



Menu

MOM *the* CHEF

Starch

Mielie Pap
Pasta
Creamy Mashed Potato
Steamed Bread
Sweet Potato Gratin
Grilled Potato Wedges
Steamed Rice
Samp

Serves 2	Serves 4	Serves 6
R48	R94	R139
R48	R94	R139
R45	R88	R131
R45	R88	R131
R55	R107	R160
R68	R133	R197
R45	R88	R131
R60	R118	R175

Proteins

Meatballs (Beef)
Chicken Bredie
Roast Leg of Lamb
Grilled Hake
Festive Grilled Sardines
Bolognese (Sauce Only)
Slow-cooked Oxtail
Lamb Stew
Beef Stew
Grilled Chicken Breasts
Smoked Roast Chicken
Fish curry (No Rice)
Golden Fried Fish
Beef Stir-fry (No Sides)
Chicken Stir-fry (No Sides)
Chicken a la King (No Sides)

Serves 2	Serves 4	Serves 6
R121	R236	R351
R163	R318	R473
***	***	R450
R108	R211	R313
R165	R322	R479
R98	R191	R284
R269	R525	R780
R199	R388	R577
R155	R302	R450
R97	R189	R281
***	***	R225
R109	R213	R316
R138	R268	R388
R159	R314	R470
R146	R287	R426
R167	R330	R495

Vegetables

Stir-fry Vegetables
Creamed Spinach
Roasted Butternut
Roasted Carrots
Spicy Carrots
Grilled Corn
Baked Cauliflower
Steamed Broccoli
Mixed vegetables (Seasonal)

Serves 2	Serves 4	Serves 6
R66	R129	R191
R52	R101	R151
R58	R113	R168
R53	R103	R154
R57	R112	R167
R58	R113	R168
R63	R123	R183
R55	R107	R160
R56	R109	R162

Salads

Green Salad
Four Bean Salad
Coleslaw Salad
Creamy Potato Salad
Chakalaka Salad

Serves 2	Serves 4	Serves 6
R77	R150	R223
R64	R124	R183
R55	R108	R160
R58	R113	R168
R62	R122	R181

Delivery: Our meals are made only for delivery, within 24 hours of payment and to the following areas in Gauteng: Sandton, Fourways, Randburg, Bryanston, Rosebank, Emmarentia, The Parks, Bedfordview, Midrand, Centurion. **Cost: R80 for orders below R450; free for orders of R450 and above.**

Disclaimer: Prices are subject to change – refer to momthechef.com for the latest prices. Payments will be accepted online via momthechef.com. For terms and conditions, privacy policy and returns policy, refer to momthechef.com.

Pricing effective 8 October 2020.