



**FOOD  
WAGON**

PO Box 135  
Rooihuiskraal  
Centurion, 0154

Tel: 012 661 8861

Fax: 012 661 8861

Cell: 083 431 9081

E-mail: [office@foodwagon.co.za](mailto:office@foodwagon.co.za)

## INLIGTINGSTUK

Ons het twee sewe week spyskaarte, spyskaart 1 en spyskaart 2. Al ons spyskaarte is gebalanseerd en word opgestel deur 'n gekwalifiseerde dieetkundige

### **Spyskaart 1 Standaard**

Dit is ons standaard spyskaart.

Dit bestaan uit 'n vleisporsie van  $\pm 130$  gram.

Een stysel.

Twee groentes.

### **Spyskaart 1 Dubbel vleisporsie**

Dit is ons standaard dubbel vleisporsie spyskaart.

Dit bestaan uit 'n vleisporsie van  $\pm 250$  gram.

Een stysel.

Twee groentes .

### **Spyskaart 2**

Dit is ons luukse spyskaart.

Dit bestaan uit 'n duurder vleisporsie van  $\pm 250$  gram. (bv. Spyskaart 1 - hake. Spyskaart 2 – Kingklip)

Een stysel.

Twee groentes.

### **Nagereg.**

Op Dinsdae en Vrydae word gratis nagereg voorsien.

Aflewering vind plaas by u huis of kantoor. Drywers ry 'n roete en moet kan aflewer wanneer hulle in die omgewing is. Betalings is maandeliks vooruit betaalbaar d.m.v internet, tjek of kontant.

Indien u enige verdere navrae het kontak my gerus.

Alida Swanepoel.



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## **INFORMATION PAPER**

Food Wagon offers two menus namely a standard menu and a luxury menu. Although the menus change every seven weeks, each menu consists of the same basic kinds of food. All menus contain balanced diets planned by a qualified dietician.

### **Menu 1: Standard**

The standard menu consists of

- a meat portion of  $\pm$  130 gram;
- one starch, and
- two kinds of vegetables.

### **Menu 1: Standard (Double meat portion)**

The standard menu with a double meat portion consists of

- a meat portion of  $\pm$  250 gram;
- one starch, and
- two kinds of vegetables.

### **Menu 2: Luxury**

The luxury menu consists of

- a more expensive meat portion of  $\pm$  250 gram (for instance while the standard menu provides Hake the luxury menu will provide Kingklip);
- one starch, and
- two kinds of vegetables.

### **Dessert**

Food Wagon delivers free dessert with each meal on Tuesdays and Fridays.

### **Delivery and Payment**

Delivery takes place at your home or office. Persons who do deliveries each follow a specific route and should be able to deliver when they visit your area. Meals are payable in advance on a monthly basis before the last working day of the month. Internet payments, cheques or cash are acceptable.

In the event of further queries, please contact me.

Alida Swanepoel



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## Registration Form

## Registrasie Vorm

Telefax: 012 661 8861

Alida Swanepoel

AANVANGSDATUM

Cell: 083 431 9081

STARTING DATE

Bank Nommer: 4054916613 ABSA Tak : 336-345

Naam en Van Name and Surname		Handtekening Signature	
Afleverings Adres Delivery Address		Datum Date	
Telefoon Telephone			

**Betaling : MAANDELIKS VOORUIT, voor die laaste werksdag van die maand**  
**Payment: IN ADVANCE on a Monthly basis before the last working day of the month**

### Standaard Porsies / Standard Portions

Type plan Type of plan	Aantal porsies Quantity portions	Dui aan watter dae van die week Indicate which days of the week					Spyskaart 1 Menu 1	Dubbel Vleis Porsie Double Meat Portion	Totaal Total
Vyf dag plan / Five day plan		Ma	Di	Wo	Do	Vry	R 78.50	R 88.95	
Vier dag plan / Four day plan		Mon	Tue	Wed	Thu	Fri	R 79.50	R 89.55	
Drie dag plan / Three day plan		Ma	Di	Wo	Don	Vry	R 80.55	R 90.95	
<b>Vbld/Example - (Five day plan): 21 meals per month = 21 meals per person X R78.50 = R1648.50</b>									R

### Luukse Spyskaart / Luxury Menu

Type plan Type of plan	Aantal porsies Quantity portions	Dui aan watter dae van die week Indicate which days of the week					Spyskaart 2 Menu 2	Totaal Total
Vyf dag plan / Five day plan		Ma	Di	Wo	Do	Vry	R93.75	
Vier dag plan / Four day plan		Mon	Tue	Wed	Thu	Fri	R94.79	
Drie dag plan / Three day plan		Ma	Di	Wo	Don	Vry	R95.85	
<b>Vbld/Example - (Five day plan): 21 meals per month = 21 meals per person X R93.75 = R1968.75</b>								R

### Familie aanbod / Family promotion

Type plan Type of plan	Aantal porsies Quantity portions	Dui aan watter dae van die week Indicate which days of the week					Spyskaart 1 Menu 1	Spyskaart 2 Menu 2	Totaal Total
Gesin van vyf / Family of five	5	Ma	Di	Wo	Do	Vry	R 77.50	R 92.75	
Gesin van vier / Family of four	4	Mon	Tue	Wed	Thu	Fri	R 78.00	R 93.25	
<b>Vbld/Example - (Five day plan): 5 X 21 meals per month = 5 x 21 meals per family X R77.50= R8137.50</b>									

**Let wel: Ons is gesluit oor naweke en publieke vakansie dae**  
**Please note: We are closed on weekends and public holidays**



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Die volgende inligting moet volledig voltooi word met registrasie of as enige van die inligting verander.

The following information must be completed in full. This should be done at registration for a new client or when personal details change.

Full Names	
Surname	
Identity Number	
Work Tel.	
Home Tel.	
Cell	
E-Mail	
Street Address	
Postal Address	
Person or Business Responsible for Account	
Address	
Name of Close Relative	
Surname	
Street Address	
Relationship	
Tel.	

I \_\_\_\_\_ hereby agree that above mentioned information is correct and to settle all accounts **one month in advance** Interest is payable on arrear accounts. I also agree to give written notice **two weeks** in advance if the service has to be stopped. To cancel any specific day it must be done at least **two days** in advance in order to receive credit for that day/s. Although all possible care is taken with the preparation and delivery of the food, it becomes the responsibility of the client upon delivery and THE FOOD WAGON cannot be held responsible thereafter. Food should be refrigerated upon delivery and consumed the same day.

**A registration fee of R40.00 will be payable. (This refers to new clients only)**

Signed on this \_\_\_\_\_ day of \_\_\_\_\_ 20\_\_\_\_\_

\_\_\_\_\_  
Client signature.

## EVALUATION FORM

Evaluate the food on a scale from 1 to 10 with 10 being excellent.

Evaluation	Marks	Comment
Smell		
Appearance		
Portion Size		
Taste		
Variety		