

Our meals are made to order and delivered fresh. With our skin pack technology, meals last up to 10 days in the fridge. We recommend smaller and more frequent orders. No preservatives, made with care using honest and real ingredients.

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www.mealcare.com.au



## Seafood

Retail Price HCP

- 01 Pan Fried Salmon** GF \$17.90 **\$5.37**  
with béarnaise sauce, mashed potato and greens
- 02 Herb Crusted Barramundi** \$16.90 **\$5.07**  
potato, seasonal vegetables and lemon sauce
- 03 Creamy Garlic Prawns** \$16.90 **\$5.07**  
with spinach and pasta
- 04 Baked Hoki Fish** GF \$14.90 **\$4.47**  
with roasted potatoes, vegetables and white sauce
- 05 Tuna Mornay** \$13.90 **\$4.17**  
with penne pasta, vegetables and cheese sauce

## Pasta

Retail Price HCP

- 06 Beef Lasagne** \$13.90 **\$4.17**  
slow cooked beef bolognese and bechamel
- 07 Fettucine Carbonara** \$13.90 **\$4.17**  
with bacon, mushrooms and fettucine in cream sauce
- 08 Spaghetti Meatballs** \$13.90 **\$4.17**  
beef meatballs, napoli and spaghetti
- 09 Pesto Chicken Pasta** \$14.90 **\$4.47**  
with sundried tomatoes, parmesan and penne
- 10 Penne Bolognese** \$13.90 **\$4.17**  
with shaved parmesan cheese
- 11 Pumpkin & Sage Ravioli** GF \$13.90 **\$4.17**  
in homestyle sauce with spinach
- 12 3 Cheese Macaroni** GF \$13.90 **\$4.17**  
with creamy sauce
- 13 Ricotta & Spinach Cannelloni** GF \$13.90 **\$4.17**  
with bechamel, napoli and mozzarella

## Roasts

Retail Price HCP

- 14 Traditional Roast Lamb** GF \$15.90 **\$4.77**  
with roasted vegetables, green peas and gravy
- 15 Traditional Roast Beef** GF \$14.90 **\$4.47**  
with roasted vegetables, green peas and gravy
- 16 Roast Chicken Breast** GF \$13.90 **\$4.17**  
with roasted vegetables, green peas and gravy
- 17 Traditional Roast Pork** GF \$14.90 **\$4.47**  
with roasted vegetables, green peas and gravy

## Small Meals

Retail Price HCP

- 18 Spinach & Feta Quiche** \$13.90 **\$4.17**  
with a side of steamed vegetables
- 19 Quiche Loraine** \$14.90 **\$4.47**  
with a side of steamed vegetables
- 20 Chicken & Leek Pie** \$13.90 **\$4.17**  
with a side of seasonal roast vegetables
- 21 Beef Pie** \$14.90 **\$4.47**  
with a side of seasonal roast vegetables
- 22 Steamed Chicken Dumplings** \$13.90 **\$4.17**  
with soy sauce

Need help getting started?

Call us on 1300 168 886

mealcare.com.au

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Dietician approved, chef prepared.



Cooked in small batches



100% money back guarantee

## Traditional Favourites

	Retail Price	HCP
<b>23 Chicken Parmigiana</b> with sweet potato mash, broccoli, carrots & peas	\$14.90	\$4.47
<b>24 Chicken Schnitzel &amp; Gravy</b> with mashed potato, seasonal vegetables & gravy	\$14.90	\$4.47
<b>25 Chicken Meatballs</b> with vegetables, mashed potato & mushroom sauce	\$12.90	\$3.87
<b>26 Beef Rissoles</b> with peas, carrots, mashed potato & gravy	\$13.90	\$4.17
<b>27 Healthy Fried Chicken</b> with mashed potato, green peas & gravy	\$13.90	\$4.17
<b>28 Pork Chipolata Sausages</b> <span>GF</span> with mashed potato, steamed vegetables & onion gravy	\$13.90	\$4.17
<b>29 Cottage Pie</b> <span>GF</span> slow cooked beef mince, seasonal vegetables & mashed potato	\$12.90	\$3.87
<b>30 Beef Burgundy</b> <span>GF</span> with vegetables & mashed potato	\$14.90	\$4.47
<b>31 Slow Cooked Brisket</b> <span>GF</span> with sweet potato mash & gravy	\$14.90	\$4.47
<b>32 Beef Stroganoff</b> with green peas & fettuccine	\$13.90	\$4.17
<b>33 Lamb Casserole</b> <span>GF</span> with vegetables & mashed potato	\$14.90	\$4.47

## Soups

	Retail Price	HCP
<b>34 Honey Pumpkin</b> <span>GF</span> <span>V</span>	\$5.90	\$1.77
<b>35 Chicken &amp; Sweet Corn</b> <span>GF</span>	\$6.90	\$2.07
<b>36 Potato &amp; Leek</b> <span>GF</span> <span>V</span>	\$5.90	\$1.77

## Sides

	Retail Price	HCP
<b>60 Creamy Mashed Potato</b> <span>GF</span> <span>V</span>	\$5.90	\$1.77
<b>61 Sweet Potato Mash</b> <span>GF</span> <span>V</span>	\$5.90	\$1.77
<b>62 Steamed Vegetables</b> <span>GF</span> <span>V</span>	\$5.90	\$1.77

## Asian Inspired

	Retail Price	HCP
<b>37 Butter Chicken</b> <span>GF</span> with green peas & basmati rice	\$13.90	\$4.17
<b>38 Massaman Lamb Curry</b> <span>GF</span> with roasted carrot, potato & steamed rice	\$14.90	\$4.47
<b>39 Sweet &amp; Sour Chicken</b> with red capsicum, onion & steamed rice	\$13.90	\$4.17
<b>40 Hokkien Chicken Stir Fry</b> with grilled seasonal vegetables	\$13.90	\$4.17
<b>41 Special Fried Rice</b> with prawns, ham, egg & grilled vegetables	\$14.90	\$4.47
<b>42 Singapore Noodles</b> with prawns, chicken & stir fried vegetables	\$15.90	\$4.77
<b>43 Cashew Chicken</b> with grilled seasonal vegetables & steamed rice	\$14.90	\$4.47
<b>44 Beef &amp; Black Bean</b> with stir fry vegetables & steamed rice	\$14.90	\$4.47
<b>45 Ginger Soy Duck Breast</b> with bok choy & steamed rice	\$15.90	\$4.77
<b>46 Honey Lemon Prawns</b> <span>GF</span> with special fried rice	\$15.90	\$4.77

## Desserts

	Retail Price	HCP
<b>47 Lemon Tart</b>	\$5.90	\$1.77
<b>48 Sticky Date Pudding</b>	\$5.90	\$1.77
<b>49 Baked New York Cheesecake</b> <span>GF</span>	\$5.90	\$1.77
<b>50 Apple Crumble &amp; Custard</b>	\$5.90	\$1.77
<b>51 Chocolate Mousse</b> <span>GF</span>	\$4.90	\$1.47
<b>52 Tiramisu</b>	\$5.90	\$1.77
<b>53 Crème Caramel</b> <span>GF</span>	\$4.90	\$1.47
<b>54 Wild Berry Friand</b>	\$5.90	\$1.77
<b>55 Carrot Cake</b>	\$5.90	\$1.77
<b>56 Custard</b> <span>GF</span>	\$4.90	\$1.47

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