



...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

(Please check Information and Rules on page 2)

## Low Carb Menu: March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
26 02 18 Cottage Pie Vegetables	27 02 18 Chicken Stir-Fry Spaghetti Vegetables	28 02 18 Irish Stew Rice Vegetables	01 03 18 Meatball Stroganoff Vegs 'Rice' Vegetables	02 03 18 Chicken Broccoli Pie Vegetables
05 03 18 Vegs 'Spaghetti' Bolognaise Vegetables	06 03 18 Chicken à la King Vegs 'Rice' Vegetables	07 03 18 Hake Bake in Cheese Sauce Vegetables	08 03 18 Sausage & Peppers Cheesy Bake Vegetables	09 03 18 Mince Stuffed Courgette Boats Vegetables
12 03 18 Beef Rolls Vegs 'Mash' Vegetables	13 03 18 Honey & Mustard Chicken Vegs 'Rice' Vegetables	14 03 18 Sweet & Sour Pork Vegs 'Spaghetti' Vegetables	15 03 18 Italian Lamb Stew Vegs 'Rice' Vegetables	16 03 18 Chicken Meatballs Vegs 'Mash' Vegetables
19 03 18 Tomato Bredie Vegs 'Rice' Vegetables	20 03 18 Chicken & Bacon Lasagne Vegetables	21 03 18  Public Holiday	22 03 18 Beef Chow Mein Vegs 'Spaghetti' Vegetables	23 03 18 Pork Schnitzel Vegetables
26 03 18 Chili Con Carne Vegs 'Rice' Vegetables	27 03 18 Steak & Mushroom Pie Vegetables	28 03 18 Fish Cakes Vegs 'Mash' Vegetables	29 03 18 Leg of Lamb  Salads	30 03 18  Public Holiday

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Email: [info@dial-a-chef.co.za](mailto:info@dial-a-chef.co.za)

Delivery: Bellville, B/fell, Kuils River, Kraaifontein, D/ville: Paul - 083 463 1336

Delivery: Parow (all suburbs), Goodwood, Edgemoed, Bothasig: Armand - 081 039 7728



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## Information and Rules

Orders must be placed at least one working day prior to the first day of delivery.  
All orders have to be paid by the time delivery takes place and can be done by means of EFT,  
or C O D (with prior arrangement) to the person doing the delivery.

**Please no cash payments into the bank due to excessive cash deposit fees.**

**Payment** for monthly orders must reflect on our bank  
statement on the **1st day of the new month**

### Monthly orders (daily Mon to Fri):

*Delivery will continue in the month following the existing month until changed or canceled and you will be liable for  
the meals delivered if not arranged prior to end of the month.*

**Should you wish not to continue, in the month to come please give 48 hours notice.**

### Direct Bank Transfers (EFT):

Bank - ABSA

Account type - Cheque account

Account holder - TS Krüger

Account number - 340 150 139

Branch code - 63 20 05

**Our Reference - Your Name & Surname**

*Please ask your bank to send us an email that a deposit has been made.*

Number of Days	Price per Portion
1 to 2 days per week	R80,00
3 to 5 days per week	R67,00
Calender Month (Mon to Fri)	R1300,00

(The Kidz portion is for children 12 yrs and younger and will only be delivered together with another meal)

**Meals may also be collected from our premises at :**

*Shop 4, De Tijger Centre, 27 Hannes Louw Drive, De Tijger, Parow. (15h00 – 18h00)*

View our website at [www.dial-a-chef.co.za](http://www.dial-a-chef.co.za) and see the other services that we offer:

**The contents of the menu is subject to change without prior notice**

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

P.O. Box 6304 | Parow East | 7501