

Gourmet Meals SAH Price List

UPDATED NOVEMBER 2025

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www.gourmetmeals.com.au



Code	Product	Dietary	Grams	Price	Client 30%	Agency 70%
Large Meals						
50.	Creamy Rissoles		360	\$13.90	\$4.17	\$9.73
52.	Bangers & Mash	(LP)	380	\$13.90	\$4.17	\$9.73
53.	BBQ Sausages		360	\$13.90	\$4.17	\$9.73
54.	Spaghetti Meatballs	(G)	370	\$13.90	\$4.17	\$9.73
55.	Chicken Parmigiana	(G)	350	\$13.90	\$4.17	\$9.73
56.	BBQ Chicken		340	\$13.90	\$4.17	\$9.73
57.	Salmon in Chive Sauce		330	\$17.50	\$5.25	\$12.25
58.	Whiting & Wedges	(G)	350	\$13.90	\$4.17	\$9.73
59.	Barramundi Lemon Butter		360	\$13.90	\$4.17	\$9.73
Vegetarian/Vegan						
581.	Brown Rice Vegi Patties	(VE) (LP)	350	\$13.90	\$4.17	\$9.73
582.	Creamy Pesto Pasta	(G) (V) (LP)	350	\$13.90	\$4.17	\$9.73
585.	Mushroom Casserole	(V) (LP)	350	\$13.90	\$4.17	\$9.73
586.	Spaghetti Veganaise	(G) (VE) (LP)	350	\$13.90	\$4.17	\$9.73
587.	Coconut Dahl	(VE) (LP)	350	\$13.90	\$4.17	\$9.73
588.	Vegetarian Parmi	(G) (V) (LP)	350	\$13.90	\$4.17	\$9.73
589.	Creamy Meatballs	(G) (VE) (LP)	350	\$13.90	\$4.17	\$9.73
Soups/Sides						
91.	Pumpkin Soup		180	\$4.40	\$1.32	\$3.08
92.	Vegetable Soup		180	\$4.40	\$1.32	\$3.08
93.	Ham & Pea Soup		180	\$4.40	\$1.32	\$3.08
94.	Potato & Leek Soup		180	\$4.40	\$1.32	\$3.08
107.	Fried Rice	(SN)	160	\$5.60	\$1.68	\$3.92
Pureed						
F560.	Lamb Roast Pureed	(LP)	350	\$13.90	\$4.17	\$9.73
F561.	Chicken Mushroom Pureed	(LP)	350	\$13.90	\$4.17	\$9.73
F562.	Roast Beef Pureed	(LP)	350	\$13.90	\$4.17	\$9.73
F563.	Corned Beef Pureed	(LP)	350	\$13.90	\$4.17	\$9.73
F564.	Roast Chicken Pureed	(LP)	350	\$13.90	\$4.17	\$9.73
F565.	Lamb Casserole Pureed	(LP)	350	\$13.90	\$4.17	\$9.73
F566.	Cottage Pie Pureed	(LP)	350	\$13.90	\$4.17	\$9.73
F567.	Pork Roast Pureed	(LP)	350	\$13.90	\$4.17	\$9.73
F568.	Barramundi Pureed	(LP)	350	\$13.90	\$4.17	\$9.73

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Medium Meals						
217.	Butter Chicken		300	\$11.29	\$3.39	\$7.90
220.	Barramundi Fillet		285	\$11.97	\$3.59	\$8.38
225.	Spaghetti Bolognaise	(G)	300	\$11.29	\$3.39	\$7.90
231.	Lamb Casserole		310	\$11.97	\$3.59	\$8.38
233.	Beef Casserole		300	\$11.29	\$3.39	\$7.90
234.	Sweet & Sour Chicken		315	\$11.29	\$3.39	\$7.90
235.	Beef Stroganoff		300	\$11.97	\$3.59	\$8.38
238.	Cottage Pie		300	\$11.29	\$3.39	\$7.90
241.	Slow Cooked Beef Roast		290	\$11.97	\$3.59	\$8.38
242.	Lamb Roast		285	\$11.97	\$3.59	\$8.38
243.	Pork Roast		290	\$11.97	\$3.59	\$8.38
245.	Roast Chicken Breast		300	\$11.29	\$3.39	\$7.90
250.	Garlic Prawns	(LP)	300	\$11.97	\$3.59	\$8.38
251.	Steak & Kidney		300	\$11.97	\$3.59	\$8.38
253.	Beef Rissoles	(LP)	300	\$11.29	\$3.39	\$7.90
254.	Corned Beef		300	\$11.97	\$3.59	\$8.38
256.	Mince & Potato Bake		300	\$11.29	\$3.39	\$7.90
260.	Honey Soy Chicken		300	\$11.29	\$3.39	\$7.90
266.	Curry Prawns	(LP)	300	\$11.97	\$3.59	\$8.38
436.	Vegetable Mornay	(SN)	285	\$11.29	\$3.39	\$7.90
Desserts						
170.	Bread & Butter Pudding		170	\$5.60	\$1.68	\$3.92
171.	Strawberry Cheesecake		140	\$5.60	\$1.68	\$3.92
172.	Tiramisu		140	\$5.60	\$1.68	\$3.92
173.	Apple Crumble		180	\$5.60	\$1.68	\$3.92
181.	Sticky Date Pudding		160	\$5.60	\$1.68	\$3.92
186.	Fruit Pavlova		130	\$5.60	\$1.68	\$3.92

(G) Contains Gluten

(VE) Vegan

(V) Vegetarian

(LP) Light Protein Meal

(SN) Snack/ Side Dish

Minimum order of \$78 required

Agency Minimum \$54.60

Customer Minimum \$23.40