



Since 1999

**Kitchen: 061 060 6127 Cell: 065 861 0885**

[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: October 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
03 10 22 Saucy Meatballs Vegs in Season	04 10 22 Crustless bacon Broccoli Cheese Pie Vegs in Season	05 10 22 Beef and Carrot Stew Vegs in Season	06 10 22 Chicken Stir-fry Vegs in Season	07 10 22 Mince Macaroni Cheese Pie Vegs in Season
10 10 22 Beef Chow Main Vegs in Season	11 10 22 Chicken Pie Vegs in Season	12 10 22 Mince Lasagna Vegs in Season	13 10 22 Fish / Chicken Bake Vegs in Season	14 10 22 Hamburgers Vegs in Season
17 10 22 Bobotie Vegs in Season	18 10 22 Lamb Curry Vegs in Season	19 10 22 Honey and Mustard Chicken Vegs in Season	20 10 22 Sausage Kebabs Vegs in Season	21 10 22 Mince Samosas Veggie Spring Rolls Vegs in Season
24 10 22 Filled Chicken Breast Vegs in Season	25 10 22 Hawaiian Pork / Beef Vegs in Season	26 10 22 Fish / Chicken Cakes Vegs in Season	27 10 22 Spaghetti Bolognaise Vegs in Season	28 10 22 BBQ Chicken Vegs in Season
31 10 22 Savory Mince 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

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;  
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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.

## Low Carb Men- October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
03 10 22 Saucy Meatballs Vegs in Season	04 10 22 Crustless bacon Broccoli Cheese Pie Vegs in Season	05 10 22 Beef and Carrot Stew Vegs in Season	06 10 22 Chicken Stir-fry Vegs in Season	07 10 22 Mince Macaroni Cheese Pie Vegs in Season
10 10 22 Beef Chow Main Vegs in Season	11 10 22 Chicken Pie Vegs in Season	12 10 22 Mince Lasagna Vegs in Season	13 10 22 Fish / Chicken Bake Vegs in Season	14 10 22 Hamburgers Vegs in Season
17 10 22 Bobotie Vegs in Season	18 10 22 Lamb Curry Vegs in Season	19 10 22 Honey and Mustard Chicken Vegs in Season	20 10 22 Sausage Kebabs Vegs in Season	21 10 22 Mince Samosas Veggie Spring Rolls Vegs in Season
24 10 22 Filled Chicken Breast Vegs in Season	25 10 22 Hawaiian Pork / Beef Vegs in Season	26 10 22 Fish / Chicken Cakes Vegs in Season	27 10 22 Spaghetti Bolognaise Vegs in Season	28 10 22 BBQ Chicken Vegs in Season
31 10 22 Savory Mince Vegs in Season			Don't forget to 'check out' our	Frozen Meals

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)

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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 Bolognaise		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	

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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
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, Broccoli & 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		

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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 Bolognaise	345,00
		Savoury Tart	315,00
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
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

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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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