

JULY 2019

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
\$9.10 - 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
\$9.80 - 360g

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

FR SR HP GF HF 332

BEEF

#5 - Peppercorn Beef
\$9.80 - 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
\$9.10 - 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
\$9.80 - 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
\$9.80 - 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
\$9.10 - 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
\$9.10 - 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
\$9.80 - 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
\$9.80 - 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
\$9.80 - 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
\$9.80 - 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
\$9.80 - 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
\$6.70 - 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
\$6.70 - 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
\$6.70 - 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
\$7.10 - 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



Dairy Free



Low Fat



Fat Reduced



Low Salt



Salt Reduced



High Protein



Gluten Free



High Fibre



Calories

Regular Meals

BEEF  **#253 - Beef Risoles**
\$6.70 - 300g
 Beef rissoles in a rich tomato sauce served with green beans, carrots, corn and potato bake
 FR SR GF HF (314)

BEEF  **#251 - Steak & Kidney**
\$6.70 - 300g
 Beef chunks and lamb kidney braised in an aromatic sauce, peas, carrots and potato mash
 DF LF SR HP GF HF (295)

BEEF  **#256 - Mince Potato Bake**
\$6.70 - 280g
 Hearty mince with a kale, zucchini, cauliflower, capsicum, carrots, peas and potato bake topped with grated cheese
 FR SR HP GF HF (258)

BEEF  **#254 - Corned Beef**
\$7.10 - 280g
 Traditional corned beef with a white mustard sauce, carrots, cauliflower, broccoli and mash
 LF SR HP GF HF (253)

CHICKEN  **#234 - Chicken Sweet & Sour**
\$6.70 - 300g
 Succulent chicken pieces in a sweet and sour sauce, carrots, capsicum, beans and steamed rice
 DF LF SR HP GF (338)

PORK  **#243 - Pork Roast**
\$7.10 - 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  **#218 - Chicken Curry**
\$6.70 - 300g
 Tender breast fillet pieces in a mild curry sauce, capsicum, beans, carrots and basmati rice
 FR SR HP GF HF (343)

CHICKEN  **#239 - Chicken Mushroom**
\$6.70 - 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  **#255 - Chicken Florentine**
\$7.10 - 280g
 Chicken thigh pieces in a spinach and cream cheese sauce, carrots and sliced stock potatoes
 FR SR GF HF (291)

CHICKEN  **#244 - Chicken Mango**
\$7.10 - 280g
 Slices of tender chicken breast in a mango sauce, mixed vegetables, pumpkin and roast potatoes
 FR LS HP GF HF (247)

LAMB  **#237 - Lamb Curry**
\$7.10 - 300g
 Marinated lamb with a delicious blend of curry spices, vegetables and basmati rice
 FR LS HP GF HF (414)

CHICKEN  **#258 - Chicken Casserole**
\$6.70 - 280g
 A chicken thigh casserole with peas, honey glazed carrots and parsley potatoes
 DF LF SR GF HF (218)

SEAFOOD  **#220 - Barramundi Fillet**
\$7.10 - 300g
 Barramundi fillet topped with a lemon butter sauce, garden vegetables and steamed potatoes
 LF SR HP GF HF (276)

CHICKEN  **#260 - Honey Soy Chicken**
\$7.10 - 260g
 Sweet oven roasted honey soy chicken chunks on a bed of tasty stir fried rice
 DF LF SR HP GF HF (310)

SEAFOOD  **#266 - Curry Prawns**
\$7.10 - 280g
 Succulent prawns in a mild curry sauce with a medley of Asian greens and basmati rice
 FR SR HP GF HF (362)

LAMB  **#231 - Lamb Casserole**
\$7.10 - 300g
 Succulent pieces of lamb cooked in a thyme jus, garden vegetables and mashed potatoes
 DF LF SR HP GF HF (263)

MEAT FREE  **#227 - Vegetable Bake**
\$6.70 - 300g
 Mixed garden vegetables baked with egg, milk and cheese
 FR SR GF HF (386)

LAMB  **#242 - Lamb Roast**
\$7.10 - 280g
 Lamb roast with mint gravy, mixed vegetables, pumpkin and roasted chats potatoes
 DF LF SR GF HF (208)

SIDE DISH  **#107 - Fried Rice**
\$3.70 - 160g
 Fried rice with bacon, vegetables and a touch of soy
 LF SR GF (222)

Check out our Specials
gourmetmeals.com.au/eshop/Specials

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

Soups & Sides



#91 - Pumpkin Soup

\$3.10 - 180g

A delicious rich cream of pumpkin soup

LF LS GF 60



#93 - Ham & Pea Soup

\$3.10 - 180g

Thick pea soup flavoured with ham

DF LF SR GF HF 138



#92 - Vegetable Soup

\$3.10 - 180g

A creamy vegetable soup

LF SR GF HF 78



#94 - Potato & Leek Soup

\$3.10 - 180g

A creamy potato and leek soup

LF SR GF 108

Desserts



#170 - Bread & Butter Pudding

\$3.70 - 170g

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

LS GF 442



#173 - Apple Crumble

\$3.70 - 180g

Juicy stewed apples with golden baked butter crumble

FR LS GF HF 300



#171 - Strawberry Cheesecake

\$3.70 - 140g

Delicious strawberry cheesecake with a fresh strawberry coulis

LS GF 468



#182 - Sticky Date Pudding

\$3.70 - 160g

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

SR GF HF 458



#172 - Tiramisu

\$3.70 - 140g

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

SR GF 401



#186 - Fruit Pavlova

\$3.70 - 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 – 4:30pm

All orders will need to be submitted by 4:30pm 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 – 4:30pm. 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 delivery fee



Registered NDIS Provider

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 applies per delivery. For the NSW Northern Rivers areas down to Ballina, different minimum delivery orders 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.



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*minimum order applies