

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

**AUGUST 2026**



**SAH/NDIS MENU**

# Healthy Eating *Made Easy*



Support at Home and NDIS funded meal options  
**1300 112 112 or [gourmetmeals.com.au](http://gourmetmeals.com.au)**

## MAIN MEALS Range from 330g – 380g

|      |     |                                                                                                                                                                                                                                                                       |     |                                                                                                                                                                                                                                                          |
|------|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| BEEF | #54 | <b>Spaghetti Meatballs</b> - 380g<br><b>\$4.26</b> (30% out of pocket cost)<br>\$14.20 (full cost) - \$9.94 (70% funded)<br>Spaghetti with beef meatballs in a deliciously rich tomato sauce topped with cheddar and parmesan cheese<br>HP G HF 600                   | #61 | <b>Mexican Beef &amp; Beans</b> - 380g<br><b>\$4.26</b> (30% out of pocket cost)<br>\$14.20 (full cost) - \$9.94 (70% funded)<br>Mildly spiced beef mince with black beans and corn in a rich tomato salsa, served with basmati rice<br>HP GF 518        |
|      | #55 | <b>Chicken Parmigiana</b> - 350g<br><b>\$4.26</b> (30% out of pocket cost)<br>\$14.20 (full cost) - \$9.94 (70% funded)<br>Chicken schnitzel topped with tomato sauce and cheddar cheese served with roast potatoes, cauliflower, broccoli and carrots<br>HP G HF 481 | #62 | <b>Lamb Keema Curry</b> - 360g<br><b>\$4.26</b> (30% out of pocket cost)<br>\$14.20 (full cost) - \$9.94 (70% funded)<br>Tender lamb mince in a mild curry with chickpeas, cauliflower and peas, served with basmati rice<br>HP GF HF 416                |
|      | #56 | <b>BBQ Chicken</b> - 340g<br><b>\$4.26</b> (30% out of pocket cost)<br>\$14.20 (full cost) - \$9.94 (70% funded)<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                     | #63 | <b>BBQ Beef Brisket</b> - 380g<br><b>\$4.26</b> (30% out of pocket cost)<br>\$14.20 (full cost) - \$9.94 (70% funded)<br>Tender slow-cooked beef brisket in a smoky BBQ sauce, served with creamy macaroni and cheese and a side of broccoli<br>G HP 456 |
|      | #57 | <b>Salmon in Chive Sauce</b> - 330g<br><b>\$5.25</b> (30% out of pocket cost)<br>\$17.50 (full cost) - \$12.25 (70% funded)<br>Tasmanian fillet of salmon in a creamy chive sauce, a potato stack, Asian greens, beans and broccoli<br>HP GF 381                      | #65 | <b>Prawn &amp; Chorizo Pasta</b> - 360g<br><b>\$4.26</b> (30% out of pocket cost)<br>\$14.20 (full cost) - \$9.94 (70% funded)<br>Prawns and chorizo with mixed vegetables and spaghetti, in a rich and creamy tomato sauce<br>HP G HF 532               |
|      | #59 | <b>Barramundi Lemon Butter</b> - 360g<br><b>\$4.26</b> (30% out of pocket cost)<br>\$14.20 (full cost) - \$9.94 (70% funded)<br>Steamed barramundi fillet in a lemon and dill sauce served with cauliflower, broccoli, carrots and basmati rice<br>HP GF 440          |     |                                                                                                                                                                                                                                                          |

## VEGETARIAN / VEGAN Range from 350g – 380g

These meals are lighter in protein than our other meals, for a balanced meal consider pairing it with a nourishing soup and dessert

|       |      |                                                                                                                                                                                                                                                                 |      |                                                                                                                                                                                                                                              |
|-------|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| VEGAN | #581 | <b>Brown Rice Vegi Patties</b> - 350g<br><b>\$4.26</b> (30% out of pocket cost)<br>\$14.20 (full cost) - \$9.94 (70% funded)<br>Brown rice and vegi patties in a chunky tomato based sauce with a potato/sweet potato stack & green beans<br>LP DF GF HF V 399  | #585 | <b>Mushroom Casserole</b> - 360g<br><b>\$4.26</b> (30% out of pocket cost)<br>\$14.20 (full cost) - \$9.94 (70% funded)<br>A tasty cream of mushroom casserole served with mashed potatoes, spinach and carrots<br>LP HF V GF 297            |
|       | #582 | <b>Creamy Pesto Pasta</b> - 350g<br><b>\$4.26</b> (30% out of pocket cost)<br>\$14.20 (full cost) - \$9.94 (70% funded)<br>Penne pasta in a smooth and creamy pesto sauce, combined with vegetables, parmesan, and a sprinkling of feta cheese<br>LP G HF V 677 | #586 | <b>Spaghetti Veganaise</b> - 375g<br><b>\$4.26</b> (30% out of pocket cost)<br>\$14.20 (full cost) - \$9.94 (70% funded)<br>A delicious plant-based alternative to spaghetti bolognese with leek, zucchini and eggplant<br>LP DF GF HF V 394 |
|       | #583 | <b>Spinach &amp; Ricotta Tortellini</b> - 380g<br><b>\$4.26</b> (30% out of pocket cost)<br>\$14.20 (full cost) - \$9.94 (70% funded)<br>Served in a creamy pumpkin sauce with broccoli, parmesan and sundried tomato<br>LP G V HF 505                          | #587 | <b>Coconut Dahl</b> - 370g<br><b>\$4.26</b> (30% out of pocket cost)<br>\$14.20 (full cost) - \$9.94 (70% funded)<br>A flavoursome red lentil dahl made with coconut milk, basmati rice, spinach and mango chutney<br>LP DF GF HF V 590      |

# REGULAR MEALS Range from 280g – 300g

|         |                                                                                                                |                                                                                                                                                                                                                                                                                                                                                 |         |                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                         |
|---------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| CHICKEN | <div>#217</div> <div></div>   | <div>Butter Chicken - 300g</div> <div><div>\$3.51 (30% out of pocket cost)</div><div>\$11.70 (full cost) - \$8.19 (70% funded)</div></div> <div>Chicken pieces in a spiced tomato, butter and cream sauce with spinach and basmati rice</div> <div><div>HP</div><div>GF</div><div>483</div></div>                                               | BEEF    | <div>#241</div> <div></div>   | <div>Slow Cooked Beef - 290g</div> <div><div>\$3.69 (30% out of pocket cost)</div><div>\$12.30 (full cost) - \$8.61 (70% funded)</div></div> <div>Tender slow cooked beef topped with a rich gravy, served with peas, carrots and mashed potatoes</div> <div><div>HP</div><div>DF</div><div>GF</div><div>293</div></div>                                                                                |
|         | <div>#220</div> <div></div>   | <div>Barramundi Fillet - 285g</div> <div><div>\$3.69 (30% out of pocket cost)</div><div>\$12.30 (full cost) - \$8.61 (70% funded)</div></div> <div>Steamed barramundi fillet topped with lemon butter sauce, medley of vegetables and butter roasted potatoes</div> <div><div>HP</div><div>GF</div><div>HF</div><div>296</div></div>            |         | <div>#242</div> <div></div>   | <div>Lamb Roast - 285g</div> <div><div>\$3.69 (30% out of pocket cost)</div><div>\$12.30 (full cost) - \$8.61 (70% funded)</div></div> <div>Lamb roast with mint gravy, mixed vegetables, pumpkin and roasted chats potatoes</div> <div><div>DF</div><div>HP</div><div>GF</div><div>HF</div><div>362</div></div>                                                                                        |
| SEAFOOD | <div>#225</div> <div></div>   | <div>Spaghetti Bolognese - 300g</div> <div><div>\$3.51 (30% out of pocket cost)</div><div>\$11.70 (full cost) - \$8.19 (70% funded)</div></div> <div>Spaghetti with a rich traditional meat sauce topped with cheddar and parmesan cheese</div> <div><div>HP</div><div>G</div><div>HF</div><div>325</div></div>                                 | LAMB    | <div>#243</div> <div></div>   | <div>Pork Roast - 290g</div> <div><div>\$3.69 (30% out of pocket cost)</div><div>\$12.30 (full cost) - \$8.61 (70% funded)</div></div> <div>Pork roast in a rich apple gravy, pumpkin mash, roast potatoes, sweet potato and mixed seasonal vegetables</div> <div><div>HP</div><div>GF</div><div>HF</div><div>324</div></div>                                                                           |
| BEEF    | <div>#230</div> <div></div>  | <div>Chicken Carbonara - 300g</div> <div><div>\$3.51 (30% out of pocket cost)</div><div>\$11.70 (full cost) - \$8.19 (70% funded)</div></div> <div>Succulent chicken breast pieces, diced bacon with pasta in a creamy cheese sauce</div> <div><div>HP</div><div>G</div><div>389</div></div>                                                    |         | <div>#245</div> <div></div>  | <div>Roast Chicken Breast - 300g</div> <div><div>\$3.51 (30% out of pocket cost)</div><div>\$11.70 (full cost) - \$8.19 (70% funded)</div></div> <div>Succulent roast chicken breast served with a gravy, creamed potatoes, carrots and peas</div> <div><div>HP</div><div>GF</div><div>HF</div><div>288</div></div>                                                                                     |
| CHICKEN | <div>#232</div> <div></div> | <div>Korean Chicken - 300g</div> <div><div>\$3.51 (30% out of pocket cost)</div><div>\$11.70 (full cost) - \$8.19 (70% funded)</div></div> <div>Korean style chicken mince in a sweet soy &amp; sesame sauce, served with rice and vegetables</div> <div><div>DF</div><div>HP</div><div>GF</div><div>361</div></div>                            | CHICKEN | <div>#254</div> <div></div> | <div>Corned Beef - 300g</div> <div><div>\$3.69 (30% out of pocket cost)</div><div>\$12.30 (full cost) - \$8.61 (70% funded)</div></div> <div>Traditional corned beef with a white mustard sauce, carrots, cauliflower, broccoli and mash</div> <div><div>HP</div><div>GF</div><div>361</div></div>                                                                                                      |
| CHICKEN | <div>#234</div> <div></div> | <div>Sweet &amp; Sour Chicken - 300g</div> <div><div>\$3.51 (30% out of pocket cost)</div><div>\$11.70 (full cost) - \$8.19 (70% funded)</div></div> <div>Succulent chicken pieces in a sweet and sour sauce with carrots, capsicum, beans and steamed rice</div> <div><div>DF</div><div>HP</div><div>LF</div><div>GF</div><div>354</div></div> |         | <div>#256</div> <div></div> | <div>Mince and Potato Bake - 300g</div> <div><div>\$3.51 (30% out of pocket cost)</div><div>\$11.70 (full cost) - \$8.19 (70% funded)</div></div> <div>Hearty mince with kale, zucchini, cauliflower, capsicum, carrots, peas and potato bake topped with grated cheese</div> <div><div>HP</div><div>GF</div><div>HF</div><div>368</div></div>                                                          |
| CHICKEN | <div>#235</div> <div></div> | <div>Beef Stroganoff - 300g</div> <div><div>\$3.69 (30% out of pocket cost)</div><div>\$12.30 (full cost) - \$8.61 (70% funded)</div></div> <div>Tender strips of lean beef in a creamy mushroom sauce with basmati rice and vegetables</div> <div><div>HP</div><div>GF</div><div>378</div></div>                                               | BEEF    | <div>#260</div> <div></div> | <div>Honey Soy Chicken - 300g</div> <div><div>\$3.51 (30% out of pocket cost)</div><div>\$11.70 (full cost) - \$8.19 (70% funded)</div></div> <div>Sweet oven roasted honey soy chicken chunks on a bed of tasty stir fried rice</div> <div><div></div><div>DF</div><div>HP</div><div>GF</div><div>381</div></div> |
| BEEF    | <div>#238</div> <div></div> | <div>Cottage Pie - 300g</div> <div><div>\$3.51 (30% out of pocket cost)</div><div>\$11.70 (full cost) - \$8.19 (70% funded)</div></div> <div>Savoury mince mixed with carrots, peas and zucchini, topped with a creamy mash and cheese</div> <div><div>HP</div><div>GF</div><div>HF</div><div>358</div></div>                                   |         | <div>#270</div> <div></div> | <div>Lamb Moussaka - 280g</div> <div><div>\$3.69 (30% out of pocket cost)</div><div>\$12.30 (full cost) - \$8.61 (70% funded)</div></div> <div>Greek lamb in rich tomato sauce, layered with eggplant, zucchini and potatoes, topped with a creamy cheddar bechamel</div> <div><div>HP</div><div>GF</div><div>HF</div><div>366</div></div>                                                              |
| BEEF    |                                                                                                                |                                                                                                                                                                                                                                                                                                                                                 | LAMB    |                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                         |

## LIGHT PROTEIN MEALS Range from 285g – 300g

These meals are lighter in protein than our other meals, for a balanced meal consider pairing it with a nourishing soup and dessert.

|         |                                                                                                  |                                                                                                                                                                                                                                   |         |                                                                                                   |                                                                                                                                                                                                                         |
|---------|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SEAFOOD | <b>#250</b><br> | <b>Garlic Prawns - 300g</b><br><b>\$3.69</b> (30% out of pocket cost)<br>\$12.30 (full cost) - \$8.61 (70% funded)<br>Prawns in a creamy garlic sauce served with rice, broccoli, cauliflower, and carrots<br>LP GF 326           | SEAFOOD | <b>#266</b><br> | <b>Curry Prawns - 300g</b><br><b>\$3.69</b> (30% out of pocket cost)<br>\$12.30 (full cost) - \$8.61 (70% funded)<br>Succulent prawns in a mild curry sauce with a medley of Asian greens and basmati rice<br>LP GF 360 |
|         | <b>#253</b><br> | <b>Beef Rissoles - 300g</b><br><b>\$3.69</b> (30% out of pocket cost)<br>\$12.30 (full cost) - \$8.61 (70% funded)<br>Beef rissoles in a rich tomato sauce served with green beans, carrots, corn and potato bake<br>LP GF HF 481 |         | VEGETARIAN                                                                                        | <b>#436</b><br>                                                                                                                       |

## SOUPS Range from 180g – 200g

These are suitable to be paired with a light protein meal

|      |                                                                                                   |                                                                                                                                                                              |      |                                                                                                   |                                                                                                                                                                                |
|------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| SOUP | <b>#91</b><br>  | <b>Pumpkin Soup - 180g</b><br><b>\$1.49</b> (30% out of pocket cost)<br>\$4.95 (full cost) - \$3.47 (70% funded)<br>A delicious rich cream of pumpkin soup<br>LP GF HF LS 89 | SOUP | <b>#93</b><br> | <b>Ham &amp; Pea Soup - 180g</b><br><b>\$1.49</b> (30% out of pocket cost)<br>\$4.95 (full cost) - \$3.47 (70% funded)<br>Thick pea soup flavoured with ham<br>LP GF HF DF 138 |
|      | <b>#92</b><br> | <b>Vegetable Soup - 180g</b><br><b>\$1.49</b> (30% out of pocket cost)<br>\$4.95 (full cost) - \$3.47 (70% funded)<br>A creamy vegetable soup<br>LP GF HF 91                 |      | SOUP                                                                                              | <b>#94</b><br>                                                                             |

Reference  
Symbols



# DESSERTS\* Range from 130g – 185g

These are suitable to be paired with a light protein meal

|         |             |                                                                                                                                                                                                                                                          |         |             |                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                        |
|---------|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| DESSERT | <b>#170</b> | <b>Bread &amp; Butter Pudding</b> - 185g<br><b>\$1.83</b> (out of pocket cost)<br><b>\$6.10</b> (full cost) - \$4.27 (70% funded)<br>A traditional bread & butter pudding baked with a delicious custard, topped with toasted almond flakes<br>LS GF 438 | DESSERT | <b>#174</b> | <b>Banana-Misu</b> - 140g<br><b>\$1.83</b> (out of pocket cost)<br><b>\$6.10</b> (full cost) - \$4.27 (70% funded)<br>A decadent layered dessert of soft sponge, creamy banana cheesecake, rich caramel sauce and golden crumble<br>LS GF 405 |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                        |
|         | <b>#171</b> | <b>Strawberry Cheesecake</b> - 140g<br><b>\$1.83</b> (out of pocket cost)<br><b>\$6.10</b> (full cost) - \$4.27 (70% funded)<br>Delicious strawberry cheesecake with a fresh strawberry coulis<br>GF 490                                                 |         | DESSERT     | <b>#181</b>                                                                                                                                                                                                                                   | <b>Sticky Date &amp; Custard</b> - 160g<br><b>\$1.83</b> (out of pocket cost)<br><b>\$6.10</b> (full cost) - \$4.27 (70% funded)<br>A moist sponge cake, made with finely chopped dates, topped with a sticky caramel sauce and custard<br>GF 351 |                                                                                                                                                                                                                                        |
|         | <b>#172</b> | <b>Tiramisu</b> - 140g<br><b>\$1.83</b> (out of pocket cost)<br><b>\$6.10</b> (full cost) - \$4.27 (70% funded)<br>Vanilla sponge soaked in espresso and orange syrup, covered in coffee flavoured cream cheese<br>GF 432                                |         |             | DESSERT                                                                                                                                                                                                                                       | <b>#186</b>                                                                                                                                                                                                                                       | <b>Fruit Pavlova</b> - 130g<br><b>\$1.83</b> (out of pocket cost)<br><b>\$6.10</b> (full cost) - \$4.27 (70% funded)<br>A pavlova served with mango, strawberries, kiwifruit and cream, topped with a passionfruit coulis<br>LS GF 276 |
|         | <b>#173</b> | <b>Apple Crumble</b> - 170g<br><b>\$1.83</b> (out of pocket cost)<br><b>\$6.10</b> (full cost) - \$4.27 (70% funded)<br>Juicy stewed apples with sultanas topped with golden baked butter crumble<br>LS GF HF 340                                        |         |             |                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                        |

Please note NDIS funding does not cover desserts\*

Our meals are specifically designed to support the wellbeing of Australians, following national nutrition guidelines. We work with an Accredited Practising Dietitian to make sure we provide as many nourishing meals as we can to help maintain muscle strength and overall health. We focus on providing nutritious, wholesome meal solutions that support independent living. To assist you in meeting your nutritional needs where possible. Our pricing is simple and transparent, covering both administration and delivery costs. Under the Support at Home and NDIS programs, 70% of your order is covered by funding, with the remaining 30% being your out-of-pocket cost. There are no hidden fees, making it easy to enjoy healthy, convenient meals.



For more information on Support at Home and Gourmet Meals please view our website:  
<https://gourmetmeals.com.au/aged-care>



For more information on NDIS funding and Gourmet Meals please view our website:  
<https://gourmetmeals.com.au/ndis>

## Delivery Areas

For customers in Brisbane and selected outer suburbs including Caboolture, Ipswich, the Gold Coast and Tweed Coast, the minimum order is \$80, of which the customer pays \$24.00 (30%). For the Sunshine Coast and the NSW Northern Rivers region down to Ballina, the minimum order is \$150, of which the customer pays \$45 (30%). Same day delivery is not available. The 30% contribution includes 10% GST and may be subject to change without notice. Delivery days vary depending on the suburb you reside in; for more information, please contact our office or visit our website.



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\*minimum order applies



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