



SeniorNet Mac Social on Tuesday 28th February 2023

Your partners, family and friends are all welcome to attend this event. It will be held in the "Butcher's Hook" restaurant at the **RICHMOND CLUB**, 75 London Street, Richmond 8013. Doors are open at 11am, please **arrive by 11.45am for lunch** and **the food is served around 12 noon**.

If you wish to join us for lunch **booking is essential**. So, please **reply to the email** (social@seniormac.org.nz) **with each person's name and their particular menu choice** and have your order in **by 4pm on Friday 24th February**.



Then, **at 1pm** we have a **Speaker** (no booking required for this). Our Speaker this month is **Laura Organ**, who will be speaking about "**Use it or lose it: Exercise Needs as we Age**". Laura Organ is the Moving Well Manager at Arvida Good Friends in Park Lane, where she manages the gym/pool/activities. Her presentation will be on the importance of keeping our health and fitness as we age.

Menu Choices

Main Meals

Roast of the Day: (Please specify Small or Standard) Beef prices as shown Pork prices Small: \$15; Standard \$18 <i>Chef chooses beef or pork on the day.</i>	Small: \$16.50 Standrd: \$21.50
Fish n' chips: (Please specify Small or Standard) <i>Beer battered fish with crispy fries, seasonal salad & lemon + tartare sauce</i>	Small: \$15.00 Standrd: \$21.50
Roast Veggie Salad: (GF & DF) <i>with roast chickpeas, toasted seeds, fried haloumi, rocket & paprika vinaigrette</i>	\$24.00
Chicken Filo: <i>Smoked chicken breast & spinach in cheese n mushroom sauce in filo pastry with mustard mash, salad & mushroom sauce</i>	1 fillo \$23.00 2 fillo \$28.00
Pinot & Rosemary Lamb: <i>Canterbury Lamb with mustard mash + broccolini</i>	\$29.50
Baby Back Ribs: (Please specify Small or Medium) <i>with homemade barbecue sauce, slaw & potato wedges</i>	Small: \$24.00 Med: \$31.00
Caesar Salad. (Vegetarian option available) <i>Cos lettuce, crispy bacon, G/F garlic croutons, parmesan, dressing & poached egg.</i>	Just egg \$18.50 +Chicken \$26.00
Richmond Curry: <i>Trad. curry, basmati rice, poppadum & yoghurt dressing</i>	\$20.50
Margherita Pizza: <i>Classic tomato sauce, mozzarella, and fresh basil</i>	\$18.50
Hawaiian Pizza: <i>double ham, double pineapple, double cheese</i>	\$19.50

Desserts

Ice cream Sundae - choice of chocolate/caramel/strawberry/lemon passion/black cherry/vanilla	\$11.00
Cheesecake of the Day - different each day	\$12.00
Cinnamon & Maple Churros with whipped cream, chocolate & caramel dipping sauce	\$13.00
Richmond Crumble fruit of the day, crunchy topping with vanilla ice cream	\$14.00
Creme Brûlée (GF) served with Russian fudge & mini cookies	\$14.00

Come & join us, we look forward to seeing you there!