

Circular 18– 03 April 2020

Dear Resident

FBK – False Bay Kitchen – Frozen Meal Deliveries

I came across False Bay Kitchen, FBK – a service provider who delivers Frozen Meals to your home and is not only reasonably priced but serving portions are excellent and very healthy – she uses quality ingredients such as butter, olive oil and fresh vegetables.



I have attached her menu choices for April and should you wish to place an order please email Shawn or Nomfundo with proof of payment using the following as reference:

Unit #/ ELV BGV/ Surname

Depending on the number of deliveries each week, we can settle on a regular delivery day.

Payment can be made by EFT prior to delivery and the delivery fee split amongst all orders if placed through reception. As everything is made fresh, meals will be delivered in 5-7 days until we get into a rhythm.

Bank Details:

Nicole Parfitt

Capitec - [1638825287](https://www.capitec.co.za/branch/1638825287)



False Bay Kitchen
made with love

Nicole Parfitt

060 675 4363

[f @falsebaykitchen](https://www.facebook.com/falsebaykitchen) [i @falsebaykitchen](https://www.instagram.com/falsebaykitchen)

You can call her direct or check out her site by clicking on the following link:

https://www.facebook.com/falsebaykitchen/?ref=py_c

Regards,

CHRISTINE DEMPERS

Village Manager