



THIS WEEK'S MENU



MONDAY, JUNE 7

Chef Specials

Pan-Seared Tilapia: Topped with a lemon butter dill sauce

Chicken Parmesan: Sauteed and topped with mozzarella cheese & marinara sauce

Roasted Pork Loin: Marinated in an herb oil & roasted with a chutney crust

Lunch Sides

Soup de Jour

Sauteed green beans and herbed penne pasta

Homemade dessert

Dinner Sides

Garden salad

Linguine with broccoli florets, sauteed peppers in a marinara sauce

Homemade dessert

TUESDAY, JUNE 8

Chef Specials

Braised Flank Steak: Slow braised until tender in a red wine herb sauce

Baked Potato: Stuffed with grilled asparagus, scallion and cheddar cheese sauce

Roasted Pork Loin: Marinated in an herb oil & roasted with a chutney crust

Lunch Sides

Garden salad

Fried rice, sauteed balsamic vegetables

Homemade dessert

Dinner Sides

Soup du Jour

Brussels sprouts, savory couscous

Homemade dessert





THIS WEEK'S MENU



WEDNESDAY, JUNE 9

Chef Specials

Fried Tempura Shrimp: Shrimp encased in a lemon, soya & ginger batter, fried till crispy

Grilled Chicken Pesto: Basil marinated chicken grilled & topped with a basil pesto batter

Lamb Ragù: Slow-simmered lamb stew with herbs, wine and mushrooms

Lunch Sides

Soup de Jour

Savory rice, glazed carrots

Homemade dessert

Dinner Sides

Soup du Jour

Brussels sprouts, savory couscous

Homemade Dessert

THURSDAY, JUNE 10

Chef Specials

Bobotjie: A South African baked ground beef with raisins, almonds, curry powder, apricot jam & covered by an egg custard

Roasted Chicken: Lemon and herb marinated chicken slow roasted on a bed of onion and celery

Baked Spinach, Bacon & Artichoke Quiche: Sautéed spinach, bacon & artichoke in a pastry base with elemental, Grana Padano & a royal mix

Lunch Sides

Garden salad

Yellow rice and Cape Malay salsa

Homemade dessert

Dinner Sides

Soup du Jour

Caesar salad

Homemade dessert





THIS WEEK'S MENU



FRIDAY, JUNE 11

Chef Specials

French Dip: Beef topped with Swiss cheese and caramelized onion on a baguette with a beef broth

Beer Battered Cod: Cod fillet coated with a beer batter and fried till golden brown

Seared Pork Chop: Lime and soya marinated chop

Lunch Sides

Garden salad

Brussels sprouts, savory couscous

Homemade dessert

Dinner Sides

Garden salad

French fries

Homemade dessert

SATURDAY, JUNE 12

Chef Specials

Turkey Breast: Slow-roasted turkey breast accompanied by classical bread stuffing and cranberry sauce

Mushroom Risotto: Italian rice infused with assorted mushrooms and enhanced by Grana Padano cheese

Meatloaf: Traditional baked ground beef with herbs and spices crusted by a barbecue sauce

Lunch Sides

Garden salad

Baked sweet potato and a mélange of vegetables

Homemade dessert

Dinner Sides

Soup du Jour

Creamed potatoes and haricot vert

Homemade dessert