



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 – July 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 02 07 18 Beef Chow Mein 'Spaghetti' Vegs in Season | 03 07 18 Chicken á la King Veg 'Rice' Vegs in Season | 04 07 18 Mediterranean Hake Bake Vegs in Season | 05 07 18 Bacon & Mushroom Mince Vegs in Season | 06 07 18 Apricot Chicken Vegs in Season |
| 09 07 18 Tomato Bredie Veg 'Rice' Vegs in Season | 10 07 18 Cottage Pie (Vegs 'Mash') Vegs in Season | 11 07 18 Chicken Schnitzel Vegs in Season | 12 07 18 Lamb & Vegs Casserole Veg 'Rice' Vegs in Season | 13 07 18 Steak & Kidney Pie Vegs in Season |
| 16 07 18 Beef Irish Stew Veg 'Rice' Vegs in Season | 17 07 18 Chicken Paella Vegs in Season | 18 07 18 Roast Pork Vegs in Season | 19 07 18 Savoury Tart Vegs in Season | 20 07 18 Crumbed Chicken Vegs in Season |
| 23 07 18 Hungarian Goulash Veg 'Rice' Vegs in Season | 24 07 18 Filled Chicken Breasts Veg 'Rice' Vegs in Season | 25 07 18 Meatballs in Vegs 'Pasta' Sauce Vegs in Season | 26 07 18 Beef Hotpot Veg 'Rice' Vegs in Season | 27 07 18 Shish Kebabs Vegs in Season |
| 30 07 18 Chili Con Carne Veg 'Rice' Vegs in Season | 31 07 18 Chicken, Broccoli & Bacon Casserole Vegs in Season | 01 08 18 Beef Stroganoff Vegs 'Rice' Vegs in Season | 02 08 18 Sausage Vegs 'Mash' Tomato Smoor Vegs in Season | 03 08 18 Leg of Lamb Vegs in Season |

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Email: 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: Ans – 062 822 5702



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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