



Since 1999

**Kitchen: 061 060 6127 Cell: 084 727 9491**

[www.dail-a-chef.co.za](http://www.dail-a-chef.co.za) or [orders@dial-a-chef.co.za](mailto:orders@dial-a-chef.co.za)

**Pay by the 1<sup>st</sup> to receive the discounted rate for the full period.**

**MENU: JANUARY 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
03 01 22 BBQ Chicken pieces  Vegs in Season	04 01 22 Bobotie  Vegs in Season	05 01 22 Green bean bredie  Vegs in Season	06 01 22 Gammon/ Beef Vegs in Season	07 01 22 Curry Mince Vetkoek Vegs in Season
10 01 22 Mince Roll Vegs in Season	11 01 22 Chicken Lasagna Vegs in Season	12 01 22 Lam Pie  Vegs in Season	13 01 22 Baked Fish Vegs in Season	14 01 22 Filled Chicken Pancakes Vegs in Season
17 01 22 Spinach Bacon Cheese pie  Vegs in Season	18 01 22 Beef Stroganoff  Vegs in Season	19 01 22 Pork/ Chicken Stir- Fry  Vegs in Season	20 01 22 Spaghetti Bolognaise Vegs in Season	21 01 22 Hamburgers  Vegs in Season
24 01 22 Curry Banana meatballs Vegs in Season	25 01 22 Beef Potjiekos Vegs in Season	26 01 22 Fish/ Chicken Bobotie Vegs in Season	27 01 22 Chicken A la King Vegs in Season	28 01 22 Sausage Rolls Vegs in Season
31 01 22 Filled Chicken Breast Vegs in Season			<b>Don't forget to 'check out' our</b>	<b>Frozen Meals</b>

*Please ask your bank to send us an email that a deposit has been made.*

Number of Days	Price per Portion		
	Large	Medium	Kiddies
1 to 2 days per week	R86,00	R70,00	R49,00
3 to 5 days per week	R67,00	R55,00	R44,00
Calender Month (Mon to Fri)	R1285,00	R1035,00	R785,00

**On the daily menu we have pork or fish, we are given an option for the people who doesn't eat pork or fish. We will only send the alternative if you do inform us.**

Delivery fee of R80,00 on orders less than R1000,00

**Eugene – 082 467 0376**

Deliveries: Bellville, Brackenfell, Kuils River, Kraaifontein, D/ville

**Gregory ; 071 553 2627**

Deliveries: Parow (all suburbs) Goodwood, Edgemoed, Bothasig:

Dail a Chef Catering;  
Mercantile Bank Acc. No 105 079 3722 (Cheque)  
Branchcode 450 105.

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## Low Carb Menu JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>03 01 22</b> <b>BBQ</b> <b>Chicken pieces</b>  <b>Vegs in Season</b>	<b>04 01 22</b> <b>Bobotie</b>  <b>Vegs in Season</b>	<b>05 01 22</b> <b>Green bean</b> <b>bredie</b>  <b>Vegs in Season</b>	<b>06 01 22</b> <b>Gammon/</b> <b>Beef</b> <b>Vegs in Season</b>	<b>07 01 22</b> <b>Curry Mince</b> <b>Omelet</b> <b>Vegs in Season</b>
<b>10 01 22</b> <b>Mince</b> <b>Roll</b>  <b>Vegs in Season</b>	<b>11 01 22</b> <b>Chicken</b> <b>Lasagna</b>  <b>Vegs in Season</b>	<b>12 01 22</b> <b>Lam Pie</b>  <b>Vegs in Season</b>	<b>13 01 22</b> <b>Baked</b> <b>Fish</b>  <b>Vegs in Season</b>	<b>14 01 22</b> <b>Filled Chicken</b> <b>Omelet</b> <b>Vegs in Season</b>
<b>17 01 22</b> <b>Spinach Bacon</b> <b>Cheese pie</b>  <b>Vegs in Season</b>	<b>18 01 22</b> <b>Beef Stroganoff</b>  <b>Vegs in Season</b>	<b>19 01 22</b> <b>Pork/ Chicken</b> <b>Stir- Fry</b>  <b>Vegs in Season</b>	<b>20 01 22</b> <b>Spaghetti</b> <b>Bolognaise</b> <b>Vegs in Season</b>	<b>21 01 22</b> <b>Meatballs</b> <b>Vegs in Season</b>
<b>24 01 22</b> <b>Curry Banana</b> <b>meatballs</b>  <b>Vegs in Season</b>	<b>25 01 22</b> <b>Beef</b> <b>Potjiekos</b> <b>Vegs in Season</b>	<b>26 01 22</b> <b>Fish/ Chicken</b> <b>Bobotie</b>  <b>Vegs in Season</b>	<b>27 01 22</b> <b>Chicken</b> <b>A la King</b>  <b>Vegs in Season</b>	<b>28 01 22</b> <b>Sausage</b>  <b>Vegs in Season</b>
<b>31 01 22</b> <b>Filled Chicken</b> <b>Breast</b>  <b>Vegs in Season</b>			<b>Don't forget to</b> <b>'check out' our</b>	<b>Frozen</b> <b>Meals</b>
Number of Days		Price per Portion		
1 to 2 days per week		R86,00		
3 to 5 days per week		R72,00		
Calendar Month (Mon to Fri)		R1405,00		

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## **Frozen Food** Order Form cell

084 727 9491 or email [orders@dial-a-chef.co.za](mailto:orders@dial-a-chef.co.za)

**Your Name:**

		350g		700g		1.2kg		Amount
		Serve 1		Serve 2 / 3		Serve 4 / 5		
<u>Low Carb Range</u>		No	Price	No	Price	No	Price	Payable
1	Chicken Tikka Masala		52.00		97.00		167.00	
2	Chicken Cordon Bleu		52.00		97.00		167.00	
3	Chicken with Olives, Salami & Capers		52.00		97.00		167.00	
4	Lasagne with Baby Marrows		52.00		97.00		167.00	
5	Moussaka		52.00		97.00		167.00	
6	Savoury Mince with Vegetables		52.00		97.00		167.00	
7	Shepherd's Pie		52.00		97.00		167.00	
8	Crustless Broccoli, Bacon & Cheese Pie		52.00		97.00		167.00	
<u>Ordinary Range</u>		350g		700g		1.2kg		
9	Spinach & Feta Lasagne		51.00		97.00		162.00	
10	Lasagne		51.00		97.00		162.00	
11	Creamy Lemon Chicken Pasta		51.00		97.00		162.00	
12	Bobotie		51.00		97.00		162.00	
13	Cottage Pie		51.00		97.00		162.00	
14	Curry Cottage Pie		51.00		97.00		162.00	
15	Spaghetti Bolognese		51.00		97.00		162.00	
16	Meatballs in Curry Banana Sauce		51.00		97.00		162.00	
17	Meatball in Tomato Pasta Sauce		51.00		97.00		162.00	
18	Lamb Shank Potjie with Baby Onions		54.00		99.00		167.00	
19	Lamb Shank Pie		54.00		99.00		167.00	
20	Lamb Curry		54.00		99.00		167.00	
21	Beef Stroganoff		54.00		99.00		167.00	
22	Pepper Steak Pie		54.00		99.00		167.00	
23	Sweet & Sour Chicken Stir-fry		51.00		97.00		162.00	
24	Honey & Mustard Chicken		51.00		97.00		162.00	
25	Chicken á la King		51.00		97.00		162.00	
26	Chicken Pie		51.00		97.00		162.00	
27	Chicken Broccoli		51.00		97.00		162.00	
28	Thai Butter Chicken		51.00		97.00		162.00	
29	Crustless Broccoli, Bacon & Cheese Pie		54.00		99.00		167.00	

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30	Macaroni and Cheese		51.00		97.00		162.00
31	Greenbean Casserolle		54.00		99.00		167.00
32	Tomato Bredie		54.00		99.00		167.00
33	Curry Tripe		54.00		99.00		167.00
<b>Vegetables &amp; Rice</b>			<b>350g</b>		<b>700g</b>		
34	Vegetable Variety with Cheese Sauce		28.00		55.00		
35	Roasted Vegetables		28.00		55.00		
36	Sweet Potatoes		28.00		55.00		
37	Pumpkin Puffs		28.00		55.00		
38	Pumpkin Pie		28.00		55.00		
39	Fried Butternut		28.00		55.00		
40	Cream Spinach		28.00		55.00		
41	Cream Spinach with Vegetables		28.00		55.00		
42	White Rice		16.00		25.00		
43	Basmati Rice		18.00		31.00		
44	Savoury Rice (bacon, mushroom & peppers)		28.00		55.00		

	Serve 1	Serve 2 / 3	Serve 4 / 5	Amount
<b> pudding</b>	<b>350g</b>	<b>700g</b>		
Malva	33.00	62.00		
Sago	33.00	62.00		
Chocolate	33.00	62.00		
<b> Mini Quiches</b>	<b>6.00</b>	<b>12.00</b>		
Bacon & Feta	54.00	98.00		
Ham & Mushroom	54.00	98.00		
Chicken, Brocoli & Cheese	54.00	98.00		
<b> Low Carb Soup</b>	<b>350ml</b>	<b>850ml</b>		
Cream of Leek & Cauliflower with Salami	16.00	41.00		
Creamy Cauliflower, Spinach & Mushroom	16.00	39.00		
Coconut, Butternut & Chicken	16.00	39.00		
Butternut	16.00	39.00		
Biltong & Blue Cheese	19.00	45.00		
<b>TOTAL MEALS &amp; AMOUNT NETT</b>				
<b>DELIVERY CHARGE R80 less than R1000</b>				
<b>TOTAL DUE (Minimum deposit of 60%)</b>				

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**Your Name:**

**350g**  
**Serve 1**

**700g**  
**Serve 2 / 3**

**1.2kg**  
**Serve 4 / 5**

**Amount**

**Vegan Frozen food**

	350g Serve 1	700g Serve 2 / 3	1.2kg Serve 4 / 5	Amount
Vegan Butter Chicken	54.00	98.00		
Vegan Chicken à la King	54.00	98.00		
Vegan Mushroom Stroganoff	54.00	98.00		
Vegan Pumpkin Curry & Chick Peas	54.00	98.00		
Vegan Spaghetti Bolognese	54.00	98.00		

<b>TOTAL MEALS &amp; AMOUNT NETT</b>			
<b>DELIVERY CHARGE R80 less than R1000</b>			
<b>TOTAL DUE (Minimum deposit of 60%)</b>			

**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 add R15,00 to your cheque amount to cover bank charges

**Please no cash payments into the bank.**

**Payment** for monthly orders must reflect on our bank statement on the **1st day of the new month**

**No Payment = No Delivery**

**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.**

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## FOOD IN LARGE CONTAINERS (SERVES 10 PEOPLE)

ITEM	PRICE	ITEM	PRICE
Pepper Steak Pie	410,00	Bobotie	290,00
Stroganoff	390,00	Cottage Pie	290,00
Goulash	380,00	Lasagne Mince / Chicken)	290,00
Beef Strips	380,00	Curry Mince / Chicken	290,00
Chicken á la King	325,00	Pasta Alfredo	225,00
Chicken Nuggets	325,00	Macaroni, Cheese & Mince	290,00
Chicken Pie	325,00	Green Bean Bake	210,00
Chicken Chow Mein & Noodles	325,00	Potato or Sweet Potato Bake	200,00
Breyani	300,00	Vegetables (Country Mix)	200,00
Filled Chicken Breasts	325,00	Rice	90,00
Lamb Pie	455,00	Yellow Rice	110,00
Lamb Shank Pie	455,00	Savoury Rice	150,00
Lamb Shank Potjie with Baby Onions	455,00	Vegan Butter Chicken	325,00
Lamb Curry	455,00	Vegan Chicken á la King	325,00
Lamb Neck	455,00	Vegan Mushroom Stroganoff	325,00
Green Bean Casserole	455,00	Vegan Pumpkin Curry & Chick Peas	325,00
Tomato Bredie	455,00	Vegan Spaghetti Bolognese	345,00
		Savoury Tart	315,00

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Malva Pudding	315,00	Bacon & Broccoli Quiche	325.00
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## ENTERTAINING PLATTERS ( SERVES 8 – 10 )

1. Cold Meats (R375)  
Variety of five different cold meats garnished with cocktail tomatoes, cucumber, boiled egg, lettuce, olives & parsley.
2. Cheese & Meat (R410)  
Variety of five different cold meats, three different cheeses, black, green & stuffed olives garnished with spring onions, peppers, lettuce & radishes.
3. Savoury Cocktail Delites (R365)  
Savoury cocktail rolls / puffs, cocktail samoosas, chicken puffs, mini pizzas, carrots, lettuce, olives & cheddar cheese.
4. Sandwich Entertainer (R290)  
White, brown or whole wheat bread with an assortment of fillings together with gherkins, stuffed olives & cheddar cheese.
5. Crumbed Chicken & Vegetables (R365)  
Crumbed chicken pieces with a variety of eight different fresh vegetables served with a tantalizing dip.
6. BBQ Chicken Platter (R410)  
BBQ Chicken, smoked spare ribs, pineapple slices, peppers, cucumber & lettuce served with a BBQ dip
7. Vegetable Garden (R290)  
A colourful variety of crunchy fresh vegetables such as carrots, cocktail tomatoes, baby corn, fresh mushrooms, celery, green/red/yellow peppers, onions, spring onions, green beans, asparagus, boiled baby potatoes, radishes & mixed lettuce.
8. Vegetarian (R355)  
Vegetable spring rolls, sausages, crumbed nuggets, diced patties, fresh mushrooms, boiled baby potatoes, peppers, radishes, cashew and pecan nuts.
9. Cheese variety (R390)  
Cheddar, brie, camembert, blue cheese, feta, biscuits, black & stuffed olives, pickled onions, cocktail tomatoes, gherkins, lettuce.
10. Chips & peanut party (R210)  
Peanuts & raisins, flavoured peanuts, salty peanuts, 3 x different flavours of chips, avocado dip.
11. Seafood (R430)  
Hake nuggets, calamari rings, crab sticks, cocktail fish frikkadels, celery sticks, parsley, cocktail tomatoes, lemon, cucumber, lettuce & dip.
12. Meat Variety (R410)  
Prunes wrapped in bacon, cocktail sausages, chicken drumsticks, cocktail frikkadels, sausage rolls, chicken rolls, steak strips, tomato & dip
13. Sausages & steak bites (R390)  
Cocktail sausages, carbanossi, frankfurters, cheese grillers, russians, chicken sausages, steak strips & dip

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14. Cheese & biscuits (R345)  
Six different kinds of cheeses together with three different kinds of biscuits & dip.
15. Sausages & stuffed eggs (R355)  
Cocktail sausages, cheese sausages, bacon sausages, carbanossi, stuffed eggs & dip
16. Fruit Kebabs. R 365 A variety of fresh fruit. (when available )

### **SALADS (SERVES 8 – 10 PEOPLE)**

Apple & Celery Salad R195,00	Fruit & Vegetable Salad R240,00
Beetroot Salad R140,00	Greek Salad R195,00
Carrot & Cabbage Salad R165,00	Lentil & Mushroom Salad R240,00
Carrot & Pineapple Salad R165,00	Mixed Salad R165,00
Cheese & Walnut Salad R240,00	Noodle & Ham Salad R190,00
French Salad R195,00	Pear & Blue Cheese Salad R235,00
Tomato & Onion Salsa R140,00	Potato Salad R190,00
Baby Marrow & Feta Cheese Salad R220,00	

(Alternatives available on request)

The total amount is payable upon placement of order and can be paid into our account:

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