

JANUARY 2020

I support the
ndis

Registered NDIS Provider

★★★★★
Gourmet Meals
Since 1993

Healthy Eating Made Easy

Gluten Free
MADE EASY

**1 FREE
MEAL**

Ask about our
introductory offer*
*minimum order applies

1300 112 112
gourmetmeals.com.au



Australian owned and operated since 1993
If you like us - tell your friends

Large Meals

BEEF	#1 - Beef Casserole \$9.20 - 400g Tender beef simmered in a rich gravy, cauliflower, broccoli, green beans and carrots, potato mash DF FR SR HP GF HF 399	BEEF	#8 - Corned Beef \$9.90 - 360g Traditional corned beef with a white mustard sauce, carrots, cauliflower, broccoli and mash FR SR HP GF HF 332
BEEF	#5 - Peppercorn Beef \$9.90 - 360g Tender slow cooked beef in a green peppercorn sauce, carrots, peas, green beans and mashed potatoes DF FR SR HP GF HF 365	BEEF	#10 - Beef Rissoles \$9.20 - 360g Beef rissoles in a rich tomato sauce served with green beans, carrots, corn and potato bake FR SR GF HF 413
BEEF	#6 - Beef Stroganoff \$9.90 - 360g Tender strips of lean beef in a creamy mushroom sauce, carrots, green beans and pimento rice FR SR HP GF HF 418	SEAFOOD	#59 - Barramundi in Lemon Dill Sauce \$9.90 - 360g Steamed barramundi fillet in a lemon and dill sauce served with cauliflower, broccoli, carrots and basmati rice FR SR HP GF HF 411
BEEF	#7 - Cottage Pie \$9.20 - 400g Savoury mince mixed with carrots, peas and zucchini, topped with a creamy mash and cheese FR SR HP GF HF 418	CHICKEN	#16 - Chicken Curry \$9.20 - 400g Tender chicken breast pieces in a mild curry sauce, green vegetables and fluffy basmati rice FR SR HP GF HF 469
CHICKEN	#2 - Honey Soy Chicken \$9.90 - 340g Sweet oven roasted honey soy chicken chunks on a bed of tasty stir fried rice DF LF SR HP GF HF 400	LAMB	#43 - Lamb Roast \$9.90 - 360g Lamb roast with a mint gravy, mixed vegetables, pumpkin and roasted chats potatoes. DF FR SR HP GF HF 307
LAMB	#40 - Lamb Bourguignon \$9.90 - 400g Tender chunks of lamb braised in a rich garlic and red wine sauce with a creamy potato and pumpkin bake FR SR HP GF HF 352	PORK	#51 - Sausage Onion Gravy \$9.90 - 400g A pork banger in a rich caramelized onion gravy, mash, baked beans and a healthy serve of greens DF FR SR HP GF HF 431
PORK	#48 - Pork Roast \$9.90 - 360g Pork roast in a rich apple gravy, pumpkin mash, roast potatoes, sweet potato and mixed seasonal vegetables LF SR HP GF HF 284	Check out our Specials gourmetmeals.com.au/eshop/Specials	

Order at gourmetmeals.com.au or call 1300 112 112 or 5529 3000

















Regular Meals

BEEF	#233 - Beef Casserole \$6.80 - 300g Tender beef simmered in a rich gravy served with cauliflower, broccoli, green beans, carrots and mashed potatoes DF FR SR HP GF HF 297	BEEF	#238 - Cottage Pie \$6.80 - 300g Savoury mince mixed with carrots, peas and zucchini, topped with a creamy mash and cheese FR SR HP GF HF 294
BEEF	#235 - Beef Stroganoff \$6.80 - 300g Tender strips of lean beef in a creamy mushroom sauce, basmati rice with vegetables LF SR HP GF HF 336	BEEF	#241 - Beef Pot Roast \$7.20 - 280g Tender slow cooked beef in a red wine jus, served with peas, carrots and mashed potatoes DF FR SR HP GF HF 263

Reference Symbols

DF	LF	FR	LS	SR	HP	GF	HF	466
Dairy Free	Low Fat	Fat Reduced	Low Salt	Salt Reduced	High Protein	Gluten Free	High Fibre	Calories

Regular Meals

BEEF		#253 - Beef Risssoles \$6.80 - 300g Beef risssoles in a rich tomato sauce served with green beans, carrots, corn and potato bake FR SR GF HF (314)
		#256 - Mince Potato Bake \$6.80 - 280g Hearty mince with kale, zucchini, cauliflower, capsicum, carrots, peas and potato bake topped with grated cheese FR SR HP GF HF (258)
CHICKEN		#234 - Chicken Sweet & Sour \$6.80 - 300g Succulent chicken pieces in a sweet and sour sauce, carrots, capsicum, beans and steamed rice DF LF SR HP GF (338)
		#218 - Chicken Curry \$6.80 - 300g Tender breast fillet pieces in a mild curry sauce, capsicum, beans, carrots and basmati rice FR SR HP GF HF (343)
CHICKEN		#255 - Chicken Florentine \$7.20 - 280g Chicken thigh pieces in a spinach and cream cheese sauce, carrots and sliced stock potatoes FR SR GF HF (291)
		#237 - Lamb Curry \$7.20 - 300g Marinated lamb with a delicious blend of curry spices, vegetables and basmati rice FR LS HP GF HF (414)
SEAFOOD		#220 - Barramundi Fillet \$7.20 - 300g Barramundi fillet topped with a lemon butter sauce, garden vegetables and steamed potatoes LF SR HP GF HF (276)
		#266 - Curry Prawns \$7.20 - 280g Succulent prawns in a mild curry sauce with a medley of Asian greens and basmati rice FR SR HP GF HF (362)
MEAT FREE		#227 - Vegetable Bake \$6.80 - 300g Mixed garden vegetables baked with egg, milk and cheese FR SR GF HF (386)
		#107 - Fried Rice \$3.80 - 160g Fried rice with bacon, vegetables and a touch of soy LF SR GF (222)
BEEF		#251 - Steak & Kidney \$6.80 - 300g Beef chunks and lamb kidney braised in an aromatic sauce, peas, carrots and potato mash DF LF SR HP GF HF (295)
BEEF		#254 - Corned Beef \$7.20 - 280g Traditional corned beef with a white mustard sauce, carrots, cauliflower, broccoli and mash LF SR HP GF HF (253)
PORK		#243 - Pork Roast \$7.20 - 280g Pork roast in a rich apple gravy, pumpkin mash, roast potatoes, sweet potato and mixed seasonal vegetables LF SR HP GF HF (216)
CHICKEN		#239 - Chicken Mushroom \$6.80 - 300g Chunks of chicken in a mushroom sauce mixed with peas and carrots, topped with mash and cheese FR SR HP GF HF (332)
CHICKEN		#244 - Chicken Mango \$7.20 - 280g Slices of tender chicken breast in a mango sauce, mixed vegetables, pumpkin and roast potatoes FR LS HP GF HF (247)
CHICKEN		#258 - Chicken Casserole \$6.80 - 280g A chicken thigh casserole with peas, honey glazed carrots and parsley potatoes DF LF SR GF HF (218)
CHICKEN		#260 - Honey Soy Chicken \$7.20 - 260g Sweet oven roasted honey soy chicken chunks on a bed of tasty stir fried rice FR DF LF SR HP GF HF (310)
LAMB		#231 - Lamb Casserole \$7.20 - 300g Succulent pieces of lamb cooked in a thyme jus, garden vegetables and mashed potatoes DF LF SR HP GF HF (263)
LAMB		#242 - Lamb Roast \$7.20 - 280g Lamb roast with mint gravy, mixed vegetables, pumpkin and roasted chats potatoes DF LF SR GF HF (208)

Gourmet Meals is a registered NDIS provider. Check out our NDIS page
gourmetmeals.com.au/ndis

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

Soups



#91 - Pumpkin Soup

\$3.20 - 180g

A delicious rich cream of pumpkin soup

LF LS GF 60



#92 - Vegetable Soup

\$3.20 - 180g

A creamy vegetable soup

LF SR GF HF 78



#93 - Ham & Pea Soup

\$3.20 - 180g

Thick pea soup flavoured with ham

DF LF SR GF HF 138



#94 - Potato & Leek Soup

\$3.20 - 180g

A creamy potato and leek soup

LF SR GF 108

Desserts



#170 - Bread & Butter Pudding

\$3.80 - 170g

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

LS GF 442



#171 - Strawberry Cheesecake

\$3.80 - 140g

Delicious strawberry cheesecake with a fresh strawberry coulis

LS GF 468



#172 - Tiramisu

\$3.80 - 140g

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

SR GF 401



#173 - Apple Crumble

\$3.80 - 180g

Juicy stewed apples with golden baked butter crumble

FR LS GF HF 300



#182 - Sticky Date Pudding

\$3.80 - 160g

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

SR GF HF 458



#186 - Fruit Pavlova

\$3.80 - 130g

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

LS GF 264

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 \$49 is required and a delivery fee of \$7.50 applies per delivery. For 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 \$100* – one **FREE DESSERT**

For orders over \$150* – two **FREE DESSERTS**

For orders over \$200 – two **FREE DESSERTS & FREE DELIVERY**

*order values are excluding the \$7.50 delivery fee



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Please ask for special pricing for Aged Care Packages and NDIS plans.



PO Box 12, Arundel Qld 4214. **PH:** 07 5529 3000 **FX:** 07 5529 0649

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