

Same meals you love, now with
MORE PROTEIN

NOVEMBER 2025

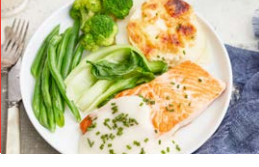


Healthy Eating *Made Easy*



Ask about our special pricing for eligible Support at Home Funding and NDIS plans
1300 112 112 or gourmetmeals.com.au

Large Meals

BEEF	 #50 - Creamy Rissoles \$12.30 - 365g Beef rissoles in a creamy mustard sauce served with mash, green beans, broccoli and carrots HP GF HF 627	BEEF	 #53 - BBQ Sausages \$12.30 - 360g Tasty beef sausages in a bbq sauce served with pan-fried potatoes, baked beans and broccoli DF HP GF HF 591
PORK	 #52 - Bangers & Mash \$12.30 - 380g A pork banger in a rich caramelised onion gravy served with mash, carrots and peas LP DF GF HF 454	BEEF	 #54 - Spaghetti Meatballs \$12.30 - 375g Spaghetti with beef meatballs in a deliciously rich tomato sauce topped with cheddar and parmesan cheese HP HF G 559
CHICKEN	 #55 - Chicken Parmigiana \$12.30 - 350g Chicken schnitzel topped with tomato sauce and cheddar cheese served with roast potatoes, cauliflower, broccoli and carrots HP G HF 482	CHICKEN	 #56 - BBQ Chicken \$12.30 - 340g Succulent chicken thigh pieces in a sweet bbq sauce served with roast potato and sweet potato, green beans DF HP GF HF 508
SEAFOOD	 #57 - Salmon in Chive Sauce \$15.50 - 330g Tasmanian fillet of salmon in a creamy chive sauce, a potato stack, Asian greens, beans and broccoli HP GF 380	SEAFOOD	 #58 - Whiting & Wedges \$12.30 - 350g Battered fillets of southern blue whiting served with tartare sauce, wedges and diced carrots, corn and peas HP G HF 495
SEAFOOD	 #59 - Barramundi Lemon Butter \$12.30 - 360g Steamed barramundi fillet in a lemon and dill sauce served with cauliflower, broccoli, carrots and basmati rice HP GF 436	Same meals you love, now with more protein	

Regular Meals

BEEF	 #251 - Steak & Kidney \$10.50 - 300g Beef chunks and lamb kidney braised in an aromatic sauce, peas, carrots and potato mash DF LF HP GF HF 310	BEEF	 #233 - Beef Casserole \$9.90 - 300g Tender beef simmered in a rich gravy served with cauliflower, broccoli, green beans, carrots and mashed potatoes LF HP GF HF 296
BEEF	 #235 - Beef Stroganoff \$10.50 - 300g Tender strips of lean beef in a creamy mushroom sauce with basmati rice and veges HP GF 376	BEEF	 #225 - Spaghetti Bolognese \$9.90 - 300g Spaghetti with a rich traditional meat sauce topped with cheddar and parmesan cheese HP G HF 381
BEEF	 #238 - Cottage Pie \$9.90 - 300g Savoury mince mixed with carrots, peas and zucchini, topped with a creamy mash and cheese HP GF HF 372	BEEF	 #241 - Slow Cooked Beef \$10.50 - 290g Tender slow cooked beef topped with a rich gravy, served with peas, carrots and mashed potatoes DF HP GF HF 314
BEEF	 #254 - Corned Beef \$10.50 - 300g Traditional corned beef with a white mustard sauce, carrots, cauliflower, broccoli and mash HP GF HF 375	BEEF	 #256 - Mince and Potato Bake \$9.90 - 300g Hearty mince with kale, zucchini, cauliflower, capsicum, carrots, peas and potato bake topped with grated cheese HP GF HF 358
BEEF	 #253 - Beef Rissoles \$10.50 - 300g Beef rissoles in a rich tomato sauce served with green beans, carrots, corn and potato bake LP GF HF 476	CHICKEN	 #234 - Sweet & Sour Chicken \$9.90 - 315g Succulent chicken pieces in a sweet and sour sauce, carrots, capsicum, beans and steamed rice DF HP LF GF 371

Regular Meals

CHICKEN		#217 - Butter Chicken \$9.90 - 300g Chicken pieces in a spiced tomato, butter and cream sauce with spinach and basmati rice HP GF 486	CHICKEN		#260 - Honey Soy Chicken \$9.90 - 300g Sweet oven roasted honey soy chicken chunks on a bed of tasty stir fried rice DF HP GF 411
		#245 - Roast Chicken Breast \$9.90 - 300g Succulent roast chicken breast served with a gravy, creamed potatoes, carrots and peas HP GF HF 288		PORK	
LAMB		#242 - Lamb Roast \$10.50 - 285g Lamb roast with mint gravy, mixed vegetables, pumpkin and roasted chats potatoes DF HP GF HF 362	LAMB		
		#250 - Garlic Prawns \$10.50 - 300g Prawns in a creamy garlic sauce served with rice, broccoli, cauliflower, and carrots LP GF 346		SEAFOOD	
SEAFOOD		#220 - Barramundi Fillet \$10.50 - 285g Steamed barramundi fillet topped with a lemon butter sauce, garden vegetables and boiled potatoes HP GF 286	VEGETARIAN		
		#107 - Fried Rice \$4.95 - 160g Fried rice with bacon, vegetables and a touch of soy LP GF 243		Check out our Specials gourmetmeals.com.au/eshop/Specials	

Vegetarian / Vegan Meals

VEGAN		#581 - Brown Rice Vegi Patties \$12.30 - 350g Brown rice and vegi patties in a chunky tomato based sauce with a potato/sweet potato stack & green beans LP DF GF HF Ve 392	VEGETARIAN		#582 - Creamy Pesto Pasta \$12.30 - 350g Penne pasta in a smooth and creamy pesto sauce, combined with vegetables, parmesan, and a sprinkling of feta cheese LP GF V 690
		#585 - Mushroom Casserole \$12.30 - 360g A tasty cream of mushroom casserole served with mashed potatoes, spinach and carrots LP GF HF V 303		VEGAN	
VEGAN		#587 - Coconut Dahl \$12.30 - 370g A flavoursome red lentil dahl made with coconut milk, basmati rice, spinach and mango chutney LP DF GF HF Ve 563	VEGETARIAN		

Reference Symbols

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

Soups



#91 - Pumpkin Soup

\$3.90 - 180g

A delicious rich cream of pumpkin soup

LF GF 50



#92 - Vegetable Soup

\$3.90 - 180g

A creamy vegetable soup

LF GF HF 87

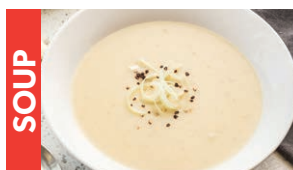


#93 - Ham & Pea Soup

\$3.90 - 180g

Thick pea soup flavoured with ham

DF LF GF HF 139



#94 - Potato & Leek Soup

\$3.90 - 200g

A creamy potato and leek soup

LF GF 124

Desserts



#170 - Bread & Butter Pudding

\$4.95 - 170g

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

LS GF 438



#171 - Strawberry Cheesecake

\$4.95 - 140g

Delicious strawberry cheesecake with a fresh strawberry coulis

GF 484



#172 - Tiramisu

\$4.95 - 140g

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

GF 441



#173 - Apple Crumble

\$4.95 - 180g

Juicy stewed apples with sultanas topped with golden baked butter crumble

LS GF HF 352



#181 - Sticky Date & Custard

\$4.95 - 160g

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

GF 357



#186 - Fruit Pavlova

\$4.95 - 130g

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

LS GF 271

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 \$65 is required and a delivery fee of \$9.30 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 \$9.30 delivery fee



We cater to those customers who are on eligible Support at Home and NDIS packages where we offer the option of split payment method. Please ask for our special pricing menu for Support at Home and NDIS plans.



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*minimum order applies