



PORTIONED MEAL MENU

CONVENIENCE & COMFORT DELIVERED TO YOUR DOOR!
FRESHLY-MADE IN-HOUSE AND DELIVERED READY TO HEAT AND SERVE

PLEASE FILL IN THE FOLLOWING FORM ONLINE, SAVE AND EMAIL TO SALES@CHEZNOUSCORPORATE.COM.AU

WEEKLY PORTIONED MEALS



\$10.00 (+GST) / MIN. ORDER 5

QTY

DAY 1

GRILLED TASMANIAN SALMON FILLET W/ QUINOA, GRILLED MEDITERRANEAN VEGETABLES (GF)

* FRESH FOOD ITEM. KEEP REFRIGERATED. CONSUME WITHIN 2-3 DAYS

DAY 2

GRILLED CHICKEN W/ PESTO PENNE PASTA (V) (VEGAN/GF OPTION AVAILABLE)

* FRESH FOOD ITEM. KEEP REFRIGERATED. CONSUME WITHIN 2-3 DAYS

DAY 3

LAMB KORMA W/ COUS COUS (VEGAN/GF OPTION AVAILABLE)

* FREEZE ME

DAY 4

ROAST PUMPKIN, FETTA, PINE NUT, SEMI DRIED TOMATO, BABY SPINACH & QUINOA FRITTATA (GF) (V) (VEGAN OPTION AVAILABLE)

* FREEZE ME

DAY 5

BEEF & VEGETABLE STIR FRY W/ RICE (GF) (VEGAN OPTION AVAILABLE)

* FRESH FOOD ITEM. KEEP REFRIGERATED. CONSUME WITHIN 2-3 DAYS

DAY 6

MINISTRONE W/ HOME-MADE CROUTONS

* FREEZE ME

DAY 7

BEEF & RED WINE PIE

* FREEZE ME

CALCULATE YOUR OWN TOTAL _____

24 HOURS' NOTICE REQUIRED. PRICE EXCLUDES GST AND DELIVERY FEE.
DELIVERY 9AM-5PM MONDAY TO FRIDAY. QUOTED UPON ORDERING. PICK UP AVAILABLE.

ORDERS AT SALES@CHEZNOUSCORPORATE.COM.AU OR 07 3844 8588

