

Life tastes great



MENU BOOKLET



Nourish Gourmet Meals

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In home, office, hired venue, boat, picnics, parties, weddings & wakes

‘Nourish’ pre-prepared gourmet meals

‘Nourish’ pre-prepared gourmet meals are fresh or frozen and conveniently available for pick-up or delivery to your door.

With no preservatives or additives, ‘Nourish’ gourmet meals are made with all natural ingredients and are the perfect choice for a busy family and will save your time spent shopping, preparing and cooking. It’s the healthy alternative to fast food!

Gourmet meal choices are available in single or family size:

All fillings (*) can also be ordered as family size pies.

BEEF

- Beef Lasagna *
- Beef Burgundy
- Beef Massaman
- Beef Goulash
- Cottage Pie
- Chilli Con Carne
- Spaghetti Bolognese *

VEGETARIAN

- Spinach & Ricotta Cannelloni
- Spicy lentil Dhal
- Vegetarian Lasagna *

CHICKEN

- Buttermilk Chicken
- Chicken Cacciatore
- Chicken Casserole
- Moroccan chicken
- Chicken satay
- Green chicken curry

LAMB

- Moroccan Lamb
- Italian Lamb
- Lamb Rogan Josh
- Lamb Casserole

QUICHES

- Baby spinach, bacon, tomato & mushroom
- Pumpkin & fetta
- Blue cheese, caramelised onion & sage
- Ham, tomato & cheese

SIDES & SALADS

- Steamed rice
- Mashed potato
- Green salad
- Steamed mixed vegetables

* Not available as pie fillings