



# Home-Cooked Dinners

## Cooked from the heart

Order before 08h00

Delivery times 15h00 - 17h30

Meat  
Staples



Snack  
Packs





Area we work in

## We operate in the Parkrand area.

No delivery fee will be charges for deliveries within the Parkrand and Sunward Park suburbs.

# Building your Meals

Pick one of each of the following, but only ONE type of meat (ie, a pork choice, or a chicken choice, or a red meat choice). For vegetarian options, Go to Page 5.

**All meals you build as per the above are R95.**

## Pork

- Crumbed Pork
- Sweet & Sour Pork
- Curried Pork
- BBQ Pork Rashers
- Pork Poke Bowl

## Chicken

- Buffalo Wings
- Chicken Schnitzel
- Chicken a la King
- Southern Fried Chicken
- Chicken Paella
- Chicken Fettuccini

## Red meat

- Beef Lasagne
- Beef Stroganoff
- Beef Curry (mince)
- Beef Schnitzel
- Beef Burger
- Bolognaise

## Starches

- Savoury Rice
- Basil Pesto Mash
- Mediterranean Cous Cous
- Garlic & Herb Baby Potatoes
- Potato Wedges

## Veg

- Creamed Spinach
- Sweet Potato
- Broccoli & Cauliflower
- Grilled Veggies
- Stuffed Gem Squash

## Sauces

Cheese | Pepper | Mushroom | Garlic | Prego sauce

Selected

# Office Snack Packs



Home Cooked Dinners  
COOKED FROM THE HEART

To keep marching on during those 9 to 5s. Can be purchased without a meal.

## OFFICE PACK 1 | R65

Bran Muffin

---

Plain Yoghurt

---

Provita

---

Cream Cheese

---

Mini Butter

---

Honey & Muesli

---

## OFFICE PACK 2 | R75

Biltong

---

Peri-peri Peanuts

---

Droewors

---

Pretzels

---

Chilli Sticks

---

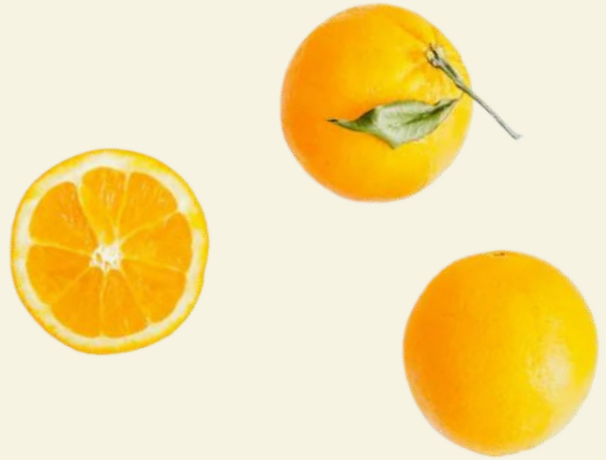


Home Cooked Dinners  
COOKED FROM THE HEART

# Vegetarian options

Because not everyone eats meat. Pick one of our vegetarian options to replace our meat selection.

- Veg Lasagne
- Veg Stirfry
- Veggie Pie
- Veg Pasta



Your meal your way

# Build Your Perfect Meal

Select one option from each category:

1. Starch

2. Vegetables

3. Protein or Vegetarian Option

4. Sauce

5. Quantity



Home Cooked Dinners  
**COOKED FROM THE HEART**



# Contact us

## Ordering Instructions

All orders to be placed the day before or on the same day before **08h00**.

No delivery fee will be charged within the Parkrand and Sunward Park suburbs.

Delivery times: **15h00 till 17h30**



Home Cooked Dinners  
**COOKED FROM THE HEART**

Phone /WhatsApp

**Jaco: +27 (0) 78 823 3683**

Payment Methods

Card, EFT or cash accepted.

Banking Details

Capitec — 1407557392 — Savings.