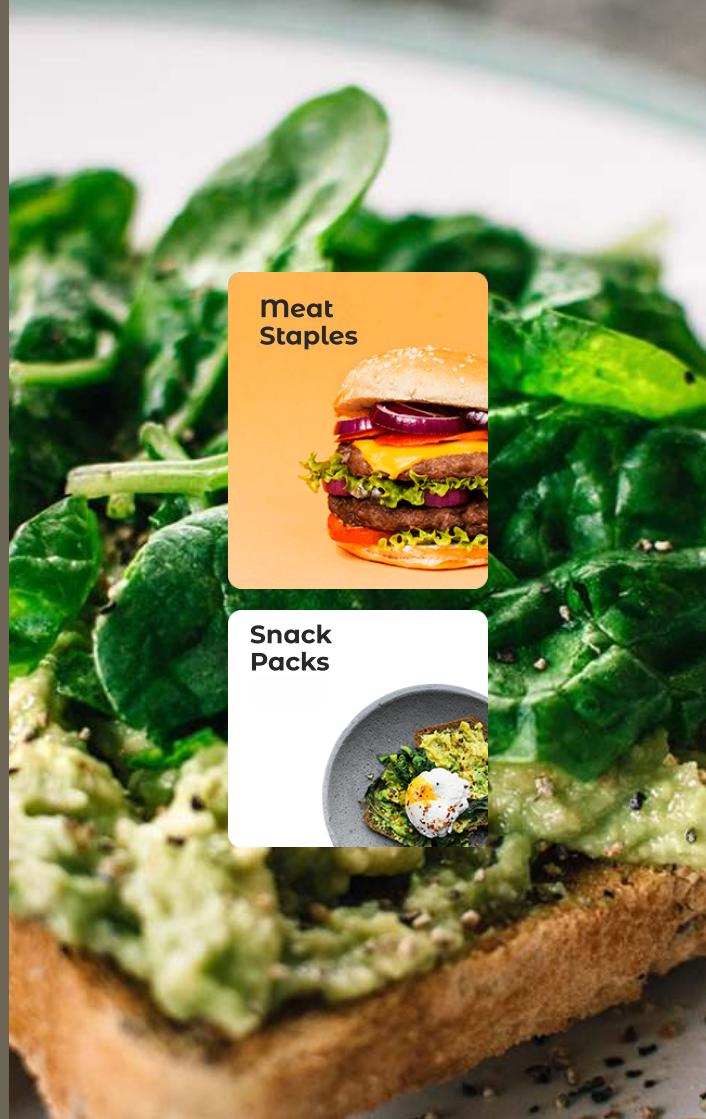




# Home-Cooked Dinners Cooked from the heart

Order before 08h00

Delivery times 15h00 - 17h30





Area we work in

We operate in the Parkrand area.

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



Home Cooked Panners  
COOKED FROM THE HEART

# 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
- Bolognese

## 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



Home Cooked Dinners  
COOKED FROM THE HEART

Selected

# Office Snack Packs

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

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Home Cooked Dinners  
COOKED FROM THE HEART

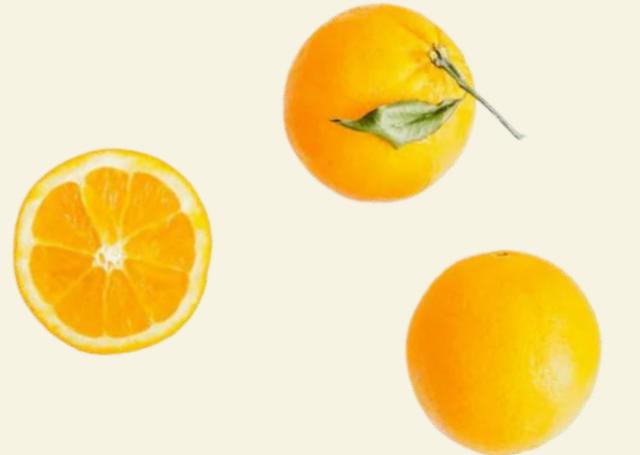


Home Cooked Dinners  
COOKED FROM THE HEART

# 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



**Home Cooked Dinners**  
**COOKED FROM THE HEART**

## 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**

## Phone /WhatsApp

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

## Payment Methods

Card, EFT or cash accepted.

## Banking Details

Capitec — 1407557392 — Savings.