

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

**AUGUST 2026**

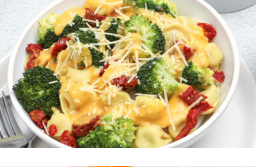
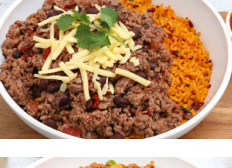
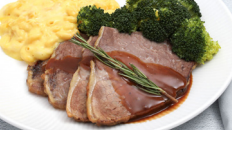


# Healthy Eating *Made Easy*



Ask about our special pricing for Support at Home packages and NDIS plans  
**1300 112 112 or [gourmetmeals.com.au](http://gourmetmeals.com.au)**

## Large Meals Range from 330g – 380g

|                |                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                           |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>BEEF</b>    |  <p><b>#54 - Spaghetti Meatballs</b><br/> <b>\$12.50</b> - 380g<br/>           Spaghetti with beef meatballs in a deliciously rich tomato sauce topped with cheddar and parmesan cheese<br/>           HP G HF 600</p>           | <b>SEAFOOD</b>  <p><b>#65 - Prawn &amp; Chorizo Pasta</b><br/> <b>\$12.50</b> - 360g<br/>           Prawns and chorizo with mixed vegetables and spaghetti, in a rich and creamy tomato sauce<br/>           HP G HF 532</p>            |
| <b>CHICKEN</b> |  <p><b>#55 - Chicken Parmigiana</b><br/> <b>\$12.50</b> - 350g Chicken schnitzel topped with tomato sauce and cheddar cheese served with roast potatoes, cauliflower, broccoli and carrots<br/>           HP HF G 481</p>        | <b>VEGAN</b>  <p><b>#581 - Brown Rice Vegi Patties</b><br/> <b>\$12.50</b> - 350g Brown rice and vegi patties in a chunky tomato based sauce with a potato/sweet potato stack &amp; green beans<br/>           LP DF GF HF Ve 399</p>   |
| <b>CHICKEN</b> |  <p><b>#56 - BBQ Chicken</b><br/> <b>\$12.50</b> - 340g<br/>           Succulent chicken thigh pieces in a sweet bbq sauce served with roast potato and sweet potato, green beans<br/>           DF HP GF HF 513</p>             | <b>VEGETARIAN</b>  <p><b>#582 - Creamy Pesto Pasta</b><br/> <b>\$12.50</b> - 350g Penne pasta in a smooth and creamy pesto sauce, combined with vegetables, parmesan, and a sprinkling of fetta cheese<br/>           LP HF G V 677</p> |
| <b>SEAFOOD</b> |  <p><b>#57 - Salmon in Chive Sauce</b><br/> <b>\$15.80</b> - 330g<br/>           Tasmanian fillet of salmon in a creamy chive sauce, a potato stack, Asian greens, beans and broccoli<br/>           HP GF 381</p>               | <b>VEGETARIAN</b>  <p><b>#583 - Spinach &amp; Ricotta Tortellini</b><br/> <b>\$12.50</b> - 380g<br/>           Served in a creamy pumpkin sauce with broccoli, parmesan and sundried tomato<br/>           LP HF G V 505</p>            |
| <b>SEAFOOD</b> |  <p><b>#59 - Barramundi Lemon Butter</b><br/> <b>\$12.50</b> - 360g<br/>           Steamed barramundi fillet in a lemon and dill sauce served with cauliflower, broccoli, carrots and basmati rice<br/>           HP GF 440</p> | <b>VEGETARIAN</b>  <p><b>#585 - Mushroom Casserole</b><br/> <b>\$12.50</b> - 360g<br/>           A tasty cream of mushroom casserole served with mashed potatoes, spinach and carrots<br/>           GF LP HF V 297</p>                |
| <b>BEEF</b>    |  <p><b>#61 - Mexican Beef &amp; Beans</b><br/> <b>\$12.50</b> - 380g<br/>           Mildly spiced beef mince with black beans and corn in a rich tomato salsa, served with basmati rice<br/>           HP GF 518</p>           | <b>VEGAN</b>  <p><b>#586 - Spaghetti Veganise</b><br/> <b>\$12.50</b> - 375g A delicious plant-based alternative to spaghetti bolognese with leek, zucchini and eggplant<br/>           LF LP DF G HF Ve 394</p>                      |
| <b>LAMB</b>    |  <p><b>#62 - Lamb Keema Curry</b><br/> <b>\$12.50</b> - 360g<br/>           Tender lamb mince in a mild curry with chickpeas, cauliflower and peas, served with basmati rice<br/>           HP GF HF 416</p>                   | <b>VEGAN</b>  <p><b>#587 - Coconut Dahl</b><br/> <b>\$12.50</b> - 370g A flavoursome red lentil dahl made with coconut milk, basmati rice, spinach and mango chutney<br/>           LP DF GF HF Ve 590</p>                            |
| <b>BEEF</b>    |  <p><b>#63 - BBQ Beef Brisket</b><br/> <b>\$12.50</b> - 380g<br/>           Tender slow-cooked beef brisket in a smoky BBQ sauce, served with creamy macaroni and cheese and a side of broccoli<br/>           HP G 456</p>    |                                                                                                                                                                                                                                                                                                                           |

## Regular Meals Range from 280g – 300g

|                |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                            |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>CHICKEN</b> |  <p><b>#217 - Butter Chicken</b><br/> <b>\$10.20</b> - 300g<br/>           Chicken pieces in a spiced tomato, butter and cream sauce with spinach and basmati rice<br/>           HP GF 483</p>                          | <b>BEEF</b>  <p><b>#225 - Spaghetti Bolognese</b><br/> <b>\$10.20</b> - 300g<br/>           Spaghetti with a rich traditional meat sauce topped with cheddar and parmesan cheese<br/>           HP G HF 325</p>        |
| <b>SEAFOOD</b> |  <p><b>#220 - Barramundi Fillet</b><br/> <b>\$10.80</b> - 285g<br/>           Steamed barramundi fillet topped with lemon butter sauce, medley of vegetables and butter roasted potatoes<br/>           HP GF HF 296</p> | <b>CHICKEN</b>  <p><b>#230 - Chicken Carbonara</b><br/> <b>\$10.20</b> - 300g<br/>           Succulent chicken breast pieces and diced bacon with pasta, in a rich and creamy cheese sauce<br/>           HP G 389</p> |

## Regular Meals Range from 280g - 300g

|                |                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                   |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>CHICKEN</b> |  <p><b>#232 - Korean Chicken</b><br/><b>\$10.20</b> - 300g</p> <p>Korean style chicken mince in a sweet soy &amp; sesame sauce, served with rice and vegetables</p> <p>DF GF HP 361</p>                  | <b>SEAFOOD</b>  <p><b>#250 - Garlic Prawns</b><br/><b>\$10.80</b> - 300g</p> <p>Prawns in a creamy garlic sauce served with rice, broccoli, cauliflower, and carrots</p> <p>LP GF 326</p>                                       |
| <b>CHICKEN</b> |  <p><b>#234 - Sweet &amp; Sour Chicken</b><br/><b>\$10.20</b> - 300g</p> <p>Succulent chicken pieces in a sweet and sour sauce with carrots, capsicum, beans and steamed rice</p> <p>DF LF HP GF 354</p> | <b>BEEF</b>  <p><b>#253 - Beef Rissolos</b><br/><b>\$10.80</b> - 300g</p> <p>Beef rissolos in a rich tomato sauce served with green beans, carrots, corn and potato bake</p> <p>LP GF HF 481</p>                                |
| <b>BEEF</b>    |  <p><b>#235 - Beef Stroganoff</b><br/><b>\$10.80</b> - 300g</p> <p>Tender strips of lean beef in a creamy mushroom sauce with basmati rice and vegetables</p> <p>HP GF 378</p>                           | <b>BEEF</b>  <p><b>#254 - Corned Beef</b><br/><b>\$10.80</b> - 300g</p> <p>Traditional corned beef with a white mustard sauce, carrots, cauliflower, broccoli and mash</p> <p>HP GF 361</p>                                     |
| <b>BEEF</b>    |  <p><b>#238 - Cottage Pie</b><br/><b>\$10.20</b> - 300g</p> <p>Savoury mince mixed with carrots, peas and zucchini, topped with a creamy mash and cheese</p> <p>HP GF HF 358</p>                         | <b>BEEF</b>  <p><b>#256 - Mince &amp; Potato Bake</b><br/><b>\$10.20</b> - 300g</p> <p>Hearty mince with kale, zucchini, cauliflower, capsicum, carrots, peas and potato bake topped with grated cheese</p> <p>HP GF HF 368</p> |
| <b>BEEF</b>    |  <p><b>#241 - Slow Cooked Beef</b><br/><b>\$10.80</b> - 290g</p> <p>Tender slow cooked beef topped with a rich gravy, served with peas, carrots and mashed potatoes</p> <p>DF HP GF 293</p>             | <b>CHICKEN</b>  <p><b>#260 - Honey Soy Chicken</b><br/><b>\$10.20</b> - 300g</p> <p>Sweet oven roasted honey soy chicken chunks on a bed of tasty stir fried rice</p> <p>DF HP GF 381</p>                                      |
| <b>LAMB</b>    |  <p><b>#242 - Lamb Roast</b><br/><b>\$10.80</b> - 285g</p> <p>Lamb roast with mint gravy, mixed vegetables, pumpkin and roasted chats potatoes</p> <p>DF HP GF HF 362</p>                              | <b>SEAFOOD</b>  <p><b>#266 - Curry Prawns</b><br/><b>\$10.80</b> - 300g</p> <p>Succulent prawns in a mild curry sauce with a medley of Asian greens and basmati rice</p> <p>LP GF 360</p>                                     |
| <b>PORK</b>    |  <p><b>#243 - Pork Roast</b><br/><b>\$10.80</b> - 290g</p> <p>Pork roast in a rich apple gravy, pumpkin mash, roast potatoes, sweet potato and mixed seasonal vegetables</p> <p>HP GF HF 324</p>       | <b>LAMB</b>  <p><b>#270 - Lamb Moussaka</b><br/><b>\$10.80</b> - 280g</p> <p>Greek lamb in rich tomato sauce, layered with eggplant, zucchini and potatoes, topped with a creamy cheddar bechamel</p> <p>HP GF HF 366</p>     |
| <b>CHICKEN</b> |  <p><b>#245 - Roast Chicken Breast</b><br/><b>\$10.20</b> - 300g</p> <p>Succulent roast chicken breast served with a gravy, creamed potatoes, carrots and peas</p> <p>HP GF HF 288</p>                 | <b>VEGETARIAN</b>  <p><b>#436 - Vegetable Mornay</b><br/><b>\$10.20</b> - 285g</p> <p>Vegetable mornay with mixed vegetables in a creamy sauce, topped with cheese</p> <p>LP GF HF V 288</p>                                  |

## Reference Symbols



Dairy Free



Light Protein



Low Fat



Low Salt



High Protein



Contains Gluten



Gluten Free



High Fibre



Vegan



Vegetarian



Calories

## Soups Range from 180g – 200g



### #91 - Pumpkin Soup

**\$3.95** - 180g

A delicious rich cream of pumpkin soup

LF LS GF HF 89



### #92 - Vegetable Soup

**\$3.95** - 180g

A creamy vegetable soup

LF GF HF 91



### #93 - Ham & Pea Soup

**\$3.95** - 180g

Thick pea soup flavoured with ham

DF LF GF HF 138



### #94 - Potato & Leek Soup

**\$3.95** - 200g

A creamy potato and leek soup

LF GF 123

## Desserts Range from 130g – 185g



### #170 - Bread & Butter Pudding

**\$5.10** - 185g

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

LS GF 438



### #171 - Strawberry Cheesecake

**\$5.10** - 140g

Delicious strawberry cheesecake with a fresh strawberry coulis

GF 490



### #172 - Tiramisu

**\$5.10** - 140g

Vanilla sponge soaked in espresso and orange syrup, covered in coffee flavoured cream cheese

GF 432



### #173 - Apple Crumble

**\$5.10** - 170g

Juicy stewed apples with sultanas topped with golden baked butter crumble

HF LS GF 340



### #174 - Banana-Misu

**\$5.10** - 140g

A decadent layered dessert of soft sponge, creamy banana cheesecake, rich caramel sauce and golden crumble

LS GF 405



### #181 - Sticky Date & Custard

**\$5.10** - 160g

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

GF 351



### #186 - Fruit Pavlova

**\$5.10** - 130g

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

LS GF 276

Gourmet Meals are sold in selected independent stores, go online to check store locations  
[gourmetmeals.com.au/stockists-map](http://gourmetmeals.com.au/stockists-map)

## Ordering

Online at [gourmetmeals.com.au](http://gourmetmeals.com.au)

Call 1300 112 112 or (07) 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 Coast and Tweed Coast—a minimum order of \$65 is required and a delivery fee of \$9.50 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 and 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.

## Offers

Please contact our office for current offers and promotions.



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. Check out our NDIS page [gourmetmeals.com.au/ndis](http://gourmetmeals.com.au/ndis)



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\*minimum order applies