November 2026

TAKE HOME COOKED MEALS FRESHLY PREPARED ON A DAILY BASIS – HEAT AND EAT
PLACE YOUR ORDER BEFORE 10AM

Name: _____ Cell no: _____

Delivery Addresss: _____

Day	Meal Choices	Size & Quantity				Total Price
		Medium	Quantity	Large	Quantity	
2 Nov - Mon	Beef roast with rice and veg of the day	R60		R80		
	Chicken thigh with rice and veg of the day	R60		R80		
3 Nov - Tues	Beef Goulash on mash with mix veg	R60		R80		
	Sweet and sour pork on mash with braised cabbage and butternut	R60		R80		
4 Nov - Wed	PUBLIC HOLIDAY	X		X		
	PUBLIC HOLIDAY	X		X		
5 Nov - Thurs	Mac and cheese with bacon and green salad	R60		R80		
	Butter chicken pot pie with gravy and chips	X		R80		
6 Nov - Fri	Spaghetti Bolognaise with pasta salad	R60		R80		
	Chicken kebab on mash with veg	R60		R80		
9 Nov - Mon	Beef stirfry on rice with spinach and butternut	R60		R80		
	Chicken alfredo with a green salad	R60		R80		
10 Nov - Tues	Beef prego pasta with roasted veg	R60		R80		
	Soya and honey mushroom chicken fillet, rice, roasted veg	R60		R80		
11 Nov - Wed	Beef and onion strips on rice with carrots and cheezy brocolli	R60		R80		
	Pork roast, rice, potato bake and roasted butternut	R60		R80		
12 Nov - Thurs	Pepper steak pot pie with gravy and chips	X		R80		
	Chicken trichado , rice, butternut and spinach	R60		R80		
13 Nov - Fri	Steak strips with mushroom sauce on rice with veg	R60		R80		
	Chicken and avo salad	R60		R80		
16 Nov - Mon	Savoury mince and cabbage stew on pap with roasted veg	R60		R80		
	Marinated chicken strips on rice with veg	R60		R80		
17 Nov - Tues	Beef trichado on mash with roasted butternut	R60		R80		
	Chicken a la king on rice with green salad	R60		R80		
18 Nov - Wed	Beef schnitzel with mushroom sauce, rice and mix veg	R60		R80		
	Pork bangers, mash, gravy, sweetcorn and peas	R60		R80		

Day	Meal Choices	Size & Quantity				Total Price
		Medium	Quantity	Large	Quantity	
19 Nov - Thurs	Beef Bobotie with yellow rice, butternut and green beans	R60		R80		
	Chicken and mushroom pot pie with gravy and chips	X		R80		
20 Nov - Fri	Mince and sweetcorn bake with rice and sweet potato	R60		R80		
	Chicken stir fry served with noodles, carrots and beans	R60		R80		
23 Nov - Mon	Mild Beef curry and rice with sambles and potato salad	R60		R80		
	Chicken lasagne with coleslaw	R60		R80		
24 Nov - Tues	Beef and mushroom stroganoff pasta with coleslaw	R60		R80		
	Chicken Gordon Bleu, rice, sweet potato and cheezy brocolli	X		R90		
25 Nov - Wed	Beef shin and vegetable stew with rice and salad	R60		R80		
	Crumbed pork chop with mash and stirfry	X		R80		
26 Nov - Thurs	Beef and onion pot pie with gravy and chips	X		R80		
	Chicken Schnitzel, cheese sauce, rice, butternut and spinach	R60		R80		
27 Nov - Fri	Steak, wors, pap and chakalaka	X		R90		
	Chicken and avo wrap with salad	R60		R80		
30 Nov - Mon	Beef lasagna with butternut and spinach	R60		R80		
	Creamy chicken and brocolli pasta with green salad	R60		R80		

You can now order through Mr D
Please call us for information

Meal Choices	
Greek Salad	R60
Potato Salad	R60
Chicken Avo Salad	R60

Preferred method of payment:

☐ Cash ☐ Credit Card ☐ EFT

Final Total

Free delivery in Jetpark only
Collect from the Bakery

Cnr Kelly and Malcolm Moodie Cresent, Jetpark

T: 010 020 8333 C: 063 090 0283 | E: info@thebakeryandcafe.co.za W: www.thebakeryandcafe.co.za