



TIDDLY MEALS FOR TIDDLY EATERS



This is the dinner Goldilocks was looking for when she ventured into the kitchen of the three bears. Not too big, not too small but just right.

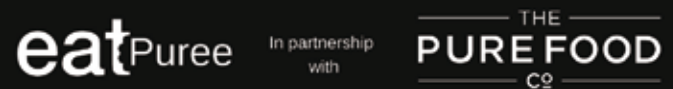
Our frozen variety box of delicious has 16 x 260gm meals. These are made up of eight different meals packaged as 'twin packs' so you get two of every delicious dish.

The meals are 'Potluck' and have no relation to the current week's fresh menu.

For the best and tastiest results thaw meals first.. before heating.



Images of actual meals, thawed, heated and plated



Texture-modified meals fortified with protein



Sample Puree menu

Pricing from \$11.50

- Beef Bolognese with creamy broccoli and glazed carrot.
- Butter chicken with rice and peas.
- Salmon with herbed beetroot and creamy broccoli.
- Omelette with beans, spinach and baked beans.
- Devilled beef with cauliflower gratin, roast pumpkin and glazed carrots.
- Slow cooked lamb with minted peas, cauliflower gratin and roasted vegetables.
- Hickory pork with glazed carrots, cauliflower gratin and roasted vegetables.
- Creamy fish with herbed beetroot, minted peas and roast vegetables.
- Golden chicken with creamy broccoli, roast pumpkin and braised cabbage.
- Pork sausage with omelette and baked beans.

These IDDSI Level 4 Puree meals are designed for people who have difficulty swallowing or require a soft food diet. Puree meals are delivered frozen.

www.eat.co.nz/puree

OUR PHILOSOPHY

Every week we make a fresh batch of handmade meals using only good ingredients and great cooking!. They will come fresh, not frozen, so you can have something very fresh and ready to just heat and eat for up to 10 days. This means you can only order from the menu list related to the delivery week.



STEP 1

Choose from our delicious, weekly changing menu, then make the call to one of the friendly ladies in the office or order online at www.eat.co.nz



STEP 2

Have your order in by 11am for next day delivery to all New Zealand destinations. If your address is RD then you must pick-up from your local depot.



STEP 3

Keep the meals refrigerated until the use by date: If you don't eat them, freeze them before the use by date – so no waste: Best eaten from fresh



TIP!

Heating from frozen?.. always thaw first for the tastiest results.

0800 328 333
eat.co.nz

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orders@eat.co.nz
www.eat.co.nz

eat

Good, honest, wholesome food
made with only the freshest ingredients



Spring-Summer Menu 21 September to 28 December 2026

eat

GOOD, HONEST WHOLESOME MEALS ... DELIVERED TO YOUR DOOR!

Up-size add \$1.50

MENU ONE

Delivery week starting
21 - 25 September
26 - 30 October (Labour Day)
30 Nov - 04 Dec

Pure NZ roast pork with caramelised apple, roast vegetables, peas and broccoli. **\$15.70**

Boneless chicken with a coriander and peanut pesto and roast vegetable salad. **\$15.40**

Tender **NZ beef steak with mushroom sauce**, roast vegetable medley and steamed baby beans **\$15.40**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potatoes and stir fried vegetables. **\$15.20**

NZ beef bourginion mashed potato, sliced carrots and green medley. **\$15.40**

Delicious boneless golden chicken with a creamy potato au gratin and leek, spinach and pea trio. **\$15.40**

Beef rissole, peas, wedges and caramelised onion. **\$15.20**

Old fashioned **devilled sausages** with creamy potato mash and peas. **\$15.20**

Creamy **leek and mushroom penne pasta**. **\$14.00**

MENU TWO

Delivery week starting
28 Sep - 02 Oct
02 - 06 November
07 - 11 December

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$15.70**

Tuscan chicken with creamy sundried tomato sauce, vegetable gratin and steamed beans. **\$15.40**

Slow cooked braised Swiss steak, potato au gratin, carrots and steamed green beans. **\$15.40**

Smoked salmon and spinach penne pasta. **\$15.20**

NZ pork steak with creamy peppercorn sauce, baby beans and rosemary roast pumpkin and potato. **\$15.40**

Teriyaki beef with stir fry vegetables on Hoikken noodles, **\$15.40**

Beef hotpot, tender braised beef with a scallop potato top. **\$15.40**

Good ole **pork sausages** with bubble and squeak and tomato gravy. **\$15.20**

Pasta pomodoro. **\$14.00**

MENU THREE

Delivery week starting
05 - 09 October
09 - 13 November
14 - 18 December

NZ lamb shank braised in red wine with creamy mash, carrot sticks, baby beans. **\$16.70**

Our **famous meatloaf** with our own relish, creamy mash, carrots, cabbage and silverbeet. **\$15.40**

Tender NZ steak with fried onion ring creamy potato, pumpkin, broccoli. **\$15.40**

Fish Puttanesca with parmesan roasted baby potatoes and creamed spinach. **\$15.20**

Chicken baked with lemon and leek. Comes with garlic buttered potato, carrot and beans. **\$15.40**

Deliciously tender **Beef madras curry** with steamed rice. **\$15.40**

Melt in your mouth' beef stew, carrot and potato mash, buttered spinach. **\$15.40**

Creamy **bacon, leek and pea pasta**. **\$15.20**

Vegetable gratin. **\$14.00**

MENU FOUR

Delivery week starting
12 - 16 October
16 - 20 November
21 - 23 Dec (XMAS MENU)

Herb and butter basted Roast chicken with whole cranberry sauce, roast vegetables and peas. **\$15.70**

Corned beef with mustard sauce, mash potato, buttered silverbeet and cabbage. **\$15.40**

BBQ Beef brisket with creamy mash and steamed beans and glazed carrots. **\$15.40**

Delicious cheesy fish mornay with creamy mash, peas and carrots **\$15.20**

Hoisin NZ Pork, with Asian vegetables and steamed rice **\$15.40**

Delicious **Moroccan Beef tagine** with couscous. (contains nuts) **\$15.40**

Marmalade chicken with potato gratin and steamed green beans. **\$15.40**

Italian meatballs in a traditional tomato sauce and spaghetti pasta **\$15.20**

Pumpkin, spinach, chickpea and coconut curry with steamed rice. **\$14.00**

All Roasts, steaks and casseroles are cooked long and slow and should be very tender

MENU FIVE

Delivery week starting
19 - 23 October
23 - 27 November
28 December - CLOSED

Roast Lamb with pea and mint pesto (contains nuts), roast vegetables and creamed spinach. **\$15.70**

Hunters tomato and mushroom chicken with potato gratin and steamed beans. **\$15.40**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin and baby beans. **\$15.40**

Traditional white fish pie with potato top. **\$15.20**

Classic mild chicken curry with steamed rice. **\$15.40**

Pickled Pork with parsley sauce, creamy mash, beans and carrot. **\$15.40**

Beef braised with red wine & rosemary. Comes with baked potato, spinach and beans. **\$15.40**

Cottage pie (NZ beef) with creamy mash top. **\$15.20**

Macaroni cheese. **\$14.00**

EXTRAS

This full range of yummy soups, desserts and home baking is available on all menus

SOUPS \$6.50

- Chicken Veg and Noodle
- Split pea and ham

PUDDINGS \$6.50

- Apple Peach Crumble
- Rice pudding with strawberry and rhubarb
- Pineapple upside down pudding
- Lemon self saucing pudding
- Passionfruit cheesecake



BAKING \$8.50

- Boiled sultana cake
- Carrot cake with cream cheese icing
- Chocolate caramel slice
- Ginger slice

DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal – \$123

6 different meals and a choice of 6 from the soup and dessert menu

5+5 Deal – \$103

5 different meals and a choice of 5 from the soup and dessert menu

7 meals for the price of 6 Deal

Buy 6 different meals and we will give you a vegetarian meal for FREE!

Fresh From the Freezer

Pot Luck Boxes

(excellent variety no more than two of anything)

12 meals \$155

8 meals \$105

Eat Tiddly

(Goldilocks sized meals, not too big, not too small but just right)

16 meals \$145

(box contents change weekly)

Deliveries
Wellington (Set day) \$18.00
Kapiti - Pukerua Bay- Waikanae (Set day) \$18.00
Manawatu - Otaki - Palmerston (Set day) \$20.00
Wairarapa (Set day) \$20.00

Hutt Valley (Set day) \$18.00
North Island next day \$20.00
South Island next day \$35.00
Sorry - No rural delivery!

- Menu only available until stock sold out
- Standard meal NOT less than 400gm
- Up size to 500gms+ for \$1.50



Ak: 09 972 9316
Wn: 04 560 1960
0800 328 333
www.eat.co.nz

Payment info: Payment by debit card, credit card, or bank transfer. Bank Details: Fresh is best 2006 Limited. 030502 0575744 00