



Dial - A - Chef

....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 | info@dial-a-chef.co.za

Since 1999

(Please check Information and Rules on page 2)

Low Carb Menu – November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
29 10 18 Hungarian Goulash vegs 'Rice' Vegs in Season	30 10 18 Chicken Broccoli Pie Vegs in Season	31 10 18 Mince Bolognaise Vegs in Season	01 11 18 Pork Casserole (Carrot & Mushroom) Vegs 'Rice' Vegetables	02 11 18 Cheesy Sausage Bake Vegs 'Mash' Vegetables
05 11 18 Sweet & Sour Beef Vegs 'Spaghetti' Vegetables	06 11 18 Mince Meat Loaf Vegs 'Mash' Vegetables	07 11 18 Stuffed Chicken Breasts Vegs 'Rice' Vegetables	08 11 18 Chili Con Carne Vegs 'Rice' Vegetables	09 11 18 Crustless Bacon & Mushroom Quiche Vegetables
12 11 18 Bacon & Mushroom Mince Vegs 'Mash' Vegetables	13 11 18 Butter Chicken Vegs 'Rice' Vegetables	14 11 18 Steak & Kidney Pie Vegetables	15 11 18 Fish Cakes Vegs 'Mash' Tomato Smoor Vegetables	16 11 18 Chicken Kebabs Vegetables
19 11 18 Beef Curry Vegs 'Rice' Vegetables	20 11 18 Saucy Frikkadels Vegs 'Mash' Vegetables	21 11 18 Pork Roast Savoury 'Rice' Vegetables	22 11 18 Sticky Steak Fingers Vegs 'Rice' Vegetables	23 11 18 Savoury Tart Vegetables
26 11 18 Curried Cottage Pie Vegetables	27 11 18 Chicken Meatballs Vegs 'Mash' Vegetables	28 11 18 Beef Stroganoff Vegs 'Rice' Vegetables	29 11 18 Tuna Pancakes Vegetables	30 11 18 Chicken Nuggets Salads

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

Delivery: Parow (all suburbs), Goodwood, Edgemoed, Bothasig: Thys - 083 530 2222

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

P.O. Box 6304 | Parow East | 7501



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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

*Use your name and surname as our reference
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

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 for other services we provide

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