Wholesome Home Meals
Individual Container meals 01/02/2026
Minimum of 7 meals per order

Delivery Days
* No delivery on public holidays
Mondays or Tuesdays, at our discretion between 2.00 & 4.00pm -You will be notified of delivery date/day when your order is confirmed. -Orders must be in by 10 am Wednesday prior.
Discounted delivery fee CODE to use in checkout: HMD.

Food is delivered cold. Price is subject to 10% GST.
Weekly meal specials will be posted on our Facebook page.
https://www.facebook.com/ImpressionsHomeMeals

Meat dishes starting from $12.00

- Braised porterhouse steak, onion gravy, mash (gf) $15.50
- Beef sausages, mushroom and onion gravy, mash (gf) $12.50
- Roast dinner of the day (gf) $12.90
- Beef and vegetable pot pie $12.95
- Beef and mushroom pot pie $13.20
- Chicken and vegetable pot pie $12.50
- Lamb, mint and potato pot pie $13.00
- Chicken and pumpkin curry -mild, steamed rice (gf) $12.50
- Beef and potato curry – mild, steamed rice (gf) $12.95
- Thai green chicken and vegetable curry – medium, steamed rice (gf) $12.50
- Thai red beef curry and vegetable – medium, steamed rice (gf) $12.95
- Curried sausages - mild, steamed rice (gf) $12.00
- Sticky pork belly stir fry, steamed rice (gf) $12.50
- Honey mustard chicken and beans, steamed rice (gf) $12.50
- Tasty chicken casserole, steamed rice $12.50
- Sweet chilli beef and vegetable stir fry noodles $13.00
- Honey soy chicken and vegetable stir fry noodles $12.50

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- Hoisin pork belly and vegetable stir fry noodles $12.95
- Beef spaghetti Bolognaise with Parmesan $12.50
- Chicken tagine, steamed rice (gf) $12.50
- Chicken cacciatore, steamed rice (gf) $12.50
- Beef stroganoff, steamed rice (gf) $12.50
- Chicken stroganoff, steamed rice (gf) $12.00
- Creamy Fettuccini Carbonara $12.95
- Braised beef tortellini w, creamy white wine sauce $12.95
- Beef lasagne - Frozen Item $12.95
- Snapper cacciatore, steamed rice (gf) $13.50
- Grilled snapper, gremolata, garlic herb potato and peas (gf) $12.50
- Chili garlic prawns, Asian greens, steamed rice (gf) $13.50

<u>Vegetarian and Vegan dishes starting from $11.50</u>

- Pumpkin and sage ravioli in a creamy tomato sauce (v) $12.50
- Vegetarian lasagne - Frozen Item $12.50
- Pumpkin and cauliflower curry – mild, steamed rice (gf)(vg) $11.50
- Vegetable tagine, steamed rice (gf)(vg) $12.00
- Thai red vegetable tofu curry, steamed rice (gf)(vg) $12.00
- Creamy pesto spinach gnocchi (v) $14.25
- Honey soy tofu and vegetable stir fry noodles (v) $12.00
- Creamy white wine mushroom gnocchi (v) $14.50
- Chunky vegetable pot pie (v) $11.50
- Cauliflower and lentil stew with cashews (vg) $12.50
- Felafel, sweet potato mash, steamed vegetables (vg) $12.50
- Plant protein spaghetti Bolognese w, Parmesan (V) $12.50

- Vegetable soups 440 ml $4.95 - Frozen Item

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Balanced Meal Plan Options Starting from $12.95

- Mustard chicken breast, sweet potato, roasted vegetables (gf) 467 calories
- Chili lime chicken breast, brown rice, Asian greens (gf) 449 calories
- Spiced chicken breast, mixed beans, steamed greens (gf) 499 calories
- Herb crusted chicken breast, quinoa, steamed vegetables (gf) 475 calories
- Moroccan chicken breast, herbed lentils, raita, roasted veg (gf) 452 calories
- Spiced porterhouse steak, green lentils, steamed vegetables (gf) 532 calories $13.75
- Garlic and herb crusted steak, sweet potato, steamed vegetables (gf) 522 calories $13.75

Vegan/Vegetarian options$12.50

- Ratatouille, sweet potato, brown rice (gf) (vg) 450 calories
- Roasted vegetable stack, pesto, quinoa, steamed greens (gf) (vg) 450 calories
- Roasted curried cauliflower & chickpea, roasted veg, brown rice (gf)(vg) 517 calories

Desserts $5.50 each - Frozen Items – Subject to availability

- Sticky date pudding, butterscotch sauce
- Chocolate mud pudding, chocolate sauce
- Polenta lemon pudding, lemon drizzle
- Apple blueberry sponge pudding, berry compote
- Fresh Fruit salad, passion fruit pulp drizzle - **$6.90**

Menu is subject to change and availability.

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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.
- Heating– Biodegradable natural fibre containers are microwave safe - 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 ☺

0415 547 641
Info@impressionscatering.com.au