

# TOP MEALS

WINTER 26 (MAR-JUN 26)

Delivering nutritious home-style cooked  
**FROZEN** meals direct to your door

## OPEN

Mon to Thurs: 8am-4pm

Fri: 8am-3pm

Shop hours 8.30am -1.30 pm

📞 07 5494 0113

🌐 [www.topnoshmeals.com.au](http://www.topnoshmeals.com.au)

✉ [orders@topnoshmeals.com.au](mailto:orders@topnoshmeals.com.au)

📍 14/21 Peachester Rd, Beerwah

## MEAL ORDERS MUST BE RECEIVED

BY 1pm the day before delivery.

**SALADS** MUST BE RECEIVED BY 12 NOON,  
the day before delivery.

*We can no longer guarantee orders received  
after 12 noon will be delivered with the salad  
included.*

## DELIVERY

All over the Sunshine Coast, North  
Brisbane, Gympie, Tin Can Bay and  
Rainbow Beach.  
See website for details.

**MINIMUM ORDER: \$88**

**DELIVERY: \$8.80**

*(may vary depending on location)*

## LEGEND

-  Vegetarian
-  Low Gluten
-  Dairy Free
-  Contains Onion
-  Contains Onion and Garlic
-  Contains Eggs
-  Contains Capsicum
-  Contains Soy

\* Contains Nuts and seeds

*Traces of food allergens may be present in all  
meals. For more detailed list see website or  
contact us directly.*

Customers receiving SAH and  
NDIS funding may be eligible for  
government co funding. Ask your  
support worker for more information.

Prices and ingredients are subject to  
change without notice. Food images  
may vary from actual product.

FOLLOW US ON  & 

**MADE BY LOCALS WHO  
CARE ABOUT LOCALS**

# Meat Dishes



LG

DF

## Roast Pork

Medium	M45	\$12.80
Petite	SN45	\$9.80



OG

## Beef Lasagna

Medium	M5	\$11.70
Petite	SN5	\$9.60



LG

O

## Cottage Pie

Medium	M12	\$11.70
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LG

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C

## Hearty Beef Casserole

Large	L51	\$17.00
Medium	M51	\$11.70
Petite	SN51	\$9.60



OG

## Sweet and Sour Pork

Medium	M81	\$11.70
Petite	SN81	\$9.60



NEW

O

E

## Pork Meatloaf with sticky BBQ glaze

Medium	M71	\$11.70
Petite	SN71	\$9.60



LG

## Corned Beef

Large	L2	\$17.00
Medium	M2	\$11.70
Petite	SN2	\$9.60



LG

O

## Bangers and Mash

Large	L31	\$17.00
Medium	M31	\$11.70
Petite	SN31	\$9.60



LG

OG

## Steak & Kidney Stew

Medium	M34	\$11.70
Petite	SN34	\$9.60

# Meat Dishes



**Roast Lamb and Roasted Veg**  
 Large L38 \$17.00  
 Medium M38 \$11.70  
 Petite SN38 \$9.60



**Meatballs, Gravy and Mash**  
 Large L47 \$17.00  
 Medium M47 \$11.70  
 Petite SN47 \$9.60



**Spaghetti Bolognese**  
 Large L15 \$17.00  
 Medium M15 \$11.70  
 Petite SN17 \$9.60

# Fish Dishes



**Fish with Lemon Butter**  
 Medium M66 \$11.70  
 Petite SN66 \$9.60



**Steamed Salmon and Dill Sauce**  
 Medium M104 \$13.80  
 Petite SN104 \$10.20



**Yellow Fish Curry**  
 Medium M125 \$13.60  
 Petite SN125 \$10.20



**Prawn and Salmon Potato Pie**  
 Medium M123 \$13.80  
 Petite SN123 \$10.20

# Chicken Dishes



NEW

LG

## Butter Chicken\*

Medium M87 \$12.80  
Petite SN87 \$9.80



E

OG

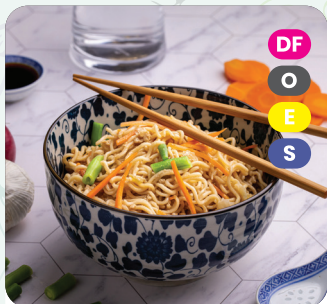
## Cheesy Chicken and Broccoli Rissoles

Medium M18 \$11.70  
Petite SN18 \$9.60



## Chicken Parmigiana

Medium M200 \$13.80



DF

O

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S

## Chicken Mince Chow Mein

Medium M48 \$11.70  
Petite SN48 \$9.60



DF

## Roast Chicken Dinner

Medium M114 \$12.20  
Petite SN114 \$9.60



O

## Chicken Breast with bacon and mushroom sauce\*

Medium M91 \$11.70  
Petite SN91 \$9.60



LG

OG

## Chicken & Apricot Casserole

Large L20 \$17.00  
Medium M20 \$11.70  
Petite SN20 \$9.60



NEW

LG

OG

## Green Chicken Curry

Medium M59 \$11.70  
Petite SN59 \$9.60

# Soup



**Chicken and Vegetable**

P306

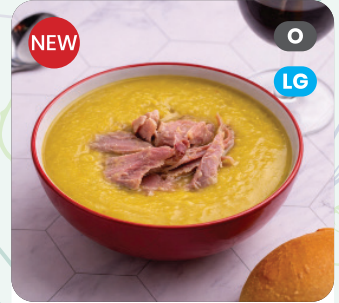
\$6.30



**Minestrone Soup**

P302

\$6.30



**Pea and Ham Soup**

P300

\$6.30

# Salads



**Silverside and Potato Salad**

SA110

\$12.80



**Chicken Breast and Feta Salad**

SA111

\$12.80



**Green Salad**

SA106

\$11.30

# Vege Dishes



NEW

OG

## Mediterranean Roasted Vegetable pasta

Medium M122 \$11.70  
Petite SN122 \$9.60



V

O

## Vegetable Mornay with Pasta

Medium M121 \$11.70  
Petite SN121 \$9.60



V

## Just Veggies

Petite SN1 \$9.60



E

O

## Crustless Hashbrown Quiche

EE020 \$9.60



V

LG

O

E

## Sweet Potato and Caramelized Onion Frittata

SN116 \$9.60



V

LG

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## Zucchini Fritters

SN117 \$9.60



V

LG

DF

O

## Gravy Tub 165ml

P5 \$3.50



**Fried Rice**

SN103

\$7.30



**Jumbo Sausage Roll**

EE009

\$6.80



**Steak, Bacon and Cheese Pie**

SP201

\$8.30



**Beef Croquettes**

EE013

\$9.30



**Salmon and Veggie Patties**

EE003

\$8.80



**Breakfast Box**

EE030

\$13.30

**GET THE BEST OUT OF YOUR MEALS BY FOLLOWING THESE HEATING GUIDELINES:**

Place in microwave and lift a corner of the lid on the frozen container or puncture the seal on the fresh meal

- Heat for the times shown below,
- LEAVE TO REST FOR THAT SAME AMOUNT OF TIME
- Stir and check. Re-heat in 1 min increments (RESTING AFTER EACH) until hot all the way through.
- REST after last heating for 3 mins BEFORE consuming.

	Time In Microwave (based on 1200 watts)	Let it REST for that same amount as heating time. * if more heating is required cook in 1 min increments until hot all the way through. REST again for 3 mins BEFORE consuming.
Petite Meals	Start with 3 minutes, Rest	
Medium Meals	Start with 4 mins, Rest, then 2 minutes, Rest	
Large Meals	Start with 6 mins, Rest, then 3 mins, Rest	

# Desserts



**Apple Crumble**

D409

\$6.80



**Sticky Date Pudding**

D423

\$6.80



**Caramel Bread & Butter Pudding**

D410

\$6.80



**Berry Cream Cheesecake**

D408

\$6.80



**Chocolate Bavarian**

D402

\$6.80



**Lamington**

D440

\$6.80



**Lemon Meringue Pie**

D406

\$7.80



**Peach and Mango Cheesecake**

D403

\$6.80



**Butterscotch Sauce Tub**

P2

\$3.30