

Banking Details

Please Note payments MUST be made the Friday beforehand

Banking Details.

ABSA N1 City

Acc. Number 407 030 3989

Branch Code 632 005

Please quote your full name as reference

Order size	5 day	4 day(Mon-Thurs)
Single	R 325.00	R 260.00
Couple	R 550.00	R 440.00
Small (3)	R 720.00	R 576.00
Medium (4)	R 850.00	R 680.00
Large (5)	R 1050.00	R 840.00
Extra Large (6)	R 1260.00	R 1008.00

Contact Us:

078 543 9506

021 930 3514

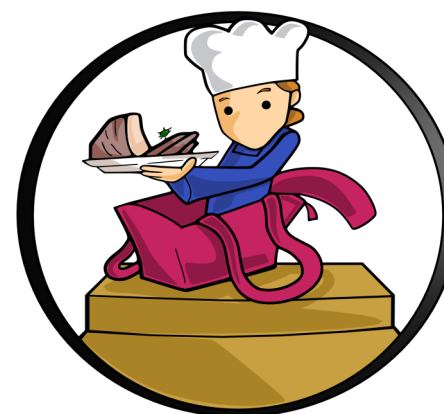
086 664 1122 (Fax)

doorstepchef@gmail.com

www.doorstepchef.co.za

The Doorstep Chef

Menu



March 2016 (Low Carb)

Nutritious evening meals delivered to Your door on a daily basis

7-11 March

Low Carb

14-18 March

Monday

Chicken a La King
Low Carb Rice
Seasonal Vegetables

Tuesday

Rich Braised Steak & Onions
Mash
Seasonal Vegetables

Wednesday

Beef Ragua
Low Carb Pasta
Greek Salad

Thursday

Fish of the Day
Low Carb Potato Salad
Coleslaw
Mixed Salad

Friday

Lemon & Herb Chicken
Beans Salad
Couscous Salad
Summer Salad
Dessert

Monday

Roasted Rump
Wild Low Carb Rice
Seasonal Vegetables

Tuesday

Crumbed Chicken
Steamed Vegetables

Wednesday

Low Carb Spaghetti Bolognaise
Garden Salad

Thursday - Create your own Wrap

Chicken Strips
Crisp Sweet Potatoes
Mixed Salad
Wraps

Friday

Barbecue Ribs
Sausage
Mixed Salad
Carrot & Pineapple Salad
Dessert

Menus may be subject to change