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

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Delivery Areas	Days and Dates
NORTH BRISBANE Beerburrum, Elimbah, Upper Caboolture, Burpengary, Narangba, Dakabin, Petrie, Lawnton, Kallangur, Murrumba Downs, North Lakes, Mango Hill,	Every Tuesday
BRISBANE: Glasshouse Mountains, Burpengary East, Deception Bay, Kippa-Ring, Scarborough, Redcliffe, Woody Point, Clontarf, Margate, Deagon, Sandgate, Brighton, Nundah, Nudgee, Bracken Ridge, Carseldine, Chermside, Zillmere, Bald Hills.	Every Thursday
TIN CAN BAY, Cooloola Cove and Rainbow Beach, Imbil, Kandanga, Cooran, Pomona, Black Mountain	Fortnightly Tuesday May 14 & 28, Jun 11 & 25, July 9 & 23
GYMPIE centre, Southside, The Palms, Araluen, Chatsworth. (call 5494 0113 for more info re outlying suburbs)	Fortnightly Tuesday Apr 30, May 7 & 21, June 4 & 18, July 2, 16 & 30
NOOSA AREA to BLI BLI: Yandina, Eumundi, 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, Birtinya, Warana, Parrearra, Buddina, Minyama, Mooloolaba, Mountain Creek, Sippy Downs	Every Wednesday and Friday
BRIBIE/MORAYFIELD AREA: Beachmere, Ningi, Sandstone Point, Bribie, Morayfield, Caboolture	Fortnightly Thursday May 2, 16 & 30, June 13 & 27, July 11 & 25
MALENY/NAMBOUR AREA : Maleny, Montville, Flaxton, Mapleton, Nambour, Palmwoods, Woombye, Mooloolah Valley	Fortnightly Thursday May 9 & 23, June 6 & 20, July 4 & 18
MAROOCHYDORE and BUDERIM Buderim, North Buderim, Kuluin, Maroochydore, Cotton Tree, Alexandra Headlands	Every Friday
Wamuran, D'Aguiar, Woodford, Peachester	Every 4 weeks on a Tuesday Apr 30 May 28 June 25 July 23