



SOMERSET HOUSE

NON NOBIS SOLUM  
FOUNDED 1948

# THE ADVERTISER

APRIL 2024 EDITION



TIGER'S MILK

KITCHEN/BAR

ESTD 2014



SOMERSET WEST

**PRESENT THIS FLYER  
IN-STORE  
AND RECEIVE A  
COMPLIMENTARY  
HOUSE BEER,  
GLASS OF WINE  
OR SOFT DRINK**

## BURGER MONDAYS

**ORDER TWO SELECT BURGERS FOR R200**

SELECTION: CHEESE OR MUSHROOM BURGERS  
BEEF OR CHICKEN

## PIZZA TUESDAYS

**ORDER TWO SELECT PIZZA'S FOR R200**

SELECTION: MARGHERITA, VEGAN MARGHERITA, PEPPERONI,  
VEGETARIAN & THE F.A. BULOUS

## PICK YOUR POISON MON - SUN

R30 ON HOUSE BEER AND WINE FROM 4 - 6PM

Ts & Cs:

OFFER VALID UNTIL 30 MAY 2024 OFFER ONLY AVAILABLE FOR SIT-DOWN. ONE MEAL MUST BE ORDERED  
IN ORDER TO REDEEM OFFER. OFFER ONLY AVAILABLE FOR REDEMPTION AT TIGER'S MILK SOMERSET WEST  
MANAGEMENT RESERVES THE RIGHT TO MODIFY OR TERMINATE THIS OFFER AT ANY TIME WITHOUT PRIOR NOTICE

AVAILABLE AT SELECTED STORES | SIT-DOWN ONLY | T&C'S APPLY







# May Souperb Menu

Whatsapp  
orders:

**076 977 6993**

**Free deliveries**

**All Meals**

**Serving 2**

**Soup Prices:**

**1L/R90**

**2L/R160**

**Wednesday 1st: Chicken and Vegetable Soup or Chicken and Vegetable Korma Soup**

**Thursday 2nd: Cape Malay Bobotie or Sweet Potato and Lentil Bobotie both served with Rice and a side of Pampoenkoekies (R165)**

**Friday 3rd: Crumbed Chicken Burgers with a Roasted Vegetable and Couscous Salad (R150) or a Roasted Tomato, Basil, and Feta Soup**

**Monday 6th: Chicken and Mushroom, Oxtail, or Steak and Ale Pies, Savoury Rice and Roasted Vegetables (R160)**

**Tuesday 7th: Broccoli and Bacon Soup or Cheesy Broccoli Soup**

**Wednesday 8th: Italian Style Meatballs Smothered in Napolitana Sauce, Grated Cheese, a Dash of Pesto and served with Linguini (R140)**

**Thursday 9th: Home made Chicken Schnitzel served with Cheese Sauce, Mashed Potato, Cinnamon Carrots and Peas (R160)**

**Friday 10th: Cheese Burgers served with Roasted Vegetable and Feta Salad (R150) or Roasted Butternut and Bacon or Butternut, Ginger and Coconut Soup**

**Monday 13th: Thai Chicken, Lentil and Vegetable Soup or Cheesy Cauliflower Soup**

**Tuesday 14th: Classic Beef Lasagne or Spinach, Feta and Parmesan Lasagne (R140)**

**Wednesday 15th: Roasted Tomato, Red Pepper and Red Lentil Soup or Beefy Bean Soup**

**Thursday 16th: Chicken or Veggie Chow Mein (R150)**

**Friday 17th: Greek Style Beef Burgers with Potato and Chive Salad (R150) or Roasted Sweet Potato and Biltong Soup**

**Monday 20th: Authentic Chicken Breyani (R140)**

**Tuesday 21st: Dutch Pea and Bacon Soup**

**Wednesday 22th: Chicken, Bacon and Spinach Lasagne or Spinach, Feta and Black Mushroom Lasagne (R150)**

**Thursday 23rd: Potato, Lamb and Leek Soup**

**Friday 24th: Cheese and Bacon Burgers with Basil Pesto Pasta Salad (R150) or an Indian Butter Chicken Soup**

**Monday 27th: Chicken and Mushroom, Steak, Oxtail or Lemon and Lamb Pies served with Rice, Cinnamon Butternut and Sesame Green Beans (R160)**

**Tuesday 28th: Chicken and Vegetable or Chicken Korma Soup**

**Thursday 30th: Home Made Fish Cakes with Sweet Chilli Yoghurt, Potato and Vegetable Bake and Gem Squash (R160)**

**Friday 31th: Crumbed Chicken Burgers with Cheese Sauce and a Fresh Basil, Feta, Red Onion and Couscous Salad (R150) or a Roasted Tomato, Red Pepper and Red Lentil Soup**








# MRS MENDES' STUDY SKILLS WORKSHOP



## 2024 Dates Available

- 
- 
- What type of learner am I?
  - How does MY brain learn?
  - Time management and study schedule
  - 7 Steps to Study success
  - Summarising and mind mapping
  - Fabulous Flashcards
  - Coping with test anxiety
  - Cramming Chaos
- 

**Term 2 and Holiday Dates TBC**  
**Please email to express interest**  
**1 Day: 8.30am - 2.30pm**  
**Grades 5 and up incl high school**



**Contact: Sinead Mendes**  
**sinmen@somersethouse.co.za**  
**R900**





# CHESS

## COACHING

Private Coaching sessions  
in your home  
Grade 1 - 7 pupils  
Own transport

Contactable References



**AIDAN DU TOIT**

066 235 7424



POWERED BY  
**exp**<sup>TM</sup>  
REALTY

**RESIDENTIAL PROPERTY SPECIALIST**

**THINKING OF BUYING OR SELLING?**

**I'VE GOT YOU COVERED!**

COMPLIMENTARY EXPERT GUIDANCE AND  
COMPARABLE MARKET ANALYSIS

**JACQUELINE SMITH**  
**TEL: 0027 78 869 5755**





# Gel Overlay



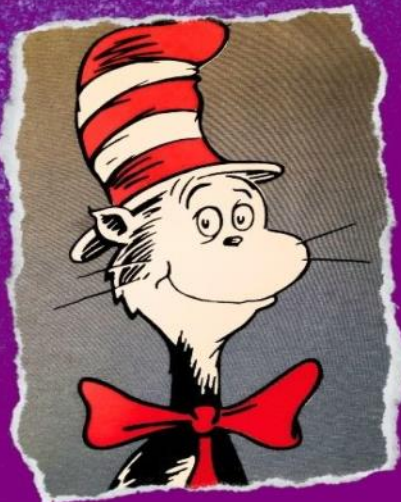
## R 200

Additional nail art prices to be discussed.

Contact me to book your afternoon / evening / weekend appointment. I'll come to your home for a manicure followed by gel overlay.

Bryoni Botha 074 423 8935

# CUSTOM VINYL



CONTACT ME WITH YOUR REQUEST FOR ANY CUSTOM DESIGN TO APPLY TO:

SHIRTS | PANTS | HATS | GLASS BOTTLES | PLASTIC | METAL | CARS

**BRYONI BOTHA**  
**074 423 8935**



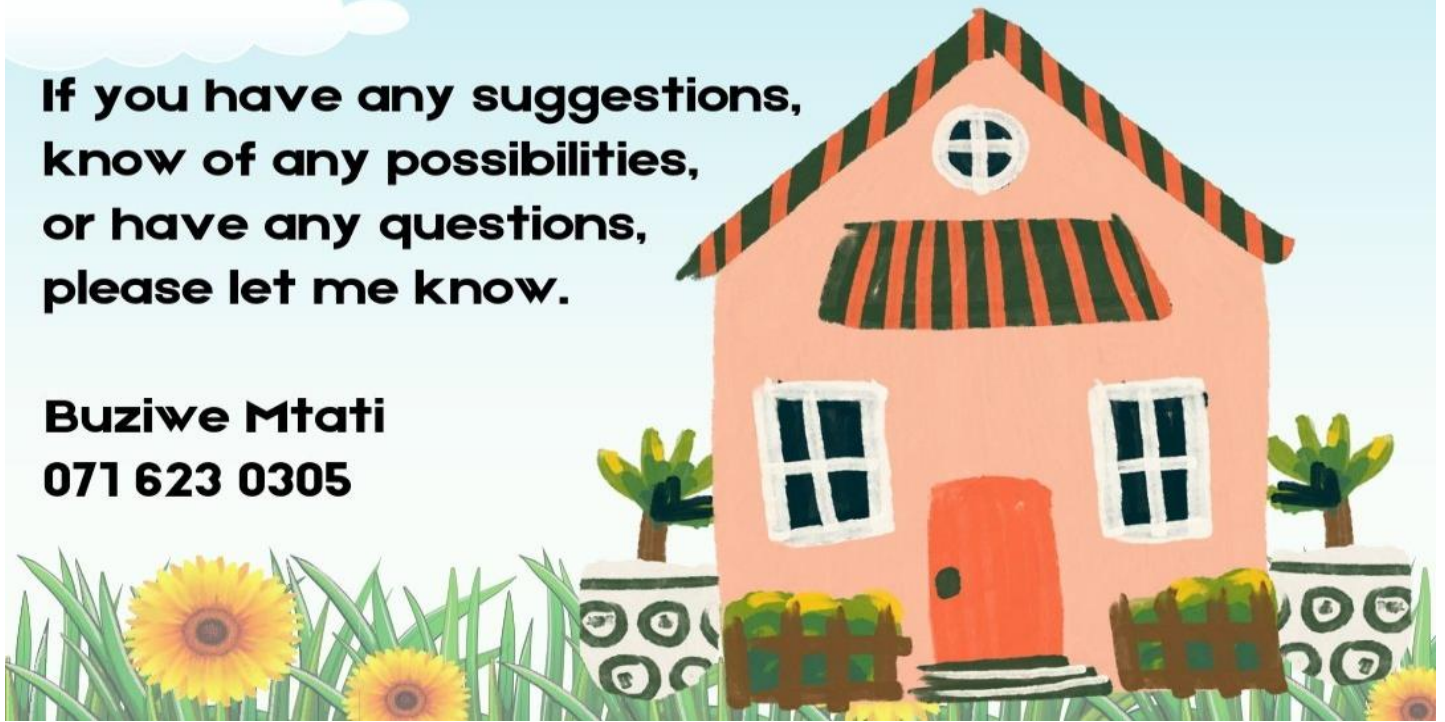
# Looking for a Rental

Dear Friends

I am looking for a garden cottage/flat to rent in the Somerset House / Parel Vallei area for myself and my two children (Gr. 11 and 6 months).

If you have any suggestions, know of any possibilities, or have any questions, please let me know.

Buziwe Mtati  
071 623 0305



## PET SITTING



Are you going away and in need of a reliable pet sitter? My name is Cameron Angus. I am a past pupil from SH and live in Somerset West. I love animals and am available to feed, water and spend time with your furry friends!

I am available on Weekends and holidays.  
Please contact me: 078 863 1756  
Price R150 per day.





# HEALTHY BEAR MUFFINS

## Snack time made easy

4X FLAVOUR OPTIONS:

SPINACH & BANANA

APPLE & CARROT

CHOCOLATE & ZUCCHINI

SWEET POTATO & CINNAMON

**Keeps in the freezer  
for 3 months. Easy to  
defrost in the microwave**

Ingredients include :  
Stoneground flour ( or Rolled Oats)  
Honey, Fresh fruit and veggies,  
Eggs, Yogurt

**R240  
FOR 30**



Scan to WhatsApp Melanie

**072 252 7585**



# Pet & House sitting

HI! I'M AMBER MENDES

I am an 18-year-old matric learner at Rhenish Girls' High School (based in Somerset West), and I am currently saving to help fund a once-in-a-lifetime work opportunity in the UK during 2025! I am crazy about animals, and absolutely adore spending time with them!

If you have a trip planned for this year, and are looking for someone to care for your furr-baby the way you do, or need someone to take care of your happy home, I would be happy to assist.

✦ ✦ I CHARGE R200 PER FULL DAY & NIGHT ✦ ✦



MESSAGE ME: 064 398 5101





**YOGA & BREATHWORK**  
**May Class Schedule**  
**@ Mayfair Cottage, Bright Street**

**MONDAYS:**

18h20: Yoga (Zoë)

**WEDNESDAYS**

16h30: Mindfulness & Breathwork (Annelien)

**THURSDAYS:**

7h30: Yoga with Zoë

8h30: Mindfulness & Breathwork  
with Annelien

Cost: R120/class

See you there!

Zoë & Annelien

Tel: 082 224 4260 (Zoë)/ 082 342 2868 (Annelien)







Looking for a babysitter?  
**I'm Amber Mendes!** ✨

**Availability**  
**Monday - Sunday**

**PRICE: R75 per hour**

**CALL ME TO BOOK!**  
**064 398 5101**

I am an 18-year-old and a matric learner at Rhenish Girls' High School. I have four years of experience in babysitting and absolutely love spending time with children of all ages. If you are looking to take a night for yourself, have a work function you need to attend or need 'you' time I am more than happy to step in!





# HOUSE & PET SITTING

Service

- Helderberg area
- References available
- Sleep-in or part-time
- Own transport

Aidan du Toit

WhatsApp: 066 235 7424

