Same meals you love, now with **MORE PROTEIN**

NOVEMBER 2025

Gourmet Meals
Since 1993

SAH/NDIS MENU

Healthy Eating *Made Easy*

Australian Owned and Made

I ♥ ndis

Support at Home

Support at Home and NDIS funded meal options

1300 112 112 or **gourmetmeals.com.au**

MAIN MEALS Large meals range from 330g – 375g

BEEF

#50

Creamy Rissoles - 365g

$4.17 *(30% out of pocket cost)*

$13.90 (full cost) - $9.73 (70% funded)

Beef rissoles in a creamy mustard sauce served with mash, green beans, broccoli and carrots

HP GF HF 627

BEEF

#53

BBQ Sausages - 360g

$4.17 *(30% out of pocket cost)*

$13.90 (full cost) - $9.73 (70% funded)

Tasty beef sausages in a bbq sauce served with pan-fried potatoes, baked beans and broccoli

DF HP GF HF 591

BEEF

#54

Spaghetti Meatballs - 375g

$4.17 *(30% out of pocket cost)*

$13.90 (full cost) - $9.73 (70% funded)

Spaghetti with beef meatballs in a deliciously rich tomato sauce topped with cheddar and parmesan cheese

HP G HF 559

CHICKEN

#55

Chicken Parmigiana - 350g

$4.17 *(30% out of pocket cost)*

$13.90 (full cost) - $9.73 (70% funded)

Chicken schnitzel topped with tomato sauce and cheddar cheese served with roast potatoes, cauliflower, broccoli and carrots

HP G HF 482

CHICKEN

#56

BBQ Chicken - 340g

$4.17 *(30% out of pocket cost)*

$13.90 (full cost) - $9.73 (70% funded)

Succulent chicken thigh pieces in a sweet bbq sauce served with roast potato and sweet potato, green beans

DF HP GF HF 508

SEAFOOD

#57

Salmon in Chive Sauce - 330g

$5.25 *(30% out of pocket cost)*

$17.50 (full cost) - $12.25 (70% funded)

Tasmanian fillet of salmon in a creamy chive sauce, a potato stack, Asian greens, beans and broccoli

HP GF 380

SEAFOOD

#58

Whiting & Wedges - 350g

$4.17 *(30% out of pocket cost)*

$13.90 (full cost) - $9.73 (70% funded)

Battered fillets of southern blue whiting served with tartare sauce, wedges and diced carrots, corn and peas

HP G HF 495

SEAFOOD

#59

Barramundi Lemon Butter - 360g

$4.17 *(30% out of pocket cost)*

$13.90 (full cost) - $9.73 (70% funded)

Steamed barramundi fillet in a lemon and dill sauce served with cauliflower, broccoli, carrots and basmati rice

HP GF 436

VEGETARIAN / VEGAN Range from 350g – 375g

These meals are lighter in protein than our other meals, for a balanced meal consider pairing it with a nourishing soup and dessert

VEGAN

#581

Brown Rice Vegi Patties - 350g

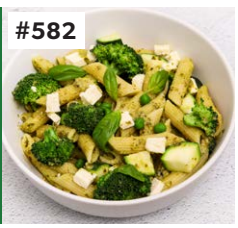
$4.17 *(30% out of pocket cost)*

$13.90 (full cost) - $9.73 (70% funded)

Brown rice and vegi patties in a chunky tomato based sauce with a potato/sweet potato stack & green beans

LP DF GF HF Ve 392

VEGETARIAN



#582

Creamy Pesto Pasta - 350g

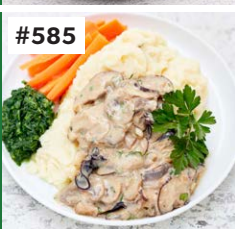
$4.17 *(30% out of pocket cost)*

$13.90 (full cost) - $9.73 (70% funded)

Penne pasta in a smooth and creamy pesto sauce, combined with vegetables, parmesan, and a sprinkling of fetta cheese

LP G V 690

VEGETARIAN



#585

Mushroom Casserole - 360g

$4.17 *(30% out of pocket cost)*

$13.90 (full cost) - $9.73 (70% funded)

A tasty cream of mushroom casserole served with mashed potatoes, spinach and carrots

LP GF HF V 303

VEGAN

#586

Spaghetti Veganaise - 375g

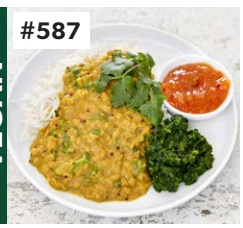
$4.17 *(30% out of pocket cost)*

$13.90 (full cost) - $9.73 (70% funded)

A delicious plant-based alternative to spaghetti bolognaise with leek, zucchini and eggplant

LP LF DF G HF Ve 393

VEGAN



#587

Coconut Dahl - 370g

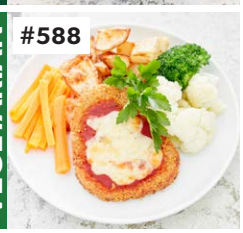
$4.17 *(30% out of pocket cost)*

$13.90 (full cost) - $9.73 (70% funded)

A flavoursome red lentil dahl made with coconut milk, basmati rice, spinach and mango chutney

LP DF GF HF Ve 563

VEGETARIAN



#588

Vegetarian Parmi - 360g

$4.17 *(30% out of pocket cost)*

$13.90 (full cost) - $9.73 (70% funded)

A vegetarian parmi with a rich tomato sauce and cheese, potatoes, carrots, cauliflower and broccoli

LP G V HF 556

REGULAR MEALS Regular meals range from 285g – 315g

SEAFOOD

Barramundi Fillet - 285g

$3.60 *(30% out of pocket cost)*

$12.00 (full cost) - $8.40 (70% funded)

Steamed barramundi fillet topped with a lemon butter sauce, garden vegetables and boiled potatoes

HP GF 286

BEEF

Beef Casserole - 300g

$3.39 *(30% out of pocket cost)*

$11.30 (full cost) - $7.91 (70% funded)

Tender beef simmered in a rich gravy served with cauliflower, broccoli, green beans, carrots and mashed potatoes

HP LF GF HF 296

BEEF

Beef Stroganoff - 300g

$3.60 *(30% out of pocket cost)*

$12.00 (full cost) - $8.40 (70% funded)

Tender strips of lean beef in a creamy mushroom sauce with basmati rice and veges

HP GF 376

CHICKEN

Honey Soy Chicken - 300g

$3.39 *(30% out of pocket cost)*

$11.30 (full cost) - $7.91 (70% funded)

Sweet oven roasted honey soy chicken chunks on a bed of tasty stir fried rice

DF HP GF 411

CHICKEN

Roast Chicken Breast - 300g

$3.39 *(30% out of pocket cost)*

$11.30 (full cost) - $7.91 (70% funded)

Succulent roast chicken breast served with a gravy, creamed potatoes, carrots and peas

HP GF HF 288

BEEF

Steak & Kidney - 300g

$3.60 *(30% out of pocket cost)*

$12.00 (full cost) - $8.40 (70% funded)

Succulent roast chicken breast served with a Beef chunks and lamb kidney braised in an aromatic sauce, peas, carrots and potato mash

LF DF HP GF HF 310

CHICKEN

Butter Chicken - 300g

$3.39 *(30% out of pocket cost)*

$11.30 (full cost) - $7.91 (70% funded)

Chicken pieces in a spiced tomato, butter and cream sauce with spinach and basmati rice

HP GF 486

BEEF

Spaghetti Bolognaise - 300g

$3.39 *(30% out of pocket cost)*

$11.30 (full cost) - $7.91 (70% funded)

Spaghetti with a rich traditional meat sauce topped with cheddar and parmesan cheese

HP G HF 381

LAMB

Lamb Casserole - 310g

$3.60 *(30% out of pocket cost)*

$12.00 (full cost) - $8.40 (70% funded)

Succulent pieces of lamb cooked in a thyme jus, garden vegetables and mashed potatoes

DF HP GF HF 297

CHICKEN

Sweet & Sour Chicken - 315g

$3.39 *(30% out of pocket cost)*

$11.30 (full cost) - $7.91 (70% funded)

Succulent chicken pieces in a sweet and sour sauce, carrots, capsicum, beans and steamed rice

DF HP LF GF 371

BEEF

Cottage Pie - 300g

$3.39 *(30% out of pocket cost)*

$11.30 (full cost) - $7.91 (70% funded)

Savoury mince mixed with carrots, peas and zucchini, topped with a creamy mash and cheese

HP GF HF 372

BEEF

Slow Cooked Beef - 290g

$3.60 *(30% out of pocket cost)*

$12.00 (full cost) - $8.40 (70% funded)

Tender slow cooked beef topped with a rich gravy, served with peas, carrots and mashed potatoes

HP DF GF HF 314

LAMB

Lamb Roast - 285g

$3.60 *(30% out of pocket cost)*

$12.00 (full cost) - $8.40 (70% funded)

Lamb roast with mint gravy, mixed vegetables, pumpkin and roasted chats potatoes

DF HP GF HF 362

PORK

Pork Roast - 290g

$3.60 *(30% out of pocket cost)*

$12.00 (full cost) - $8.40 (70% funded)

Pork roast in a rich apple gravy, pumpkin mash, roast potatoes, sweet potato and mixed seasonal vegetables

HP GF HF 326

BEEF

Corned Beef - 300g

$3.60 *(30% out of pocket cost)*

$12.00 (full cost) - $8.40 (70% funded)

Traditional corned beef with a white mustard sauce, carrots, cauliflower, broccoli and mash

HP GF HF 375

BEEF

Mince and Potato Bake - 300g

$3.39 *(30% out of pocket cost)*

$11.30 (full cost) - $7.91 (70% funded)

Hearty mince with kale, zucchini, cauliflower, capsicum, carrots, peas and potato bake topped with grated cheese

HP GF HF 358

LIGHT PROTEIN MEALS Range from 300g – 380g

These meals are lighter in protein than our other meals, for a balanced meal consider pairing it with a nourishing soup and dessert.

SEAFOOD

#250

Garlic Prawns - 300g

$3.60 *(30% out of pocket cost)*

$12.00 (full cost) - $8.40 (70% funded)

Prawns in a creamy garlic sauce served with rice, broccoli, cauliflower, and carrots

LP GF 346

SEAFOOD

#266

Curry Prawns - 300g

$3.60 *(30% out of pocket cost)*

$12.00 (full cost) - $8.40 (70% funded)

Succulent prawns in a mild curry sauce with a medley of Asian greens and basmati rice

LP GF 374

BEEF

#253

Beef Rissoles - 300g

$3.39 *(30% out of pocket cost)*

$11.30 (full cost) - $7.91 (70% funded)

Beef rissoles in a rich tomato sauce served with green beans, carrots, corn and potato bake

LP GF HF 476

PORK

#52

Bangers & Mash - 380g

$4.17 *(30% out of pocket cost)*

$13.90 (full cost) - $9.73 (70% funded)

A pork banger in a rich caramelised onion gravy served with mash, carrots and peas

LP DF GF HF 454

SNACKS/SIDES Range from 160g – 285g

These are suitable to be paired with a light protein meal

VEGETARIAN

#436

Vegetable Mornay - 285g

$3.39 *(30% out of pocket cost)*

$11.30 (full cost) - $7.91 (70% funded)

A creamy vegetable mornay featuring mixed vegetables smothered in a creamy sauce and topped with a layer of cheese

LP GF HF V 288

SIDE DISH

#107

Fried Rice - 160g

$1.68 *(30% out of pocket cost)*

$5.60 (full cost) - $3.92 (70% funded)

Fried rice with bacon, vegetables and a touch of soy

LF GF 243

SOUPS Range from 180g – 200g

These are suitable to be paired with a light protein meal

SOUP

#91

Pumpkin Soup - 180g

$1.32 *(30% out of pocket cost)*

$4.40 (full cost) - $3.08 (70% funded)

A delicious rich cream of pumpkin soup

LF GF 50

SOUP

#92

Vegetable Soup - 180g

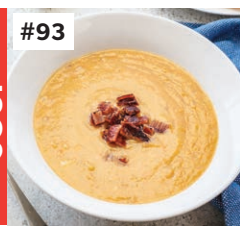
$1.32 *(30% out of pocket cost)*

$4.40 (full cost) - $3.08 (70% funded)

A creamy vegetable soup

LF GF HF 87

SOUP



#93

Ham & Pea Soup - 180g

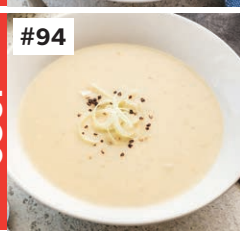
$1.32 *(30% out of pocket cost)*

$4.40 (full cost) - $3.08 (70% funded)

Thick pea soup flavoured with ham

DF LF GF HF 139

SOUP



#94

Potato & Leek Soup - 200g

$1.32 *(30% out of pocket cost)*

$4.40 (full cost) - $3.08 (70% funded)

A creamy potato and leek soup

LF GF 127

Reference Symbols

LP Light Protein · LF Low Fat · LS Low Salt · DF Dairy Free · HP High Protein · G Contains Gluten · GF Gluten Free · HF High Fibre · Ve Vegan · V Vegetarian · 466 Calories

DESSERTS* Range from 130g – 180g

These are suitable to be paired with a light protein meal

DESSERT

#170

Bread & Butter Pudding - 170g

$1.68 *(30% out of pocket cost)*

$5.60 (full cost) - $3.92 (70% funded)

A traditional bread & butter pudding baked with a delicious custard, topped with toasted almond flakes

LS GF 438

DESSERT

#171

Strawberry Cheesecake - 140g

$1.68 *(30% out of pocket cost)*

$5.60 (full cost) - $3.92 (70% funded)

Delicious strawberry cheesecake with a fresh strawberry coulis

GF 484

DESSERT

#172

Tiramisu - 140g

$1.68 *(30% out of pocket cost)*

$5.60 (full cost) - $3.92 (70% funded)

Chocolate sponge soaked in espresso syrup layered with orange flavoured cream cheese

GF 441

DESSERT

#173

Apple Crumble - 180g

$1.68 *(30% out of pocket cost)*

$5.60 (full cost) - $3.92 (70% funded)

Juicy stewed apples with sultanas topped with golden baked butter crumble

LS GF HF 352

DESSERT

#181

Sticky Date & Custard - 160g

$1.68 *(30% out of pocket cost)*

$5.60 (full cost) - $3.92 (70% funded)

A moist sponge cake, made with finely chopped dates, topped with a sticky caramel sauce and custard

GF 357

DESSERT

#186

Fruit Pavlova - 130g

$1.68 *(30% out of pocket cost)*

$5.60 (full cost) - $3.92 (70% funded)

A pavlova served with mango, strawberries, kiwifruit and cream, topped with a passionfruit coulis

LS GF 271

Please note NDIS funding does not cover desserts*

Our meals are specifically designed to support the wellbeing of Australians, following national nutrition guidelines. We work with an Accredited Practicing Dietitian to make sure we provide as many nourishing meals as we can to help maintain muscle strength and overall health. We focus on providing nutritious, wholesome meal solutions that support independent living. To assist you in meeting your nutritional needs where possible. Our pricing is simple and transparent, covering both administration and delivery costs. Under the Support at Home and NDIS programs, 70% of your order is covered by funding, with the remaining 30% being your out-of-pocket cost. There are no hidden fees, making it easy to enjoy healthy, convenient meals.

For more information on Support at Home and Gourmet Meals please view our website: **https://gourmetmeals.com.au/aged-care**

For more information on NDIS funding and Gourmet Meals please view our website: **https://gourmetmeals.com.au/ndis**

Delivery Areas

For customers in Brisbane and selected outer suburbs including Caboolture, Ipswich, the Gold Coast and Tweed Coast, the minimum order is $78, of which the customer pays $23.40 (30%). For the Sunshine Coast and the NSW Northern Rivers region down to Ballina, the minimum order is $150, of which the customer pays $45 (30%). Same day delivery is not available. The 30% contribution includes 10% GST and may be subject to change without notice. Available at selected independent stores. Delivery days vary depending on the suburb you reside in; for more information, please contact our office or visit our website.

Gourmet Meals Since 1993

I support the ndis

Support at Home

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FOLLOW US

*minimum order applies

Support at Home and NDIS funded meal options

1300 112 112 or **gourmetmeals.com.au**