Wholesome Home Meals Menu Mixed 01/2/2026

Minimum one weeks' notice needed for orders. Minimum 4 trays per order.
Delivery fee applies to your area. Food is all delivered **cold.**
**additional charge applies for hot delivery requests **
Price is subject to 10% GST

Family Meal Trays

Foil tray meals. 2500ml Serves approx. 4-10 people.
minimum 4 meal trays per order

Roast Meats (1.2 kg of Cooked and sliced meat) Includes 1 x 650ml gravy

- Tender roast Beef sliced (gf) $109.00
- Slow cooked beef brisket (gf) $97.00
- Succulent roast Pork sliced (gf) $82.00
- Juicy roast Lamb sliced (gf) $119.00
- Moroccan marinated chicken tenderloin pieces (gf) (1.5kg) $76.00
- 650ml container of rich house gravy (gf) $7.00

Meat dishes

- Braised porterhouse steak w, onions gravy (gf) $89.00
- Beef and vegetable pot pie $62.00
- Beef and mushroom pot pie $62.00
- Chicken and vegetable pot pie $55.00
- Lamb, mint and potato pot pie $72.00
- Chicken and pumpkin curry -mild (gf) $52.95
- Beef and potato curry – mild (gf) $59.95
- Thai green chicken and vegetable curry – medium (gf) $53.95
- Thai red beef curry and vegetable – medium (gf) $62.00
- Curried sausages – mild (gf) $52.00
- Honey mustard chicken and beans (gf) $59.00
- Tasty chicken casserole $59.00
- Sweet chilli beef and vegetable stir fry noodles $60.00

- Honey soy chicken and vegetable stir fry noodles $56.00
- Chicken tagine (gf) $56.00
- Chicken cacciatore (gf) $59.00
- Beef stroganoff (gf) $62.00
- Creamy Fettuccini Carbonara $59.00
- Braised beef tortellini w, creamy white wine sauce $57.00
- Beef lasagne $59.50
- Snapper cacciatore (gf) $67.00

Vegetarian dishes

- Pumpkin and sage ravioli in a creamy tomato sauce(v) $55.00
- Vegetarian lasagne (v) $56.00
- Pumpkin and cauliflower curry – mild (gf)(v) $48.00
- Vegetable tagine (gf)(v) $50.00
- Creamy pesto spinach gnocchi (v) $59.00
- Creamy white wine mushroom gnocchi (v) $60.00
- Chunky vegetable pot pie (v) $49.50

Side dishes

- Creamy potato bake (gf) $47.50
- Cauliflower and broccoli gratin $50.00
- Honey mustard roasted root vegetables (gf) $46.50
- Macaroni cheese with bacon $48.00
- Steamed seasonal vegetable medley (gf) $40.00
- Seasoned roast pumpkin and Spanish onion (gf) $40.00

Side dishes $38.00

- Seasoned roast potato (gf)
- Honey orange roasted carrots, slithered almonds (gf)
- Seared red cabbage, shiraz jus, cranberries (gf)
- Roasted broccoli, confit garlic, slithered almonds (gf)

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Kids dishes

- Spaghetti and meatballs $48.00
- Tuna pasta bake $48.00
- Egg fried rice with honey soy chicken (gf) $49.50
- Macaroni cheese with bacon $48.00
- Cheesy tomato pasta bake $43.00

Salads

$45.00

- Cheesy coleslaw, red and green cabbage, carrot, Spanish onion, cheddar, mayo (gf)
- Traditional garden salad, mixed leaf, tomato, Cucumber, Spanish onion, Capsicum, Carrot, Italian dressing (gf)(vg)
- Garlic and fresh herb potato salad, Royal blue, fresh parsley, confit garlic, extra virgin olive oil (gf)(vg)

$47.00

- Asian slaw, savoy & red cabbage, capsicum, Julien carrot, snow peas spring onion, coriander, nuts, dressing (gf)(vg)
- Bacon rocket and parmesan salad, Crispy bacon, pine nuts, cherry tomatoes, parmesan, dressing (gf)
- Mexican slaw, savoy & red cabbage, capsicum, carrot, onion, charred corn, cilantro, lime dressing (gf)(vg)
- Thai rice noodle Salad, vermicelli, fresh herb and vegetable salad, peanuts, chili lime dressing (gf) (vg)

$50.00

- Classic Caesar, baby cos, crispy bacon, boiled egg, shaved parmesan garlic croutons, dressing
- Leafy Greek, feta, cucumber, tomato, Spanish onion, baby spinach, olives, herb red wine dressing (gf)
- Beetroot and feta, Baby Spinach, Candied walnut, sweet corn, Spanish onion, red wine vinegar (gf)(v)
- Provencal potato salad, garlic, parsley, capers, green olives, garlic Dijon vinegarette (gf)(vg)
- Creamy Potato Salad, Royal blue, bacon, egg, spring onion, Dijon, seeded mustard, mayo (gf)

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- Apple Salad, Baby Spinach, Apple, feta, candied walnuts, dried cranberries, Olive Oil, lemon juice(gf)
- Roast Pumpkin Risoni Pasta Salad, Feta, baby spinach, Spanish onion, honey mustard dressing (v)
- Mediterranean Pearl Cous Cous, Roasted capsicum, semi dried tomato, chilli, Spanish onion, olives, baby spinach, pesto (v)
- Moroccan pumpkin Cous Cous, Roast pumpkin and Spanish onion, baby spinach, feta, lemon dressing (v)
- Pesto bacon pasta salad, Penne, roasted cherry tomato & Spanish onion, red capsicum, pine nuts, baby spinach
- Tuna chili pasta salad, Penne, chilli, herbs, roasted cherry tomato, confit garlic, crunchy roasted broccoli, green onion
- Mexican Brown Rice Salad, Roasted capsicum, corn, black beans, Spanish Onion, cherry tomato, cilantro, jalapenos, spiced honey & lime dressing (gf)(vg)
- Roasted root vegetable Salad, Honey seeded mustard on a bed of rocket (gf)(v)
- Creamy Mexican slaw, savoy & red cabbage, capsicum, carrot, onion, charred corn, cilantro, black beans, jalapenos, creamy lime dressing (gf)(v)

$56.00 - $59.00

- Char Grilled zucchini and prosciutto salad, Parmesan, rocket, Spanish onion, red wine vinaigrette (gf)
- Quinoa & Chickpea Salad, Fresh parsley and garlic, green onion, tomato, cucumber, red capsicum, dressing (gf)(vg)
- Char-Grilled halloumi & Zucchini Salad, radish, semi dried tomato, rocket, pumpkin seed, yoghurt dressing (gf)(v)
- Marinated cherry tomato Bocconcini, prosciutto Salad, baby spinach, basil, balsamic glaze, basil evoo (gf)(v)
- Pear Rocket Salad, parmesan, candied walnuts, dried cranberry, honey seed mustard dressing (gf)
- Chorizo Zucchini and Pea pearl cous cous, Crispy chorizo, feta, cherry tomato, charred zucchini, peas, chili, dressing

<u>Desserts – 10 per tray</u>
Sticky Date Puddings w, butterscotch sauce **$55.00**
Individual choc mud pudding w, choc sauce **$55.00**

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Menu is subject to change and availability

Home Meals - Care Information

- All meals have a 3-day shelf life in the refrigerator and a 3-month freezer life.
- All meals can be frozen
- Make sure you thaw meals in the refrigerator the day before Heating.
- Foil trays- Remove lid and heat in oven. A general guide would be to cover with foil and heat on 170 for 25-35 mins **For cream-based dishes heat at 150-160 for 30 mins. **For roast meats, drizzle with the gravy before heating.

Please contact our team if you have any questions ☺

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