

R90
PER MEAL

R20
DELIVERY
FEE

Menu



13 APR - 17 APR 2026

**CHOOSE YOUR PROTEIN PORTION FOR THE
DAILY LUNCH MENU**

Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Lemon and herb baby potato with seasonal vegetables

DINNER: Grilled Lemon and herb chicken with brown rice and broccoli

VEGETARIAN: Creamy butter chickpea curry with basmati rice and fresh coriander

TUESDAY

LUNCH: Spicy rice and Baby marrow topped with almond flakes

DINNER: Juicy pork chop glazed in honey mustard sauce with sweet potato mash & green beans

VEGETARIAN: Spinach and feta stuffed cannelloni topped with napolitana sauce and cheese

WEDNESDAY

LUNCH: Brown rice buddha bowl roasted seasonal vegetables, chickpeas & lemon tahini dressing

DINNER: Savoury Beef Stir-fry with colourful vegetables in soy ginger glaze with egg noodles

VEGETARIAN: Teriyaki vegetable Stir-fry with egg noodles and sesame seeds

THURSDAY

LUNCH: Passata primavera light garlic olive oil green beans and herbs

DINNER: Fragrant Chicken and vegetable curry slow-cooked in aromatic spice, served with basmati rice

VEGETARIAN: Grilled halloumi and roasted vegetable bowl topped with lemon dressing and brown rice

FRIDAY

LUNCH: Roasted chickpeas, cauliflower and carrots with sweet potato wedges

DINNER: Oven-baked hake fillet with light lemon butter sauce, quinoa, spinach and butternut

VEGETARIAN: Wild mushrooms stroganoff with homemade pasta

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20 APR – 24 APR 2026

**CHOOSE YOUR PROTEIN PORTION FOR THE
DAILY LUNCH MENU**

Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Rainbow rice bowl

DINNER: Creamy chicken alfredo pasta coated in a rich garlic, pepper and parmesan sauce

VEGETARIAN: Hearty lentil and spinach shepherd's pie with creamy mash topping

TUESDAY

LUNCH: Potato cubes with warm lentils, roasted eggplant, zucchini, cherry tomato and parsley

DINNER: Layers of rich beef mince, tomato sauce and creamy bechamel Baked to perfection

VEGETARIAN: Smoky bean and veg fajita bowl with guacamole and salsa on brown rice

WEDNESDAY

LUNCH: Cous cous Roasted veg bowl with lemon dressing

DINNER: Flame grilled peri peri chicken served with pap and chakalaka

VEGETARIAN: Mac & Cheese – Golden baked macaroni in a rich, creamy cheese sauce

THURSDAY

LUNCH: Veggie stir-fry with egg noodles and topped off with soya

DINNER: Slow cooked bbq pulled pork wrapped in a soft tortilla served with a crunchy slaw

VEGETARIAN: Sweet potato and chickpea buddha bowl with tahini dressing

FRIDAY

LUNCH: Sweet potato and corn salsa bowl

DINNER: Garlic Seafood mix with Spicy savoury rice and lemon butter

VEGETARIAN: Mild coconut veg curry with steamed rice and sambals

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27 APR – 01 MAY 2026

**CHOOSE YOUR PROTEIN PORTION FOR THE
DAILY LUNCH MENU**

Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Roasted chickpeas on bulgur wheat, fresh cucumber, tomato, peppers & baby spinach

DINNER: Flavourful chicken Stir-fry with crispy vegetables, served on wholesome brown rice

VEGETARIAN: Roasted veg pesto pasta topped with parmesan

TUESDAY

LUNCH: Brown rice and lentil bowl with baby marrow

DINNER: Crispy Pork belly served with smooth mash and tangy apple slaw

VEGETARIAN: Vegetable Biryani

WEDNESDAY

LUNCH: Roasted Potato, pumpkin, cauliflower and carrots sprinkled with parsley

DINNER: Tender beef meatballs simmered in a hearty tomato sauce, served over spaghetti

VEGETARIAN: Vegetable fried rice with crispy tofu cubes

THURSDAY

LUNCH: Quinoa and Thyme with roasted green beans and bell peppers

DINNER: Chicken and vegetable fried rice, Lightly seasoned and full of flavour

VEGETARIAN: 3 bean chilli bowl with flat bread

FRIDAY

LUNCH: Moroccan cous cous with roasted carrots, zucchini, and mint

DINNER: Grilled hake on a bed of cous cous with fresh herbs and seasonal veg

VEGETARIAN: creamy mushroom risotto rice with fresh herbs

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04 MAY - 08 MAY 2026

**CHOOSE YOUR PROTEIN PORTION FOR THE
DAILY LUNCH MENU**

Beef, Chicken or Meat Free Burger Patty

MONDAY

- LUNCH:** Turmeric spiced rice and cauliflower with a splash of lemon dressing
DINNER: Aromatic chicken bryani with spicy rice and tender chicken pieces
VEGETARIAN: Grilled vegetable cous cous bowl with lemon and herbs

TUESDAY

- LUNCH:** Bulgur wheat with honey roasted butternut and broccoli florets
DINNER: Slow cooked beef oxtail served with rice and seasonal veg
VEGETARIAN: Thai green Veg curry with tofu and jasmine rice

WEDNESDAY

- LUNCH:** Baby marrow and mushroom pasta
DINNER: Beef Short rib in a herb gravy served with silky mashed potato & roasted seasonal veg
VEGETARIAN: Mac and cheese

THURSDAY

- LUNCH:** Harissa roasted veg and cous cous
DINNER: Creamy chicken cooked in a rich garlic sauce, served with rice and green beans
VEGETARIAN: Roasted Vegetable & Feta savoury pie topped with a flaky crust

FRIDAY

- LUNCH:** Sweet potato, black bean, corn, pea and feta
DINNER: Golden fish cakes packed with flavour, served with lemon mayo and a crunchy salad
VEGETARIAN: Broccoli & Cheddar Quiche

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11 MAY - 15 MAY 2026

**CHOOSE YOUR PROTEIN PORTION FOR THE
DAILY LUNCH MENU**

Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Cajun rice with sauteed zucchini and peppers

DINNER: Sweet and sour pork with sticky, tangy glaze, served with jasmine rice

VEGETARIAN: Cheesy veg Quesadillas with salsa and sour cream

TUESDAY

LUNCH: Golden roasted sweet potato, butternut, baby spinach and feta

DINNER: Slow cooked beef stew with hearty root vegetables in a rich gravy, served with rice

VEGETARIAN: Chilli bean bowl with mash

WEDNESDAY

LUNCH: Veggie burrito bowl

DINNER: Grilled chicken burrito

VEGETARIAN: Butternut, Spinach and gnoki bowl with sage butter

THURSDAY

LUNCH: Roasted bell peppers, carrots & zucchini over fluffy couscous, finished with lemon

DINNER: Creamy garlic seafood pasta

VEGETARIAN: Mexican burrito bowl with beans, corn, rice and fresh salsa

FRIDAY

LUNCH: Bulgur wheat salad with dill cucumber, cherry tomato, feta and a sprinkle of parsley

DINNER: Bbq Grilled pork chop with creamy mash and a rich onion gravy

VEGETARIAN: Pesto pasta with cherry tomato, basil and mozzarella

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18 MAY – 22 MAY 2026

**CHOOSE YOUR PROTEIN PORTION FOR THE
DAILY LUNCH MENU**

Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Lemon and herb rice with grilled veg

DINNER: Chicken tikka masala in a spiced, creamy tomato sauce, served with rice

VEGETARIAN: Double baked Potato with sweet corn topped with cheese

TUESDAY

LUNCH: Roasted potato and veg tray baked

DINNER: Sticky bbq chicken drumsticks served with crispy potato wedges and crunchy slaw

VEGETARIAN: Creamy butter bean curry with jasmine rice and sambals

WEDNESDAY

LUNCH: Quinoa Chickpea salad with fresh herbs and a lemon dressing

DINNER: Soft tortilla filled with seasoned beef, topped with fresh salsa and guacamole

VEGETARIAN: Wild mushroom and truffle oil pasta

THURSDAY

LUNCH: Veg lo Mein

DINNER: Oven baked tuna pasta topped with bubbly cheese

VEGETARIAN: Polenta with Roasted Vegetables & Goat's Cheese

FRIDAY

LUNCH: Roasted veg and pesto

DINNER: Pork stir-fry with noodles, tossed in a savoury sauce with vegetables

VEGETARIAN: Thai red curry with coconut rice and sambals

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25 MAY – 29 MAY 2026

**CHOOSE YOUR PROTEIN PORTION FOR THE
DAILY LUNCH MENU**

Beef, Chicken or Meat Free Burger Patty

MONDAY

- LUNCH:** Golden roasted sweet potato with corn, and green beans
DINNER: Golden chicken and mushroom pie with a creamy filling and flaky crust
VEGETARIAN: Caramelized Onion & Goat's Cheese Tart

TUESDAY

- LUNCH:** Coconut rice and green veg
DINNER: Creamy cheese hake bake with golden sweet potato cubes and crunchy veg
VEGETARIAN: Sweet Potato & Black Bean Burritos

WEDNESDAY

- LUNCH:** Spinach and mushroom rice bowl
DINNER: A creamy Macon, macaroni and cheese bake
VEGETARIAN: Creamy Pesto Gnocchi with roasted cherry tomatoes

THURSDAY

- LUNCH:** Pasta with bell pepper and broccoli
DINNER: Crispy chicken schnitzel served with mash and grilled vegetables
VEGETARIAN: Spinach and mushroom savory crepes

FRIDAY

- LUNCH:** Lentil and brown rice served with cauliflower roasted cauliflower and peas
DINNER: Classic cottage pie with seasoned beef topped with golden mashed potato
VEGETARIAN: Butternut and chickpea curry with rice and sambals

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01 JUN – 05 JUN 2026

**CHOOSE YOUR PROTEIN PORTION FOR THE
DAILY LUNCH MENU**

Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Butternut and sage pasta

DINNER: Tender sticky pork ribs glazed in bbq sauce, with sweet potato wedges and coleslaw

VEGETARIAN: Roasted Butternut & Feta Salad

TUESDAY

LUNCH: Brown rice Black bean and corn salad topped with herbs

DINNER: Baked chicken lasagna with a creamy sauce, topped bubble cheese

VEGETARIAN: Three-Bean Chili – Smoky kidney, black, and chickpeas slow-cooked with herbs and spices, served with cornbread

WEDNESDAY

LUNCH: Sesame ginger veg and noodles flash fry with sweet soya

DINNER: Grilled beef kebabs served with flatbread and fresh chunky Greek salad

VEGETARIAN: Mushroom & Spinach Enchiladas – Soft tortillas filled with mushrooms and spinach, baked in smoky tomato sauce

THURSDAY

LUNCH: Lemon and herbed Couscous, with steamed green beans and pepperdew

DINNER: Zesty lemon chicken served with rice and roasted seasonal vegetables

VEGETARIAN: Roasted Veg & Halloumi Bake – Layers of grilled veggies & halloumi with tomato sauce

FRIDAY

LUNCH: Cous cous with grilled baby marrow

DINNER: Garlic mussels with fried rice and seasonal vegetables

VEGETARIAN: Slow Roasted butternut, quinoa, feta and toasted seeds with a honey and mustard dressing

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08 JUN - 12 JUN 2026

**CHOOSE YOUR PROTEIN PORTION FOR THE
DAILY LUNCH MENU**

Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Roasted sweet chilli baby potato with green beans and fresh herbs

DINNER: Butter chicken curry with basmati rice and sambals

VEGETARIAN: Mushroom and lentil bolognese with spaghetti

TUESDAY

LUNCH: Lentil and beetroot salad, with rocket pumpkin and feta

DINNER: Grilled pork chop in a creamy mustard sauce, served mash and green beans

VEGETARIAN: Garlic and cheese stuffed mushrooms on a herb cous cous

WEDNESDAY

LUNCH: Double baked potato stuffed with sweet corn and mushrooms

DINNER: Creamy beef stroganoff in mushroom and pepper sauce with homemade pasta

VEGETARIAN: Cauliflower and broccoli bake topped with cheese

THURSDAY

LUNCH: Brown rice with broccoli and cauliflower

DINNER: Chicken fajita bowl loaded with spiced chicken, peppers sambals and a roti

VEGETARIAN: Mediterranean veg and feta orzo salad

FRIDAY

LUNCH: Sweet potato with mushrooms and green beans

DINNER: Grilled hake with garlic butter sauce on a bed of rice and broccoli

VEGETARIAN: Spinach, Feta & Sun-Dried Tomato Pie – Flaky pastry packed with spinach, tangy feta, and sun-dried tomatoes

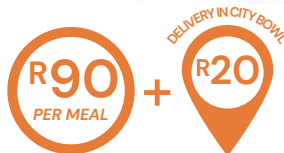
HOME COOKED MEALS



At YES CHEF we keep trying to give you something new and exciting!
With this in mind, we have decided to make a healthy home cooked meal available
for you and your family Monday to Friday.
There will be new and exciting dishes available each week.

HOW TO ORDER

Please email your menu selection for the week to info@yeschefservices.co.za
If you have any queries, questions, or special requests please contact
Chef Byron at 072 180 1237 Orders must be placed 3 days in advance.



FOOD ALLERGENS

To provide you with safe food please note that our kitchen may have used products that
contain the following allergens:



If you are allergic to any of these products (or any products not listed above) please speak to
Chef Byron to arrange a suitable alternative meal. Care will be taken to prepare
an allergen free meal. Although the environment we work in is not allergen free.