

THE NEW 2022

# WINTER MENU



FR SR HP GF HF

\$7.50

### #414 - Honey Mustard Chicken (280g)

Pieces of tender chicken thigh in a honey mustard sauce with diced veges, roasted potato and sweet potato



LF SR HP GF

\$8.50

### #404 - Cajun Barramundi and Prawns (280g)

Barramundi fillet and prawns with a tomato sauce, rice, asparagus, broccoli and green beans



FR SR HF

\$7.50

CONTAINS GLUTEN

### #426 - Creamy Beef Patties (280g)

Beef patties in a creamy mustard sauce served with mashed potato, beans and broccoli



FR LS GF HF

\$7.50

### #409 - Tandoori Chicken (280g)

Chicken thigh pieces in a fragrant tandoori sauce served with creamed spinach and basmati rice



FR LS GF

\$4.20

### #184 - Apple Rhubarb (140g)

The perfect winter comfort dessert served with custard and topped with a sprinkling of sweet crumble



FR LS GF

\$4.20

### #183 - Rice Pudding (180g)

A comforting, creamy, classic rice pudding made in the traditional way

All items detailed on this brochure are subject to availability and may change periodically. Meals shown are serving suggestions only. All details are correct at time of going to press.



Low Fat



Fat Reduced



Low Salt



Salt Reduced



High Protein



Gluten Free



High Fibre



Dairy Free

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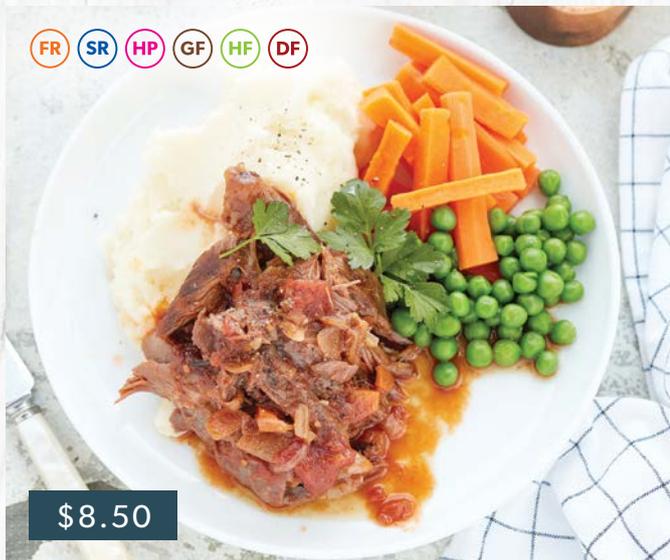
# WINTER MENU



\$7.90

LF SR HP GF HF

**#415 - Beef Goulash (280g)**  
A hearty beef stew slow cooked in an aromatic sauce served with roast potatoes, Brussels sprouts and a cauliflower bake



FR SR HP GF HF DF

\$8.50

**#410 - Slow Cooked Lamb (280g)**  
Tender slow cooked lamb off the shank bone in a rich gravy with creamy mashed potato, carrots and peas



LF SR GF HF

\$7.50

**#417 - Pork Roast with Apple Sauce (280g)**  
Tender pork roast served with apple sauce, potato wedges, broccoli, carrots and cauliflower

## Ordering

Monday to Friday 9:00am – 4:00pm  
Online at [gourmetmeals.com.au](http://gourmetmeals.com.au)

Call 1300 112 112 or 5529 3000  
or pickup at 46/215 Brisbane Road, Biggera Waters

Valid until the end of  
August 2022 or until stock lasts