



...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 – February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
28 01 19 Hungarian Goulash Vegs 'Rice' Vegetables	29 01 19 Chicken Cordon Bleu Vegetables	30 01 19 Meatballs in Tomato Sauce Vegs 'Mash' Vegetables	31 01 19 Fish Nuggets Vegetables	01 02 19 Stuffed Chicken Breasts Vegs 'Mash' Vegetables
04 02 19 Beef Tikka Masala Vegs 'Rice' Vegetables	05 02 19 Italian Lamb Stew Vegs 'Rice' Vegetables	06 02 19 Creamy Lemon Chicken Vegs 'Mash' Vegetables	07 02 19 Bacon & Mushroom Mince Vegs 'Mash' Vegetables	08 02 19 Steak with Lemon Mustard Butter Vegs 'Mash' Vegetables
11 02 19 Savoury Mince with Vegetables Vegs 'Rice' Vegetables	12 02 19 Pork & Pumpkin Casserole Vegetables	13 02 19 Beef & Broccoli Stir-Fry Vegs 'Spaghetti' Vegetables	14 02 19 Chicken à la King Vegs 'Rice' Vegetables	15 02 19 Crustless Bacon, Mushroom & Vegetable Quiche Vegetables
18 02 19 Beef , Carrot & Mushroom Casserole Vegetables	19 02 19 Mince Ratatouille Vegs 'Rice' Vegetables	20 02 19 Chicken Cacciatore Vegetables	21 02 19 Chili Con Carne Vegs 'Rice' Vegetables	22 02 19 Fish Pie Vegs 'Mash' Vegetables
25 02 19 Mince 'Lasagne' Vegetables	26 02 19 Sweet & Sour Beef Vegs 'Spaghetti' Vegetables	27 02 19 Sausage & Leek Pie Vegetables	28 02 19 Pork Roast Vegetables	01 03 19 Chicken Kebabs 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, Edgemean, Bothasig: Faan – 082 853 7879

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	R84,00
3 to 5 days per week	R70,00
Calender Month (Mon to Fri)	R1365,00

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