

COMPANY PROFILE OF



FRESH-4-U CC

A B O U T F R E S H - 4 - U

Fresh-4-U cc takes pride in the products produced.

Fresh-4-U cc provides fresh, ready to eat salads to various retailers and other food stores. They also produce home made dinners, platters and soups that the public can buy from their shop. Fresh-4-U cc's range of salads is their biggest and best selling products. Their customers include a wide range of Spar and Super Spar chain stores in Mpumalanga, Gauteng and Limpopo as well as other small food stores in these areas. They transport the salads on a regular basis to all of their clients.

Fresh-4-U cc is effectively managed by Mrs. A. Lombard and Mrs. I.T. Ranape. All stock is purchased from reliable suppliers that have been supplying the business for many years.

Fresh-4-U cc has an extremely strict policy regarding quality control, and the raw materials and final products are inspected on a regular basis. Fresh-4-U cc abides strictly to the Health and Safety Act as well as the HACCP standards and criteria that have been implemented into the business recently.

M I S S I O N

Fresh-4-U cc commits itself to providing effective and efficient service within reasonable turnaround period at affordable prices.

It supports the vision and commits the business to:

- Being a supplier of choice to a broad customer base through quality service
- Being one of the most responsive and reliable companies in the industry
- Promoting skill transfers to previously disadvantaged individuals and communities
- Engaging in equal opportunity development with special emphasis on the empowerment of woman

V I S I O N

“To be a leading distributor of salads, meals, platters and soups in South Africa and the African continent at large.”

Key factors in this vision are:

- Q u a l i t y
- R e s p o n s i v e n e s s
- R e l i a b i l i t y
- A c c o u n t a b i l i t y
- I n t e g r i t y
- O p e n n e s s

V A L U E S

The business is founded on ethical principles and a strict moral and professional code as required by the food production industry. It delivers high-quality, fresh products against competitive prices through service excellence.

Values important to Fresh-4-U cc are:

- P r o f e s s i o n a l i s m
- L o n g t e r m r e l a t i o n s h i p w i t h c l i e n t s
- R e s p e c t
- C l i e n t s a t i s f a c t i o n
- B u s i n e s s e f f i c i e n c y
- E t h i c s
- D i s c i p l i n e

H I S T O R Y

Mrs. A. Lombard and previous partners started making salads on a small scale in her kitchen at home and provided for school and church functions. She then realized that there was a large market for these products and expanded and registered the business. In doing so, she provided work to many people in the eMalahaleni area. Mrs. A. Lombard co-owned the business at first but later bought out the other partner's shares. She then solely owned and managed the business for 12 years until December 2008 when she sold 51% shares to a black female partner, Mrs. I.T. Ranape. The business has been very successful and made good profits.

Thank you for considering the services of Fresh - 4 - U cc

H A C C P

Fresh-4-U cc has recently implemented HACCP (Hazard Analysis and Critical Control Point), in terms of the Foodstuffs, Cosmetics and Disinfectants Act 54 of 1972.

The HACCP system controls all the processes from the delivery of raw materials, the processing of materials (salads and food) and the distribution of the final products.

The machinery, materials, employees, management and documentation that are part of production are very well maintained and managed according to the standards, frequency and requirements of HACCP.

L O C A T I O N

Fresh-4-U cc trades from Shop nr 4, Opperman Street, Extension 8, Klipfontein, eMalahleni (previously Witbank). And products are delivered in Mpumalanga and Gauteng Provinces.

P R O D U C T S

The Soups, Platters and Ready to Eat Meals can be bought directly from the shop. The Salads can be ordered and will be delivered to the customers' preferred location. A user friendly Salad Bar, keeping salads cold and fresh, will be supplied to customers with large and regular salad orders. Fresh-4-U cc can be contacted for prices. Products must be ordered 1 to 2 days in advance.

**Call Fresh-4-U cc to place orders:
013 692 7557 or 013 692 7297 or 087 807 9450**

SOUPS

Soups can be ordered in 2.5 Litres or 5 Litres

• Minestrone
• Butternut
• Vegetable
• Low GI Butternut
• Low GI Minestrone



PLATTERS

Platters serve 10 to 12 people

• Cheese Platter - 5 Cheeses, 3 Meat and Savoury Biscuits
• Meat Platter - Variety of 5 meats
• Savoury Platter - Variety of 5 savoury items
• Sandwich Platter - About 72 triangular sandwiches and cheese cubes
• Sweet Platter - Variety of sweet items



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READY TO EAT MEALS

Ready to eat meals can be ordered in 380 grams, 500 grams or 1 kilogram.

Please note that when ordering 380 grams portions, a minimum of 2 portions must be ordered.

• Alfredo Fettuccini	• Cottage Pie
• Bobotie	• Creamy Chicken
• Bobotie and Rice	• Creamy Chicken and Rice
• Beef Lasagna	• Curry and Rice (mild or hot)
• Beef Stew (cubes)	• Curried or Savory Mince
• Beef Stew (Stewing beef)	• Ham, Cheese and Macaroni
• Beef Stew and Rice	• Macaroni and Cheese
• Beef Stroganoff	• Mince and Pasta
• Beef Stroganoff and Rice	• Paptert
• Chicken Lasagna	• Potato Bake
• Chicken Pie	• Rice or Samp
• Chicken Stew	• Spaghetti Bolognaise
• Chicken Stew and Rice	• Tomato and Onion Sheba (gravy)
• Cooked Vegetables	

SALADS

The salads include a variety of chicken, fish and beef based salads, vegetarian salads, pasta salads, vegetable salads and fruit salads.



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SALAD NAME	INGREDIENTS	SHELF LIFE
French Salad	garden vegetables including onions, tomatoes and cucumber	4 days
Greek Salad	fresh garden vegetables like tomato, onion, green pepper, cucumbers and olives finished off with feta cheese.	4 days
Coleslaw Salad	cabbage and carrots in a slightly sweet creamy mayonnaise sauce	7 days
Carrot and Pine Salad	fresh carrots and tinned pineapples in a sweet sugar syrup	7 days
Copperpenny Salad	cooked carrots, cooked onions and cooked green peppers in a sour glazed sauce	14 days
Baby Onion	cooked whole baby onions and raisins mixed in a glazed sweet and sour sauce	14 days
3 Bean Salad	Three types of cooked beans, raw onion and raisins mixed in a glazed sweet and sour sauce	14 days
Curry Bean Salad	green beans and onions in a curry sauce	14 days
Chili Bean Salad	green beans, butter beans, red kidney beans and onions in a spicy chili tomato based sauce	14 days
Chakalaka Salad	cooked peppers, onions, carrots, cabbage and green beans in a oily peri-peri and curry sauce	7 days
Beetroot Salad	cooked grated beetroot in a vinegar based sauce	7 days
Beetroot and Mayo Salad	contains cooked grated beetroot in a creamy mayonnaise based sauce	14 days
Bombay Salad	fresh garden vegetables combined with a sour chili based salad sauce	14 days
Country Veg. Salad	cooked cauliflower, tinned mini corn spears, cooked peas, raw carrots, bacon and cheese in a creamy mayonnaise sauce	7 days
Spicy Veg. Salad	fresh garden vegetables in a mild spicy sweet and sour curry sauce.	14 days
Vegetable Noodle Salad	cooked pasta, carrots, whole kernel corn and baby marrows mixed in a sweet and sour sauce	7 days
Curry Noodle Salad	cooked pasta, fresh tomatoes and parsley in a creamy curry sauce	7 days
Spicy Noodle Salad	cooked pasta, diced ham and peppadews in a sweet and sour sauce.	7 days
Garlic Pasta Salad	cooked pasta, tinned mushrooms, chopped ham and fried crushed garlic mixed in a creamy mayonnaise and mustard sauce	7 days
Tangy Pasta	cooked pasta, green peppers, whole kernel corn	7 days

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Salad	and tinned peaches mixed in a hot and spicy curry sauce	
Wheat Salad	wheat, fried onions and tinned peaches mixed in a spicy curry sauce	7 days
Pasta Rice and Peas Salad	pasta rice, cheese and peas combined with fresh finely cut carrots, onions and red pepper mixed together in a creamy mayonnaise and mustard sauce	7 days
Three Cheese and Pasta	feta, mozzarella and cheddar cheese together with pasta, viennas and fresh red peppers, baby marrow and herbs in a slightly sweet and sour sauce	7 days
Macaroni and Cheddar	cooked pasta and cheese combined with fresh garden vegetables like carrots, tomatoes and fresh parsley mixed together in a creamy mayonnaise and mustard sauce.	7 days
Potato Salad	cooked potatoes in a sweet creamy mayonnaise and mustard sauce.	7 days
Potato and Salami Salad	cooked potatoes and salami in a sweet creamy mayonnaise and mustard sauce.	7 days
Potato and Egg Salad	cooked potatoes and hardboiled eggs in a sweet creamy mayonnaise and mustard sauce.	7 days
Egg and Cheese Salad	hard boiled eggs and cheese in a creamy mayonnaise sauce	7 days
Egg Salad	hard boiled eggs in a creamy mayonnaise sauce	7 days
Ham, Cheese and Pine	tinned pineapple, diced ham, cheese and raw onions in a creamy mayonnaise and mustard sauce.	7 days
Ham Noodle Salad	pasta, ham, tinned peaches and corn mixed together in a creamy mayonnaise and mustard sauce.	7 days
Rice and Ham Salad	contains cooked rice, whole kernel corn, diced ham and tinned peaches in a sweet creamy mayonnaise sauce	7 days
Chicken Pasta Salad	cooked pasta, cooked chicken fillets, fresh carrots and cucumbers in a creamy mayonnaise based sauce	7 days
Potato and Chicken	cooked potatoes and chicken fillet in a sweet creamy mayonnaise and mustard sauce.	7 days
Crab Salad	cooked crab sticks in a creamy tomato and mayonnaise sauce	7 days
Pickled Fish Salad	crumbed hake fillets in a curried sour pickle. Can be enjoyed either as a meal or as a portion.	14 days
Tuna Noodle Salad	cooked noodles and tuna in a creamy sweet tomato and mayonnaise sauce	7 days
Mango Atchar	cooked mango in hot and spicy oil	14 days

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S a l a d		
F r u i t S a l a d	a variety of approximately 9 types of fruits, some fresh, some tinned, in sweet sugar syrup	7 days