

ADVERTISER

MAY 2024 EDITION





I am available to house sit your house during the holidays and the term. Somerset West area. R250 per night Please feel free to contact me.





June Souperb

Menu Whatsapp orders: 076 977 6993 Free deliveries

All Meals Serving 2 <u>Soup Prices:</u> <u>1L/R90</u> <u>2L/R160</u>

Monday 3rd: Dutch Pea and Bacon Soup

<u>Tuesday 4th:</u> Indian Butter Chicken Curry or Indian Chickpea Curry and Rice (R140 add 2 x Rotis R160)

<u>Wednesday 5th:</u> Broccoli and Bacon Soup / Cheesy Broccoli Soup or a Curried Carrot and Apple Soup

<u>Thursday 6th:</u> Asian Style Meatballs with Stir Fry Vegetables and Egg Noodles or Napolitana Style Meatballs served with Linguini and Smothered in Cheese both R140

<u>Friday 7th:</u> Crumbed Chicken Burgers with Cheese Sauce and a Roasted Vegetable and Feta Salad R150 or a Tomato, Fresh Basil and Feta Soup

Monday 10th: Pepper Steak, Steak, Chicken and Mushroom or Lemon and Lamb Pies served with Rice and Gravy, Roasted Butternut and Creamed Spinach R160

<u>Tuesday 11th:</u> Caprese Chicken Fillets with a Potato Bake and Sesame Green Beans R150

<u>Wednesday 12:</u> Roasted Butternut and Bacon or Thai Butternut and Ginger Soup

Thursday 13th: Authentic Chicken Breyani served with Yoghurt and a Cucumber, Red Onion and Minty Raita Salad R160

<u>Friday 14th:</u> Cheese and Bacon Burgers with Roasted Sweet Potato Wedges R150 or a Thai Chicken, Vegetable and Lentil Soup

<u>Tuesday 18th:</u> Classic Beef Bobotie or a Sweet Potato and Red Lentil Bobotie with Rice and Pumpkin Fritters R165

Wednesday 19th: Potato, Leek and Lamb Soup

<u>Thursday 20th:</u> Crumbed Chicken Schnitzels with Cheese Sauce, Baby Potatoes, Creamed Spinach and Roasted Butternut R160

Friday 21st: Gebraaide Joeys Boerewors with Pap or Mash en Smoor and Mieliekoekies R160 or a Roasted Tomato, Red Pepper and Red Lentil Soup

Monday 24rd: Chicken and Vegetable Soup or Chicken Korma Soup

Tuesday 25th: Beef and Vegetable Potjie Kos met Rys R160

Wednesday 26th: Home-Made Fish Cakes or Selected Pies (Pepper Steak, Steak, Chicken and Mushroom or Lemon and Lamb Pies) served with Mashed Potatoes and Peas R160

<u>Thursday 27th:</u> Braai Day – Chicken Kebab, Boerewors, Roosterkoek, Curried Pasta Salad and Garden Salad R190

<u>Friday 28th:</u> Beef or Spinach and Feta Canneloni R150 or a Roasted Butternut and Bacon Soup





Raw unfiltered Honey - R100/500g 1KG Raw Mac Nuts - R150

072 733 7376 for orders





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





YOGA & BREATHWORK June Class Schedule @ Mayfair Cottage, Bright Street MONDAYS:

18h20: Restorative Yoga (Zoë)

WEDNESDAYS

16h30: Mindfulness & Breathwork (Annelien)

THURSDAYS:

7h30: Hatha 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)





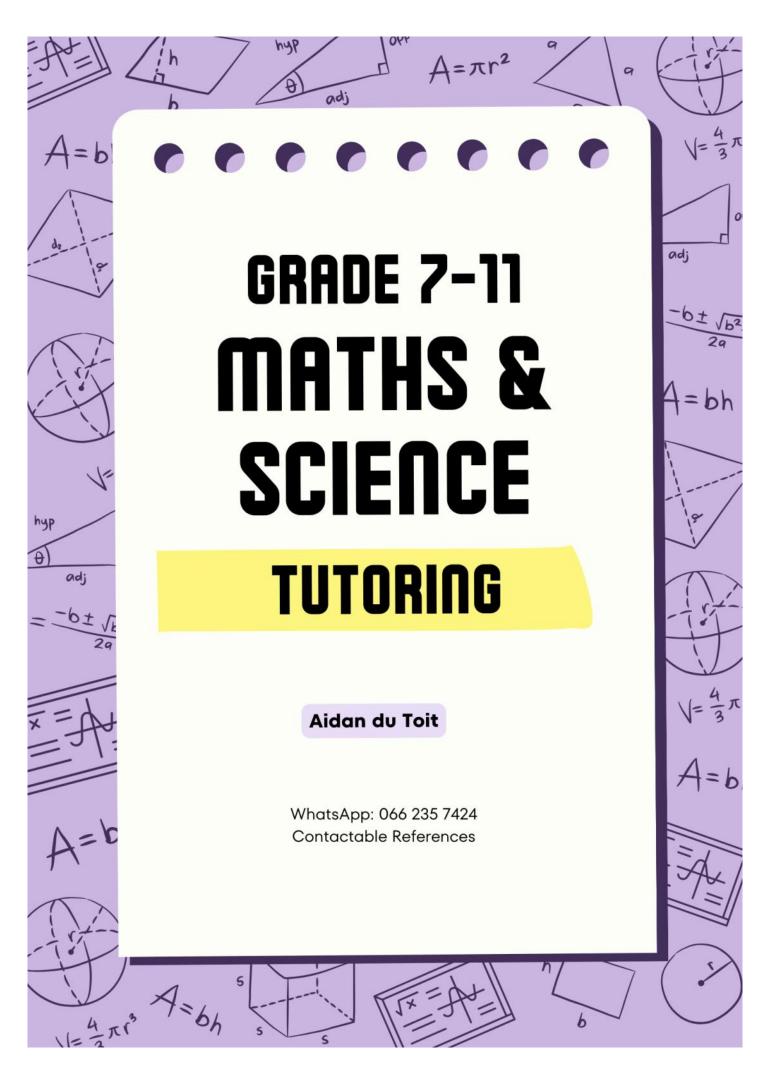
★Nursery Schools + Primary Schools**★**High Schools

Adhoc/ once off trips avaliable should you need assistance:

(Car seats on board 9kg - 36kg)

- #Have a afternoon meeting to attend to and you won't be able to collect your child on time, give us a call we are here to assist.
- Early Morning appointments and your children need to be taken to school, give us a call.
 - *Transport available to and from sport activities and extra lesson classes in the afternoons, give us a call.

Call Today: 072 614 3257 cherie.siv@gmail.com





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

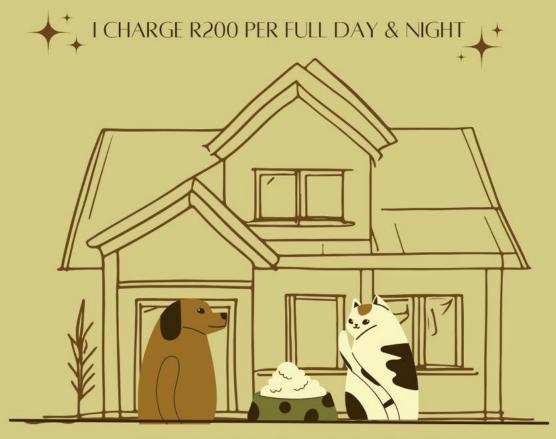




HI! I'M AMBER MENDES

I am an 18-year-old matric learner at Rhenish Girls' High School (based in Somerser 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.



MESSAGE ME: 064 398 5101





JoJo
Swimming
Academy
32 Lourier
Road
Heldervue
Swimming is an
essential skill for
your children to
learn! Let's start
today



For registration and details contact Jo-Anne: 063-777-9452



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!





MRS MENDES' STUDYSKILLS WORKSHOP

2024 Dates Available

- What type of learner am I?
- How does MY brain learn?
- Time managment 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

