

2024 WINTER MENU



#415 - Beef Goulash (280g)

A hearty beef stew slow cooked in an aromatic sauce served with roast potatoes, Brussels sprouts and a creamy cauliflower bake

\$8.90 LF SR HP GF HF



#410 - Slow Cooked Lamb (280g)

Tender slow cooked lamb off the shank bone in a rich gravy with creamy mashed potato, carrots and peas

\$9.50 FR SR HP GF HF DF



#417 - Pork Roast with Apple Sauce (280g)

Tender pork roast served with apple sauce, potato wedges, broccoli, carrots and cauliflower

\$8.90 LF SR HP GF HF

Ordering

Monday to Friday 9:00am – 4:00pm
 Online at gourmetmeals.com.au

Call 1300 112 112 or 07 5529 3000

or pickup at 46/215 Brisbane Road,
 Biggera Waters

Meals available from 1st of June 2024
 until August 2024 or until stock lasts

2024 WINTER MENU



#414 - Honey Mustard Chicken (280g)

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

\$8.90

FR SR HP GF



#404 - Cajun Barramundi and Prawns (280g)

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

\$9.50

LF SR HP GF



#426 - Creamy Beef Patties (280g)

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

\$8.90

FR SR HF



#409 - Tandoori Chicken (280g)

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

\$8.90

FR LS HP GF



#184 - Apple Rhubarb (140g)

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

\$4.60

FR LS GF



#183 - Rice Pudding (180g)

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

\$4.60

FR LS GF

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

JULY 2024 WINTER GIVEAWAY

During the month of July, enjoy a **FREE** meal with every \$95* spent when you mention the code word **WINTER24**. **FREE** meal to the value of \$9.50

*Valid from 1st July 2024 until 31st July 2024. Excluding the delivery fee of \$8.90, not valid with any other offer. **FREE** meal to the value of \$9.50