



Heat and Eat Meals

Freshly cooked, vacuum sealed and chilled. Our Heat & Eat Meals are designed for our members who want to enjoy a home cooked meal without all the fuss. Smaller servings to keep that price and wastage low for you.

Mains - \$12

Beef casserole

Served with Seasonal vegetables & mash Potatoes

Chicken Schnitzel

Crumbed chicken thigh with seasonal vegetables & Mash potatoes

Braised Pork

Served with seasonal vegetables & Mash potatoes

Roast Lamb

Served with Roast Potato, Kumara, Pumpkin & Seasonal vegetables

Chicken Lasagna

Served with fresh seasonal vegetables.

Stir-Fry vegetables with egg noodles

Dessert - \$6

Bread & Butter Pudding with Custard sauce

Creamed rice served with poached apricots

Tossed green salad with Tomato, Cucumber radish & Vinaigrette (small \$3 or large \$6)

Phone 07 865 8705 ext. 3 to place your order. Order must be made one day prior of intended delivery/pick up date.

Delivery fee - \$1 per item, maximum \$5 per delivery day.

Delivery available Wednesday, Friday & Sunday between 3-5pm

Pre-Order and Pick up available Wednesday and Friday only between 3-6pm