Same meals you love, now with **MORE PROTEIN**

NOVEMBER 2025

Gourmet Meals
Since 1993

Healthy Eating
Made Easy

AUSTRALIAN MADE AND OWNED

I ndis

Support at Home

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

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

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

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

#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

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

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

#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

#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

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

#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

#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

#254 - Corned Beef
$10.50 - 300g

Traditional corned beef with a white mustard sauce, carrots, cauliflower, broccoli and mash

HP GF HF 375

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

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

#225 - Spaghetti Bolognaise
$9.90 - 300g

Spaghetti with a rich traditional meat sauce topped with cheddar and parmesan cheese

HP G HF 381

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

#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

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

CHICKEN

#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

#243 - Pork Roast
$10.50 - 290g
Pork roast in a rich apple gravy, pumpkin mash, roast potatoes, sweet potato and mixed seasonal vegetables
HP GF HF 326

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

#231 - Lamb Casserole
$10.50 - 310g
Succulent pieces of lamb cooked in a thyme jus, garden vegetables and mashed potatoes
DF HP GF HF 297

SEAFOOD

#250 - Garlic Prawns
$10.50 - 300g
Prawns in a creamy garlic sauce served with rice, broccoli, cauliflower, and carrots
LP GF 346

SEAFOOD

#266 - Curry Prawns
$10.50 - 300g
Succulent prawns in a mild curry sauce with a medley of Asian greens and basmati rice
LP GF 374

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

#436 - Vegetable Mornay
$9.90 - 285g A creamy vegetable mornay featuring mixed vegetables smothered in a creamy sauce and topped with a layer of cheese
LP GF HF V 288

SIDE DISH

#107 - Fried Rice
$4.95 - 160g
Fried rice with bacon, vegetables and a touch of soy
LF 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 fetta cheese
LP G V 690

VEGETARIAN

#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

#586 - Spaghetti Veganaise
$12.30 - 375g
A delicious plant-based alternative to spaghetti bolognaise with leek, zucchini and eggplant
LP DF LF G HF Ve 393

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

#588 - Vegetarian Parmi
$12.30 - 360g
A vegetarian parmi with a rich tomato sauce and cheese, potatoes, carrots, cauliflower and broccoli
LP G HF V 556

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

SOUP

#91 - Pumpkin Soup
$3.90 - 180g
A delicious rich cream of pumpkin soup
LF GF 50

SOUP

#92 - Vegetable Soup
$3.90 - 180g
A creamy vegetable soup
LF GF HF 87

SOUP

#93 - Ham & Pea Soup
$3.90 - 180g
Thick pea soup flavoured with ham
DF LF GF HF 139

SOUP

#94 - Potato & Leek Soup
$3.90 - 200g
A creamy potato and leek soup
LF GF 124

Desserts

DESSERT

#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

DESSERT

#171 - Strawberry Cheesecake
$4.95 - 140g
Delicious strawberry cheesecake with a fresh strawberry coulis
GF 484

DESSERT

#172 - Tiramisu
$4.95 - 140g
Chocolate sponge soaked in espresso syrup layered with orange flavoured cream cheese
GF 441

DESSERT

#173 - Apple Crumble
$4.95 - 180g
Juicy stewed apples with sultanas topped with golden baked butter crumble
LS GF HF 352

DESSERT

#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

DESSERT

#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.

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

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.

Gourmet Meals Since 1993

I support the ndis

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.

PH: 07 5529 3000
FX: 07 5529 0649
sales@gourmetmeals.com.au
gourmetmeals.com.au
PO BOX 12, Arundel QLD 4214
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*minimum order applies