



...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 – June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
28 05 18 Mince Lasagne Vegs in Season	29 05 18 Chicken Broccoli Casserole Vegs in Season	30 05 18 Beef Schnitzel Vegs in Season	31 05 18 Crumbed Fish Vegs in Season	01 06 18 BBQ Chicken Vegs in Season
04 06 18 Green Bean Bredie Vegs 'Rice' Vegs in Season	05 06 18 Sweet & Sour Beef Vegs 'Spaghetti' Vegs in Season	06 06 18 Bobotie Yellow Cauli 'Rice' Vegs in Season	07 06 18 Lamb & Sweet Potato Casserole Vegs 'Rice' Vegs in Season	08 06 18 Chicken Nuggets Vegs in Season
11 06 18 Mince Meatloaf Vegs 'Mash' Vegs in Season	12 06 18 Beef, Carrot & Mushroom Casserole Vegs in Season	13 06 18 Lamb Pie Vegs 'Rice' Vegs in Season	14 06 18 Chicken & Bacon 'Lasagne' Vegs in Season	15 06 18 Aromatic Fish Cakes Vegs in Season
18 06 18 Butternut Bredie Vegs 'Rice' Vegs in Season	19 06 18 Stuffed Chicken Breasts Vegs in Season	20 06 18 Saucy Frikkadels Vegs 'Mash' Vegs in Season	21 06 18 Sausage & Leek Pie Vegs in Season	22 06 18 Silverside with Honey & Mustard Sauce Vegs in Season
25 06 18 Savoury Mince Vegs 'Rice' Vegs in Season	26 06 18 Chakalaka Pork Stew Vegs 'Mash' Vegs in Season	27 06 18 Beef Potjie Vegs 'Rice' Vegs in Season	28 06 18 Tomato, Basil & Chicken Casserole Vegs in Season	29 06 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