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

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

Autumn/Winter 2024

| Delivery Areas | Days and Dates |
|---|---|
| MAROOCHYDORE and BUDERIM Buderim, North Buderim, Kuluin, Maroochydore, Cotton Tree, Alexandra Headlands | Every Friday (Except Easter Mar 29) |
| NORTH BRISBANE Beerburrum, Elimbah, Upper Caboolture, Burpengary, Narangba, Dakabin, Kallangur, Murrumba Downs, North Lakes, Mango Hill, | Every Tuesday |
| GYMPIE – Gympie central to TIN CAN BAY – Cooloola Cove (call 5494 0113 for info re outlying suburbs) | Fortnightly Tuesday Feb 6 & 20 - Mar 5 & 19 - Apr 2, 16 & 30 |
| 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, Caloundra, Aroona, Currimundi. KAWANA AREA : Wurtulla, Warana, Parrearra, Buddina, Minyama, Mooloolaba, Mountain Creek, Sippy Downs | Every Wednesday and Friday (Except Easter Mar 29) |
| BRISBANE : Glasshouse Mountains, Burpengary East, Deagon, Sandgate, Brighton, Woody Point, Clontarf, Redcliffe, Margate, Scarborough, Deception Bay, Bald Hills, Nundah, Nudgee, Bracken Ridge, Carseldine, Chermshire, Zillmere | Every Thursday |
| BRIBIE/MORAYFIELD AREA : Beachmere, Ningi, Sandstone Point, Bribie, Morayfield, Caboolture | Fortnightly Thursday Feb 8 & 22 - Mar 7 & 21 - Apr 4 & 18 |
| MALENY/NAMBOUR AREA : Maleny, Montville, Flaxton, Mapleton, Nambour, Palmwoods, Woombye, Mooloolah Valley | Fortnightly Thursday Feb 29 - Mar 14 & 28 - Apr 11 & 25 |
| Wamuran, D'Aguiar, Woodford, Peachester | Every 4 weeks on a Tuesday Mar 5 - Apr 2 & 30 |