



Let us take the stress out of preparing and creating weekly healthy meal prep for you!

## Wholesome Individual Home Meal Delivery Order Form

1/04/2020

Name phone

Todays Date email

Delivery address Delivery date

**Order form due by Monday morning by 10.00 am for Wed delivery and by Wednesday 10.00 am for Monday delivery**

<b>Soup</b>	<b>\$4.50</b>	Minimum 7 main meals per order	Quantity			
<b>Individual meal</b>	<b>\$11.00</b>		Week One	Week Two	Total Meals	Total Price \$
Additional 10% GST						

Braised porterhouse steak w, onions gravy w, mash (gf)					
Roast dinner of the day (gf)					
Beef and vegetable pot pie					
Chicken and vegetable pot pie					
Lamb, mint and potato pot pie					
Chicken and pumpkin curry -mild, steamed rice (gf)					
Beef and potato curry – mild, steamed rice (gf)					
Thai green chicken and vegetable curry – medium, steamed rice (gf)					
Thai red beef curry and vegetable – medium, steamed rice (gf)					
Curried sausages - mild, steamed rice (gf)					
Sticky pork belly stir fry, steamed rice (gf)					
Honey mustard chicken and beans, steamed rice (gf)					
Tasty chicken casserole, steamed rice					
Sweet chilli beef and vegetable stir fry noodles					
Honey soy chicken and vegetable stir fry noodles					
Beef stroganoff, steamed rice (gf)					
Chicken tagine, steamed rice (gf)					
Creamy Fettuccini Carbonara.					
Braised beef tortellini w, creamy white wine sauce					
Beef lasagne FROZEN ITEM					



## **Home Meal Information sheet**

All meals have a 3-4 day shelf life in the refrigerator and a 3 month freezer life.

All meals can be frozen (we would suggest however to order weekly as it does affect the quality slightly)

Make sure you thaw meals in the refrigerator the day before re- heating.

Microwave powers vary but as a guideline, crack one corner of the lid and heat meals on medium power for 2-3 mins or low for 4-5 mins.

Please contact our team if you have any questions

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