

Kitchen & WhatsApp: 069 632 4778

www.dial-a-chef.co.za or orders@dial-a-chef.co.za

(Please check Information and Rules on page 3)

### Low Carb Menu - April 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
01 04 24 PUBLIC HOLIDAY	02 04 24 Lamb Curry Vegs in Season	03 04 24 Spaghetti Bolognaise Vegs in Season	04 04 24 Sweet & Sour Pork/Beef Vegs in Season	05 04 24 Tuna / Chicken Macaroni Vegs in Season
08 04 24 Curry Cottage Pie Vegs in Season	09 04 24 Green bean Casserole Vegs in Season	10 04 24 Bacon, Broccoli Cheese Pie Vegs in Season	11 04 24 Lamb Lentil Hot pot Vegs in Season	12 04 24 Coke Chicken Vegs in Season
15 04 24 Thai Butter Chicken Vegs in Season	16 04 24 Sausage & Leek Pie Vegs in Season	17 04 24 Beef & Broccoli Stir fry Vegs in Season	18 04 24 Chicken + Bacon Lasagne Vegs in Season	19 04 24 Mince Koftas Vegs in Season
22 04 24 Meatballs in curry banana sauce Vegs in Season	23 04 24 Beef Curry Vegs in Season	24 04 24 Chicken Pie Vegs in Season	25 04 24 Baked Fish/Chicken Vegs in Season	26 04 24 Pork / Beef Chops Vegs in Season
29 04 24 Lamb Potjie Vegs in Season	30 04 24 Chicken Breyani Vegs in Season		Don't forget to 'check out' our	Frozen Meals

Number of Days	Price per Portion		
1 to 2 days per week	R100,00		
3 to 5 days per week	R83,00		
Calendar Month (Mon to Fri)	R1624,00		

Delivery: Bellville, B/fell, Kuils River, Kraaifontein, D/ville Delivery: Parow (all suburbs) Goodwood, Edgemead, Bothasig



# Pay by the 1<sup>st</sup> to receive the discounted rate for the full period. (Please check Information and Rules on page 3)

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Number of Days	Price per Portion		
	Large	Medium	Kiddies
1 to 2 days per week	R99,00	R81,00	R57,00
3 to 5 days per week	R78,00	R64,00	R51,00
Calendar Month (Mon to Fri)	R1485,00	R1196,00	R907,00

Delivery: Bellville, B/fell, Kuils River, Kraaifontein, D/ville: Parow (all suburbs) Goodwood, Edgemead, Bothasig

An option is available for people who do not eat pork or fish. Please inform us if we need to send an alternative.

#### 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.

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 the end of the month.

Should you wish not to continue, in the month to come please give 48 hours notice.

## PLEASE TAKE NOTE NEW BANKING DETAILS <u>Direct Bank Transfers (EFT)</u>:

Bank - FNB

Account type - Cheque account

Account holder - MCGG Canaris Catering (PTY) LTD

Trading as Dial A chef

Account number \_ 63033283366

Branch code - 200912

Our Reference - Your Name & Surname

#### Meals may also be collected from our premises at:

Shop 4, De Tijger Centre, 27 Hannes Louw Drive, De Tijger, Parow. (<u>13h00 – 17h00</u>) View our website at **www.dial-a-chef.co.za** and see the other services that we offer:

The contents of the menu is subject to change without prior notice