 2021
Vegetarian Pasta Salad with side Carrot and Beetroot Salads (V)	Lemon & White Wine Fried Tofu with Carrot Salad and Savoury Rice (V)	Oriental Vegetable Stir-Fry on Egg Noodles (V)	Mexican Salsa Vegetarian Strips with Jasmine Rice & Sweetcorn Salad (V)	Creamy Veg & Mushroom Open Pie with Feta Roasted Butternut (V)
Monday, 18 October 2021	Tuesday, 19 October 2021	Wednesday, 20 October 2021	Thursday, 21 October 2021	Friday, 22 October 2021
Vegetarian Potjie with Samp & Fried Green beans (V)	Sweet & Sour Vegetarian Stir-Fry with Basmati Rice (V)	Creamy Halloumi & Butternut Pasta with Fried Spinach and Cabbage (V)	Ginger-Beer Veg Schnitzel with Savoury Rice & Chickpea Salad (V)	Savoury Chickpea & Vegetable Stir-Fry on Egg Noodles (V)
Monday, 25 October 2021	Tuesday, 26 October 2021	Wednesday, 27 October 2021	Thursday, 28 October 2021	Friday, 29 October 2021
Black Mushroom Roast with Creamy Potato Bake & Fried Baby Marrow Salad (V)	Creamy Ranch Veg & Mushroom Strips with Indian Rice & Cauliflower Salad (V)	Mild Veg Curry with Mustard Mash & Savoury Cabbage Stir-Fry (V)	Smokey BBQ Tofu, Ratatouille Rice & Creamy Spinach (V)	Durban Lentil Curry & Rice with Sambals (V)

Ordering Procedure

- Option 01) Please visit the clubhouse to make your selection.
- Option 02) WhatsApp your selection to **Abrie 082 257 1914 / Kay 079 806 9563**. Please send your House nr, Date & Selection eg MEA01 Mon2 2xA, Tue3 1xA 1xB. If the meal needs to be prepared for collection please add a (t) behind the order eg TR025 Mon2 2xA (t), Tue3 1xA 1xB(t) for Deliveries please indicate with a (d) eg MEA01 Mon2 2xA(d), Tue3 1xA(d) 1xB(d)
- Option 03) Make your selection on the printed menu and leave it at the Clubhouse Kitchen, please ensure your details are on the menu
- Option 04) Email your selection: kitchenatretreat@gmail.com

Daily orders must please be placed by **12:00** for the next day's meals.

Orders can be placed Weekly or monthly in advance.

Residents who select to enjoy the meals at the dining area must feel free to make use of the Juice / Coffee station at **no extra charge**.

Our Breakfast Menu is Available Daily from 8:00 - 11:00 at The Clubhouse (not available for delivery)

Main Meals are R59 per meal and can be paid with Credit/Debit Card, Cash or EFT.

Feel free to enjoy the Meals at the Clubhouse - Coffee included with the sit-down meals.

Catering for Functions, Parties, Birthdays etc can be arranged at the clubhouse.

Contact Simply Fresh with any Queries you may have ABRIE 082 257 1914 / Kay 079 806 9563