


  
**Greenwood Villa**  
 Bed & Breakfast | Guest House  
**Take-Away Packed Breakfast**  
 Contact: Cathy Turrell | Cell: 083 444 0222

<b>GUEST NAME</b>			
<b>MOBILE</b>			
<b>DATE IN</b>		<b>DATE OUT</b>	

Meals will be delivered to the room on a Tray @ 17:30 the night before


<b>DAY 1</b>	<b>BREAKFAST BURITTO</b> Scrambled egg, ham, tomato, cheese & mushroom filled tortilla wrap Juice Box   1 Fruit   Yogurt   Energy Bar						
<b>DAY 2</b>	<b>HAM &amp; CHEESE SANDWICH</b> Ham, Cheese on brown bread with lettuce Juice Box   1 Fruit   Yogurt   Energy Bar						
<b>DAY 3</b>	<b>EGG SANDWICH</b> Egg Mayo on Brown Bread Juice Box   1 Fruit   Yogurt   Energy Bar						
<b>DAY 4</b>	<b>CONTINENTAL BREAKFAST</b> Croissant with cheese & ham, muffin Juice Box   1 Fruit   Yogurt   Energy Bar						
<b>DAY 5</b>	<b>CHICKEN, SALAD ROLL</b> Baguette with smoked chicken and salad Juice Box   1 Fruit   Yogurt   Energy Bar						
<b>DAY 6</b>	<b>OMELET (Select your filling)</b>						
	Cheese		Bacon		Tomato		Mushroom
Juice Box   1 Fruit   Yogurt   Energy Bar							
<b>DAY 7</b>	<b>BREAKFAST MUFFIN</b> Egg, Spinach, Bacon & Cheese Juice Box   1 Fruit   Yogurt   Energy Bar						
<b>REPEAT</b>	Repeat again from day 1						
<b>FRUIT SELECTION</b> pick one	Apple			Grapes			
	Banana			Kiwi / Strawberries			
	Orange / Nartjie			Papaya			
<b>NOTES</b>	Please advise us of any special dietary requirements If any of the above options are not suitable for you, You are welcome to make alternative suggestions and we will oblige						
<b>Alternative Suggestions</b>	Please WhatsApp 083 400 2202						

**Social Etiquette during COVID19**





# CORONAVIRUS

## COVID-19

#flattenthecurve 

PREVENT THE SPREAD OF COVID-19

 <p style="margin: 0;"><b>HAND HYGIENE</b></p>	<p>Wear a mask, Keep your hand clean and sanitized Wash your hands</p> <ul style="list-style-type: none"> <li>★ For at least 20 seconds regularly</li> <li>★ After using the toilet</li> <li>★ Before and during food preparation</li> <li>★ After coughing or sneezing</li> <li>★ After contact with animals, in general or animal waste</li> <li>★ If water is not available, alcohol based sanitizer is advisable</li> <li>★ Avoid touching eyes, nose and mouth with unwashed hands</li> </ul>
 <p style="margin: 0;"><b>RESPIRATORY HYGIENE</b></p>	<ul style="list-style-type: none"> <li>★ Cover your coughs</li> <li>★ Sneeze into your elbow or a tissue</li> <li>★ Do not reuse tissues, dispose in a sealed plastic bag</li> <li>★ No spitting in public areas</li> </ul>