



...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 – OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Don't forget to 'check out' our	Frozen Meals		01 10 20 Pork Chops Paptert Vegs in Season	02 10 20 Curry Banana Meatballs Mash Vegs in Season
05 10 20 Savory Tart Potato Wedges Vegs in Season	06 10 20 Chicken a la King Rice Vegs in Season	07 10. 20 Beef Stir-fry Spaghetti Vegs in Season	08 10 20 Bobotie Yellow Rice Vegs in Season	09 10 20 Chicken Mayo Vetkoek Vegs in Season
12 10 20 Green Bean Casserole Vegs in Season	13 10 20 Chakalaka Pork Garlic potato Vegs in Season	14 10 20 Chicken Pie Noodle salad Vegs in Season	15 10 20 Mutton curry Rice Vegs in Season	16 10 20 Tuna bake Macaroni & cheese Vegs in Season
19 10 20 Pork stir-fry Jacket potato Vegs in Season	20 10 20 Meatball Stroganoff Noodles Vegs in Season	21 10 20 Sausage and Bacon Potato Bake Vegs in Season	22 10 20 Chicken Potjie Rice Vegs in Season	23 10 20 Sticky Steak Fingers Mash Vegs in Season
26 10 20 Chicken Kebab Rice Salad Vegs in Season	27 10 20 Tomato Bredie Samp Vegs in Season	28 10 20 Snoek Pie Potato wedges Vegs in Season	29 10 20 Mince ratatouille Spaghetti Vegs in Season	30 10 20 Broccoli Bacon Cheese quiche Roast Potato's Vegs in Season

Kitchen: 021 930 2273 Cell: 084 727 9491

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

P.O. Box 6304 | Parow East | 7501



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Email: hello@dial-a-chef.co.za or orders@dial-a-chef.co.za

Delivery: Bellville, B/fell, Kuils River, Kraaifontein, D/ville: Eugene – 082 467 0376
Delivery: Parow (all suburbs), Goodwood, Edgemoed, Bothasig: Owen – 073 682 1632

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 - Mercantile
Account type - Cheque account
Account holder - Dail a Chef catering
Account number - 105 079 3722
Branch code - 450 105

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
Calendar 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)



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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