SuperSupper

HOME COOKING

Cell: 078-950-5929 / 079-241-6052 Email: supersupper@vodamail.co.za
Fax: 086-565-7272 www.supersupper.yolasite.com

OCTOBER

2012

	Menu 1	Menu 2
01-10 Mon	Beef Roast, Rice, Gravy, Baked Potatoes Cream Spinach, Butternut	Spaghetti Bolognaise Garlic Bread
02-10 Tues	Crumbed chicken Breast, Bell pepper rice, Thermidor Sauce Green Beans, Carrots and Potato	Steak Roll
03-10 Wed	Sweet and Sour Beef, Fried Rice Fried Cabbage, Spring Roll	Chicken Waffles and chips
04-10 Thurs	Crusty Beef Bread Salad	Ham & Mushroom Spaghetti Bake
08-10 Mon	Chutney Chicken Bake, Rice, Potatoes Sweet Potato, Baby Marrow	Toasted Ham Cheese and tomato
09-10 Tues	Beef Schnitzel, Rice, Cheese Sauce, Baby Potatoes Sweet Carrots, Broccoli	Chicken A la King
10-10 Wed	Pork-Lo-Main with Noodles Fried Cabbage, Spring Roll	Mac and cheese with mince
11-10 Thurs	Cottage Pie Peas and Corn	Vetkoek Burger & Chips
15-10 Mon	Pork Roast, Rice, Gravy, Potatoes Cauliflower with cheese, Curry mayo Beans	Pie, Chips & Gravy Salad
16-10 Tues	Hawaiian Chicken Stirfry. Fried Rice Salads	Beef Mince Jaffles
17-10 Wed	Boerewors, Paptert Potato Salad, Beetroot Salad	Chicken Roll
18-10 Thurs	Chicken Bobotie Pumpkin Fritters, Creamed Spinach	Savory Mince Vetkoek
22-10 Mon	Curry Stew with Samp Spinach & Potato, Pumpkin	Toasted savory mince
23-10 Tues	Chicken Tikka Fillets, Rice Casserole Salads	Pasta Carbonara
24-10 Wed	Hake Thermidor, Rice Peas and Corn	Prego Roll
25-10 Thurs	Meatloaf, Rice Gravy, Potatoes Pumpkin, Mixed veg	Chicken Mayo Jaffles
29-10 Mon	Beef Roast, Rice, Baked Potatoes Baby Marrow, Sweet potato	Chicken and Mushroom Pasta
30-10 Tues	Battered Hake, Rice Peas and carrots	Mac and Cheese With beef Mince
31-10 Wed	Curry Banana Meatballs, Rice Veg of the day	Chicken livers (hot) Brown Bread Fingers

DESSERT

EVERY THURSDAY
Malva Pudding with Custard

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	MENU 1	MENU 2	DESSERTS
01-10	☐	☐	
02-10	☐	☐	
03-10	☐	☐	
04-10	☐	☐	☐
08-10	☐	☐	
09-10	☐	☐	
10-10	☐	☐	
11-10	☐	☐	☐
15-10	☐	☐	
16-10	☐	☐	
17-10	☐	☐	
18-10	☐	☐	☐
22-10	☐	☐	
23-10	☐	☐	
24-10	☐	☐	
25-10	☐	☐	☐
29-10	☐	☐	
30-10	☐	☐	
31-10	☐	☐	
TOTAL:	☐	☐	☐

ORDER FORM

OCTOBER 2012

NAME: _____

ADDRESS: _____

_____

CELL: _____

HOME: _____

OFFICE: _____

FAX: _____

EMAIL: _____

<u>Banking Details:</u>
Acc name: DJM Tromp
Acc No.: 925 953 2360
Branch No: 632 005
Bank: ABSA Bank

☐ x Menu 1 x R 32.00 = ☐

☐ x Menu 2 x R 31.00 = ☐

☐ x DESSERTS x R 12.00 = ☐

TOTAL: ☐