

Frozen Meals

7 Medium Best Buy FROZEN Meals \$60 (1 discount per order)

Name : _____
 Address /Phone: _____
 Delivery Date: _____

Best Buy Meals

Petite \$6.90 Medium \$9.30

Beef & Pork Meals

Petite \$7.80 Medium \$10.40 Large \$13.80

- | | Pt | M | Lg |
|---|----|---|----|
| 14. Pork, Apple and Cranberry Meat Loaf
Baked pork meatloaf glazed with cranberry and served with vegetables and gravy. A very tasty, easy to eat meal. | | | |
| 02. Corned Beef (200/280) Slowly cooked in a crock-pot & topped with our cook's own cheese sauce. served with mash and veggies. | | | |
| 32. Beef & Red Wine Stew SN\$8.10 M\$10.80 L\$14.80 -Perfect for those cold winter nights, hearty and flavourful, comes with mashed potato and seasonal vegetables | | | |
| 31. Beef Sausages in Onion Gravy (265/402) a favourite served with a rich onion gravy, seasonal vegetables and bacon. | | | |



- | | Pt | M |
|--|----|---|
| 48. Chicken Mince Chowmein – cooked with Asian seasonings and thin noodles | | |
| 05. Beef Lasagne – a delicious serve of creamy Beef Lasagne served with wedges, corn and peas. A Haines family fave! | | |
| 06. Tuna Pasta Bake – NEW RECIPE!! with more tuna and a creamier cheese sauce this pasta bake will become one of your favourites. | | |
| 12. Cottage Pie – A traditional beef mince & veg topped with mash and a sprinkling of cheese. DOWN IN PRICE! | | |
| 15. Spaghetti Bolognese (265/442) rich beef mince and bolognese sauce, topped with lite cheese. | | |
| 47. Meatballs, Gravy and Mash – Served with seasonal vegetables | | |
| 81. Sweet & Sour Pork - Delicious diced Pork with a hint of Chinese spice, pineapple – Served with fried rice. | | |
| 111 Lentil Dahl & Rice – Aromatic and healthy | | |
| 106 Savoury Mince (168/239) best beef mince cooked with vegetables and served with mashed potatoes. | | |



Chicken and Fish

Petite \$7.90 Medium \$10.40 Large \$14.80

- | | Pt | M | Lg |
|--|----|---|----|
| 61. Chicken & Bacon Pasta -Creamy and full flavoured, containing tender pieces of chicken thigh and penne pasta | | | |
| 87. Butter Chicken - Mild and tender chicken thigh in a sweet buttery sauce | | | |
| 20. Chicken & Apricot Casserole (207/359) served with apricots, mashed potatoes and vegetables. | | | |
| 66. Lemon Fish (216/325) gently steamed in a lemon butter sauce. Served with seasonal veggies. | | | |
| 39. Teriyaki Chicken - A sweet & savoury sauce of soy and honey served with rice, carrots and beans. | | | |
| 62. Salmon Slice - 70's inspired red salmon slice, with a creamy dill sauce | | | |

SALAD - Order by 11am day before

- SA106 Garden Salad \$8.00**



Roasts, Lamb & Vegetarian

- | | Pt | M | Lg |
|---|----|---|----|
| 114 Roast Chicken Dinner - a delicious cut of boneless Chicken Thigh, sliced thick and served with Sage stuffing and vegetables \$8.90 / \$11.90 | | | |
| 38. Roast Lamb (163/282) moist cuts served with roast potatoes, vegetables & minted gravy - \$8.80 / \$11.70 / \$14.90 | | | |
| 09 Minted Lamb (290/490) tasty Lamb Patties served with a minted gravy, mash and vegetables - \$8.30 / \$11.20 / \$14.50 | | | |



Sides & Easy Eats

- | | |
|--|--|
| SN103 Fried Rice \$5.00 | |
| SN110 Broccoli, & Cauliflower Pasta Bake \$4.00 | |
| SP201 Steak Bacon and Cheese Pie \$5.10 | |
| EE008 Beef Tacos \$8.30 | |
| EE001 Pork and Apple Sausage Rolls \$5.10 | |
| EE003 2 x Salmon & Veggie Patties \$8.00 | |
| EE006 Homemade Spinach & Feta Quiche \$4.90 | |
| EE007 Homemade Quiche Lorraine Slice \$4.90 | |
| EE011 Bacon & Cheese Omelette Roll \$4.90 | |
| EE012 Spinach & Fetta Omelette Roll \$4.90 | |

SOUP

- P300 Pea & Ham Soup** \$5.60
- P306 Chicken & Vegetable** \$5.10

Something Sweet

- | | |
|---|--|
| D402 Chocolate Bavarian \$4.50 | |
| D408 Mixed Berry Cream Cheese Cake \$4.50 | |
| D409 Apple Crumble \$4.50 | |
| D410 Caramel Bread and Butter Pudding \$5.90 | |
| D435 Apple & Custard Danish \$7.90 | |
| D72 Gran's Rice Pudding \$4.50 | |
| D423 Homemade Sticky Date Pudding with Butterscotch Sauce \$5.50 | |



Ordering ... Call us on **5494 0113**

Or buy direct at Shop 14/21 Peachester Rd, Beerwah.
(Right opposite Woolies carpark entrance)

Order Online www.topnoshmeals.com.au or Email us orders@topnoshmeals.com.au

Ordering Frozen Meals Order up to the day before delivery by 2pm online or 3pm by phone.

Ordering Fresh Meals - Order online by midnight Monday or

by phone by 2pm Monday for deliveries that week (this may change when there is a Public Holiday.)

Payment : By debit or credit card over the phone, or if you order online you can also select Paypal



(07) 5494 0113



Delivery Areas	Days and Dates
MAROOCHYDORE and BUDERIM Buderim, North Buderim, Kuluin, Maroochydore, Cotton Tree, Alexandra Headlands	Every Friday
Glasshouse, Beerburrum, Elimbah, Upper Caboolture, Burpengary, Narangba, Dakabin, Kallangur, Murrumba Downs, North Lakes, Mango Hill, Burpengary East	Every Tuesday
NOOSA AREA to BLI BLI: Yandina, Cooroy, Tewantin, Noosaville, Sunshine Beach, Sunrise Beach, Peregian, Coolum, Marcoola, Pacific Paradise, Mudjimba, Twin Waters, Bli Bli.	Every Wednesday
CALOUNDRA AREA : Beerwah, Landsborough, Little Mountain, Meridan Plains, Caloundra West, Golden Beach, Pelican Waters, Caloundra, Kings Beach, Moffat Beach, Aroona, Currimundi. KAWANA AREA : Wurtulla, Warana, Parrearra, Buddina, Minyama, Mooloolaba, Mountain Creek, Sippy Downs	Every Wednesday and Friday
NORTH BRISBANE: Bracken Ridge, Carseldine, Chermside, Zillmere, Deagon, Sandgate, Brighton, Woody Point, Clontarf, Redcliffe, Margate, Scarborough, Deception Bay.	Every Thursday
BRIBIE/MORAYFIELD AREA: Ningi, Sandstone Point, Bribie, Woorim, Morayfield, Caboolture,	Fortnightly Thursday 5 & 19 May - 2, 16 & 30 Jun - 14 & 28 July
MALENY/NAMBOUR AREA : Maleny, Montville, Flaxton, Mapleton, Nambour, Palmwoods, Woombye, Mooloolah Valley	Fortnightly Thursday 12 & 26 May - 9 & 23 Jun - 7 & 21 July
Wamuran, D'Aguiar, Woodford, Peachester	Every 4 weeks on a Tuesday 3 & 31 May - 28 Jun - 26 July

MF200 Chicken Parmi (\$10.50)– Classic crumbed and oven-baked chicken topped with a delish Napoli sauce & grated cheese. Served with sweet potato wedges and garden peas.



MF204 Chicken Mince Chowmein (\$10.90)
Chicken mince cooked in delicious Asian seasonings and a hint of sesame oil combined with thin noodles

MF203 Cranberry & Pork Meat Loaf (\$10.90) Pork baked with cranberries and apple topped with a flavoursome gravy. Served with hand prepared Carrots, Green Beans and delicious Mashed Potato.



MF212 Butter Chicken (\$11.50)
Mild and tender chicken thigh in a sweet buttery sauce served with fluffy white rice

MF208 Sausages In Onion Gravy (\$10.90)- delicious Beef Sausages, charred onion & gravy served with our creamy REAL mashed potato.

MF214 Roast Lamb (\$14.90) - thick cuts of Lamb, served with freshly steamed broccoli, freshly roasted chat potatoes & pumpkin served with mint gravy.



MF234 Beef & Red Wine Stew (\$12.80)
Perfect for those cold winter nights, rich hearty and flavourful, comes with mashed potato and seasonal vegetables

MF219 Steamed Salmon (\$13.40) - with dill & lemon sauce with seasonal veggies and our creamy mash.

MF225 Roast Chicken Dinner (\$12.50) - a delicious cut of boneless Chicken Thigh, sliced thick and served with Sage stuffing and fresh – locally prepared, vegetables

MF226 Minted Lamb Patties (\$12.90) Tasty hand rolled Lamb Patties served with a minted gravy, mash and vegetables