OCT 2026

Healthy Meals
Catering for You

Delivery Fee R8.00



Frozen Meals @ R82.00

CONTACT US:
066 224 1982

ALL MEALS ARE PAYABLE IN ADVANCE

Options	Quantity	Description
1		Beef Lasagne.
2		Chicken Lasagne.
3		Vegetable Lasagne.
4		Chicken Pie.
5		Cornish Pie.
6		Beef & Onion Pie.
7		Beef Bobotie.
8		Chicken Bobotie.
9		Shell pasta and mince, cheese.
10		Spaghetti bolognaise, cheese.
11		Curry mince over rice.
12		Chicken schnitzel, rice, veggies.
13		Butter chicken over rice.
14		Boerewors, mash & gravy.
15		Butternut soup.
16		Chicken soup.
17		Vegetable soup.

All orders must be placed before the 10th for delivery to take place on the 15th of that month.
All orders must be placed before the 20th for delivery to take place on the 25th of that month.

Thank you for your support and you are welcome to visit our webpage on www.healthymeals.co.za for the DAILY MEAL options.