

NO TIME TO PREPARE DINNER?

No problem.

Enjoy the culinary innovation of GERATEC in the comfort of your own home.

GERATEC has been in the business of preparing nutritious and delicious meals for the more than 25 years. Now you can enjoy our meals at home.

TRY our homestyle Frozen Food Range, prepared with quality ingredients.



Now available in Somerset West.

Prices subject to change • version May 2022

MEALS			PORTION SIZE SUGGESTIONS
Macaroni & Cheese	460g	R30	Generous portion for an adult or 2 portions for children.
Chicken Curry & White Rice	400g	R55	
Green Bean Stew & Lentil Rice	400g	R45	
Chicken Pie	400g	R40	
Cape Malay Bobotie	400g	R42	
Beef Lasagne	400g	R48	
Roasted Butternut & Mushroom Penne	400g	R35	
NOURISHING SOUPS			
Beef & Vegetable	600ml	R45	
Brown Lentil	600ml	R30	
DESSERTS			4 portions
Malva Pudding	400g	R35	
Tipsy Tart	400g	R40	



Please see next page on how to order

HOW TO ORDER

HOW TO ORDER

OPTION 1: SAME DAY (SUBJECT TO AVAILABILITY)

- ✓ Walk-in
- ✓ Choose your meal
- ✓ Pay for your meal – at the Support Office (card facilities available) OR at Vonke Coffee Shop (card facilities/ cash)
- ✓ Enjoy!

Send feedback to frozenfoods@geratecza.com



PRE-ORDERED WITH A MINIMUM OF 5 ITEMS (collect 5 days after placing the order)

- ✓ Place your order by sending an email to frozenfoods@geratecza.com
- ✓ Please include the following in your email:
 1. Item and the amount required
 2. Collection date
 3. Collection point
 4. Proof of payment
- ✓ Once the order has been processed, you will receive a confirmation email
- ✓ Collect your order at the chosen pick up point
- ✓ Enjoy!

Send feedback to frozenfoods@geratecza.com

SOMERSET WEST COLLECTION POINTS

GERATEC Support Office

Baker Square M04, unit 103 - 105, De Beers Avenue,
Paardevelei, Somerset West • 021 461 3820
Hours: Monday to Thursday from 08:00 - 14:00

Vonke Coffee Shop

Vonke House, Helderberg Society for the Aged, 121 Lourensford Road, Somerset West
021 852 5130 ext 146
Hours: Monday to Friday from 09:00 - 16:30

BANK DETAILS:

GERACARE
Nedbank
Branch code: 198765
Account No: 1498092683
Reference: FF SW Surname

FOR MORE INFORMATION

Contact our Food Service Manager for any more information • 021 852 4033

Your quality of life partner

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