

1 FREE MEAL
Ask about our introductory offer*
*minimum order applies. Not to be used in conjunction with other offers

FEBRUARY 2024



Healthy Eating *Made Easy*



1300 112 112 or gourmetmeals.com.au

Regular Meals

BEEF		#238 - Cottage Pie \$8.90 - 300g Savoury mince mixed with carrots, peas and zucchini, topped with a creamy mash and cheese FR SR GF HF 337	BEEF		#241 - Slow Cooked Beef \$9.50 - 280g Tender slow cooked beef topped with a rich gravy, served with peas, carrots and mashed potatoes DF LF SR GF HF 254
		#251 - Steak & Kidney \$9.50 - 300g Beef chunks and lamb kidney braised in an aromatic sauce, peas, carrots and potato mash DF FR SR HP GF HF 331			#253 - Beef Rissoles \$8.90 - 300g Beef rissoles in a rich tomato sauce served with green beans, carrots, corn and potato bake FR SR GF HF 334
BEEF		#254 - Corned Beef \$9.50 - 280g Traditional corned beef with a white mustard sauce, carrots, cauliflower, broccoli and mash FR HP GF HF 314	BEEF		#256 - Mince and Potato Bake \$8.90 - 280g Hearty mince with kale, zucchini, cauliflower, capsicum, carrots, peas and potato bake topped with grated cheese FR SR GF HF 292
		#217 - Butter Chicken \$8.90 - 280g Chicken pieces in a spiced tomato, butter and cream sauce with spinach and basmati rice FR SR HP GF HF 443			#234 - Sweet & Sour Chicken \$8.90 - 300g Succulent chicken pieces in a sweet and sour sauce, carrots, capsicum, beans and steamed rice DF LF SR HP GF 396
CHICKEN		#245 - Roast Chicken Breast \$8.90 - 280g Succulent roast chicken breast served with a gravy, creamed potatoes, carrots and peas LF SR HP GF HF 262	CHICKEN		#260 - Honey Soy Chicken \$8.90 - 260g Sweet oven roasted honey soy chicken chunks on a bed of tasty stir fried rice FR DF FR SR HP GF 367
		#240 - Farmer's Pie \$8.90 - 280g Small pieces of pork sausage and chicken mince slow cooked in a mushroom sauce mixed with carrots, peas and corn, topped with mash & cheese GF HF 478			#243 - Pork Roast \$9.50 - 280g Pork roast in a rich apple gravy, pumpkin mash, roast potatoes, sweet potato and mixed seasonal vegetables LF SR GF HF 221
PORK		#107 - Fried Rice \$4.60 - 160g Fried rice with bacon, vegetables and a touch of soy LF SR GF HF 242	SIDE DISH		#220 - Barramundi Fillet \$9.50 - 300g Steamed barramundi fillet topped with a lemon butter sauce, garden vegetables and boiled potatoes FR SR HP GF HF 279
		#231 - Lamb Casserole \$9.50 - 300g Succulent pieces of lamb cooked in a thyme jus, garden vegetables and mashed potatoes DF FR SR GF HF 294			#266 - Curry Prawns \$9.50 - 280g Succulent prawns in a mild curry sauce with a medley of Asian greens and basmati rice FR SR GF HF 344
LAMB		#242 - Lamb Roast \$9.50 - 280g Lamb roast with mint gravy, mixed vegetables, pumpkin and roasted chats potatoes DF LF SR GF HF 233	LAMB		#227 - Vegetable Bake \$8.90 - 300g Mixed garden vegetables baked with egg, milk and cheese FR SR GF HF V 400

Reference Symbols

DF	LF	FR	LS	SR	HP	G	GF	HF	Ve	V	466
Dairy Free	Low Fat	Fat Reduced	Low Salt	Salt Reduced	High Protein	Contains Gluten	Gluten Free	High Fibre	Vegan	Vegetarian	Calories

Soups



#91 - Pumpkin Soup

\$3.70 - 180g

A delicious rich cream of pumpkin soup

LF LS GF 60



#92 - Vegetable Soup

\$3.70 - 180g

A creamy vegetable soup

LF SR GF HF 84



#93 - Ham & Pea Soup

\$3.70 - 180g

Thick pea soup flavoured with ham

DF LF SR GF HF 138



#94 - Potato & Leek Soup

\$3.70 - 180g

A creamy potato and leek soup

LF SR GF HF 108

Desserts



#170 - Bread & Butter Pudding

\$4.60 - 170g

A traditional bread & butter pudding baked with a delicious custard, topped with toasted almond flakes

LS GF 443



#171 - Strawberry Cheesecake

\$4.60 - 140g

Delicious strawberry cheesecake with a fresh strawberry coulis

LS GF 461



#172 - Tiramisu

\$4.60 - 140g

Chocolate sponge soaked in espresso syrup layered with orange flavoured cream cheese

SR GF 425



#173 - Apple Crumble

\$4.60 - 180g

Juicy stewed apples with sultanas topped with golden baked butter crumble

FR LS GF HF 351



#181 - Sticky Date & Custard

\$4.60 - 160g

A moist sponge cake, made with finely chopped dates, topped with a sticky caramel sauce and custard

SR GF FR 341



#186 - Fruit Pavlova

\$4.60 - 130g

A pavlova served with mango, strawberries, kiwifruit and cream, topped with a passionfruit coulis

LS GF 281

Gourmet Meals are sold in selected independent stores,
go online to check store locations gourmetmeals.com.au/stockists-map

Ordering

Online at gourmetmeals.com.au

Call 1300 112 112 or 5529 3000

Monday to Friday 9:00am – 4:00pm

All orders will need to be submitted by 4:00pm two business days prior to your delivery day.

All our Meals are Snap Frozen in our Blast Freezer

A natural way of preserving nutrients and flavours.

Delivery Areas

For Brisbane and selected outer suburbs, Caboolture, Ipswich, the Gold and Tweed Coast – a minimum order of \$59 is required and a delivery fee of \$8.90 applies per delivery. For Sunshine Coast, Canungra and the NSW Northern Rivers areas down to Ballina, different minimum order requirements and delivery fees apply. Same day delivery not available. Prices include 10% GST & may be subject to change without notice. Delivery day depends on the suburb the customer resides in. For more details on delivery days, please give us a call or visit the website.

No Contracts or Plans

Just order what you want, when you want*

Pick up

46/215 Brisbane Road, Biggera Waters QLD 4216.

Monday to Friday 9:00am – 4:00pm. No minimum order required.

Offers

For orders over \$120* – one **FREE DESSERT**

For orders over \$180* – two **FREE DESSERTS**

For orders over \$300 – two **FREE DESSERTS & FREE DELIVERY**

*order values are excluding the \$8.90 delivery fee



We cater for those customers who are on Home Care Packages and NDIS plans where we offer the option of a split payment method. Please ask for special pricing for Aged Care Packages and NDIS plans. Check out our NDIS page gourmetmeals.com.au/ndis



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