



...Home cooked food delivered to your table

Kitchen: 021 930 2273 | Cell: 082 853 7879 | Fax: 086 636 5801

[www.dial-a-chef.co.za](http://www.dial-a-chef.co.za) | [info@dial-a-chef.co.za](mailto:info@dial-a-chef.co.za)

Since 1999

## **BEVRORE ETES IN FOELIE / FROZEN MEALS IN FOIL** **(Mikrogolf vriendelik / Microwave safe)**

send e-mail to [info@dial-a-chef.co.za](mailto:info@dial-a-chef.co.za) for order form

### **LAE KOOLHIDRAAT REEKS / LOW CARB RANGE**

	<b>350g</b>	<b>700g</b>	<b>1.2kg</b>	
	<b>Serv 1</b>	<b>Serv 2/3</b>	<b>Serv 4/5</b>	
Hoender Tikka Masala	R45	R84	R142	Chicken Tikka Masala
Hoender Cordon Bleu	R45	R84	R142	Chicken Cordon Bleu
Hoender met Olywe, Salami & Capers	R45	R84	R142	Chicken with Olives, Salami & Capers
Lasagne met Spek & Murgpampoer	R45	R84	R142	Lasagne with Bacon & Baby Marrows
Moussaka	R45	R84	R142	Moussaka
Gegeurde Maalvleis met Groente	R45	R84	R142	Savoury Mince with Vegetables
Herderspastei met Spek	R45	R84	R142	Shepherd's pie with Bacon
Korslose Brokkoli, Spek & Kaaspastei	R45	R84	R142	Crustless Broccoli, Bacon & Cheese Pie

### **GEWONE REEKS / ORDINARY RANGE**

	<b>350g</b>	<b>700g</b>	<b>1.2kg</b>	
	<b>Serv 1</b>	<b>Serv 2/3</b>	<b>Serv 4/5</b>	
Spinasie & Feta Lasagne	R43	R83	R140	Spinach & Feta Lasagne
Lasagne	R43	R83	R140	Lasagne
Romerige Suurlemoen Hoenderpasta	R43	R83	R140	Creamy Lemon Chicken Pasta
Bobotie	R43	R83	R140	Bobotie
Herderspastei	R43	R83	R140	Cottage Pie
Kerrie Herderspastei	R43	R83	R140	Curry Cottage Pie
Spaghetti Bolognaise	R43	R83	R140	Spaghetti Bolognaise
Kerrie-piesang Frikkadelle	R43	R83	R140	Meatballs in Curried Banana Sauce
Tamatiepasta Frikkadelle	R43	R83	R140	Meatballs in Tomato Pasta Sauce
Lamskenkelpotjie met Baba Uie	R45	R84	R142	Lamb Shank Potjie with Baby Onions
Lamskenkelpastei	R45	R84	R142	Lamb Shank Pie
Lamskerrie	R45	R84	R142	Lamb Curry
Beef Stroganoff	R45	R84	R142	Beef Stroganoff
Peper Biefstukpastei	R45	R84	R142	Pepper Steak Pie
Soet-suur Hoender-roerbraai	R43	R83	R140	Sweet & Sour Chicken Stir-fry
Heuning & Mosterd Hoender	R43	R83	R140	Honey & Mustard Chicken
Hoender á la King	R43	R83	R140	Chicken á la King
Hoenderpastei	R43	R83	R140	Chicken Pie
Brokkoli Hoender	R43	R83	R140	Chicken Broccoli
Thai Botterhoender	R43	R83	R140	Thai Butter Chicken
Korslose Brokkoli, Spek & Kaaspastei	R45	R84	R142	Crustless Broccoli, Bacon & Cheese Pie



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	<b>GROENTE &amp; RYS</b>	<b>350g</b>	<b>700g</b>	<b>VEGETABLES &amp; RICE</b>
Verskeidenheid Groente met Kaassous	R23	R46	Vegetable Variety with Cheese Sauce	
Geroosterde Groente	R23	R46	Roasted Vegetables	
Soetpatats	R23	R46	Sweet potatoes	
Pampoenpoffers	R23	R46	Pumpkin Puffs	
Pampoenpastei	R23	R46	Pumpkin Pie	
Gebraaide Batterskorsie	R23	R46	Fried Butternut	
Roomspinasië	R23	R46	Cream Spinach	
Roomspinasië met Groente	R23	R46	Cream Spinach with Vegetables	
Witrys	R12	R20	White Rice	
Basmatirys	R14	R25	Basmati Rice	
Gegeurde Rys (spek, sampioene, uie & pepers)	R23	R46	Savoury Rice (bacon, mushrooms, onions & peppers)	

	<b>NAGEREG</b>	<b>350g</b>	<b>700g</b>	<b>PUDDING</b>
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Malva	R27	R52	Malva
Sago	R27	R52	Sago

	<b>MINI QUICHES</b>	<b>6</b>	<b>12</b>	<b>MINI QUICHES</b>
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Spek & Feta	R45	R84	Bacon & Feta
Ham & Sampioen	R45	R84	Ham & Mushroom
Hoender, Brokkoli & Kaas	R45	R84	Chicken, Broccoli & Cheese

**LAE KOOLHIDRAAT SOP / LOW CARB SOUP**

	<b>350ml</b>	<b>850ml</b>	
Room van Prei & Blomkool met Salami	R 14	R 32	Cream of Leek & Cauliflower with Salami
Romerige Blomkool, Spinasië & Sampioen	R 12	R 32	Creamy Cauliflower, Spinach & Mushroom
Klapper, Batterskorsie & Hoender	R 12	R 32	Coconut, Butternut & Chicken
Batterskorsie	R 12	R 32	Butternut
Biltong & Blou Kaas	R 15	R 38	Biltong & Blue Cheese

- ◆ A minimum deposit of 60% of the total amount is payable when the order is placed.
- ◆ For orders less than R800,00 a delivery fee of R75,00 is payable.
- ◆ For delivery after 18h00 a delivery fee of R150,00 will apply.

Bank Details: ABSA      Cheque account

TS Krüger - 340 150 139 Branch Code - 63 20 05

**Your Name and Surname as our Reference please**

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Shop 4 | De Tijger Centre | 27 Hannes Louw Drive | De Tijger | Parow

P.O. Box 6304 | Parow East | 7501