



# Pro Arte Alphen Park

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**“UNLOCK YOUR TRUE POTENTIAL / ONTSLUIT JOU VOLLE POTENSIAAL”**

## NUUSVRYSTELLING:

### SKOLE PAK MEKAAR IN SJEFSKOMPETISIE

Op Saterdag, 15 Oktober 2011, pak 17 hoërskole mekaar in die vyfde sjefskompetisie by Pro Arte Alphen Park. Skole van Pretoria, Johannesburg, Kroonstad en Polokwane neem hiedie jaar deel.

Die jong sjefs kook twee-twee in 'n span en ontvang 'n mandjie met geheime bestanddele waaruit hulle 'n smaaklike drie-gang maaltyd moet voorberei. Natuurlik moet die kos ook mooi lyk.

Die wenners sal by ongeveer 13:00 aangekondig word en die pryse word deur Pick 'n Pay en Parmalat verskaf. Hulle begin reeds om 08:00 bestanddele uitpak en beplan. Die groot kokery begin 09:00.

### SCHOOLS COMPETE IN COOK-OUT

Seventeen high schools will be participating in the 5th cook-out competition on Saturday, 15 October 2011, at Pro Arte Alphen Park. Pretoria and Johannesburg schools, as well as schools from Kroonstad and Polokwane will be competing.

The young chefs work in teams of two and receive a mystery basket with ingredients. They must prepare a scrumptious three course meal that looks attractive too!

The winners will be announced by about 13:00 and prizes are provided by Pick 'n Pay and Parmalat. They already start planning and unpacking ingredients at 08:00, but the serious cooking starts at 09:00.

### UITGEREIK DEUR BEMARKING, PRO ARTE ALPHEN PARK

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Pro Sjefs!  
Pro Wenners



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