

TIDDLY eats

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

eatPuree In partnership with THE PURE FOOD Co

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 dont 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

t: +64 4 560 1960
orders@eat.co.nz
www.eat.co.nz



eat

Autumn-Winter Menu 4 May to 18 September 2026

eat



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



Up-size add \$1.50

MENU ONE

Delivery week starting

04-08 May 2026
08-12 June
13-17 July
17-21 August

Pure NZ roast pork with caramelised apple, roast vegetables, peas and broccoli. **\$15.50**

Our famous meatloaf with our own relish, roast potatoes, pumpkin and buttered cabbage. **\$15.10**

Slow cooked beef and brandy potato au gratin, carrots and steamed green beans. **\$15.10**

Traditional smoked fish pie topped with creamy mash. **\$15.10**

Miso Chicken (super delicious) with roasted carrot and potato chunks. **\$15.10**

NZ beef bourginion mashed potato, sliced carrots and green medley. **\$15.10**

Our ever popular Chicken Lasagne. **\$15.10**

Asian Inspired gingered beef and Broccoli with Rice. **\$15.10**

Spinach, silverbeet three cheese pie. **\$13.50**

MENU TWO

Delivery week starting

11-15 May
15-19 June
20-24 July
24-28 August

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$15.50**

Traditional pickled pork with parsley sauce, creamy mash, carrot and buttered cabbage. **\$15.10**

Slow cooked beef steak with red wine jus, potato au gratin, carrots and steamed green beans. **\$15.10**

Smoked salmon and spinach penne pasta. **\$15.10**

Chicken stroganoff with steamed rice and broccoli. **\$15.10**

Melt in your mouth' beef stew, carrot and potato mash, buttered spinach. **\$15.10**

Creamy boneless Dijon chicken with pommes boulangere and broccoli florets. **\$15.10**

Steak and kidney pie (pastry top) carrot and potato mash, buttered spinach. **\$15.10**

Pumpkin, spinach and chickpea coconut curry with steamed rice. **\$13.50**

MENU THREE

Delivery week starting

18-22 May
22-26 June
27-31 July
31 August-04 September

NZ lamb shank braised in red wine with creamy mash, carrot sticks, baby beans. **\$16.50**

NZ braised pork steak, with creamy apple cider sauce with mash potato and baby beans. **\$15.10**

Tender NZ beef steak with fried onion, creamy potato, pumpkin, broccoli. **\$15.10**

Cheesy fish mornay with creamy mash, carrots and peas. **\$15.10**

Butter chicken with steamed rice. **\$15.10**

Beef and bacon casserole with vegetable au gratin and steamed broccoli. **\$15.10**

Cider chicken with roasted carrot & potato chunks and creamed spinach. **\$15.10**

Traditional Pork sausages, balsamic onion gravy and bubble and squeak. **\$15.10**

Vegetarian Shepherds pie. **\$13.50**

MENU FOUR

Delivery week starting

25-29 May
29 June-03 July
03-07 August
07-11 September

Herb and butter basted roast chicken with whole cranberry sauce, roast vegetables & peas. **\$15.50**

Grilled ham steak with Cumberland sauce, roasted vegetables, caramelised pineapple and spinach. **\$15.10**

Slow cooked beef brisket, with creamy mash, honey roasted carrots and steamed green beans. **\$15.10**

Big favourite ... Keralan fish curry with steamed coconut rice. **\$15.10**

Winter chicken and vegetable pot pie with pastry top. **\$15.10**

Irish beef stew with potato colcannon **\$15.10**

Retro style pork steak with apricot. Comes with a potato and spinach au gratin. **\$15.10**

Beef lasagne, premium beef mince ragu, bechamel sauce, pasta and cheese. **\$15.10**

Creamy leek and mushroom penne pasta. **\$13.50**

MENU FIVE

Delivery week starting

02-05 June (Kings Birthday)
06-09 July (Matariki)
10-14 August
14-18 September

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

Corned beef with mustard sauce, mash potato, buttered silverbeet /cabbage and carrot. **\$15.10**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin and baby beans. **\$15.10**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potato's and stir fried vegetables. **\$15.10**

Classic mild chicken curry with steamed rice. **\$15.10**

Beef and Beer casserole, potato roasties and green beans. **\$15.10**

Chicken coq au vin with potato au gratin and baby beans. **\$15.10**

Cottage pie (NZ beef) with a creamy mash top. **\$15.10**

Always good macaroni cheese. **\$13.50**

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

EXTRAS

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

SOUPS \$6.50

- Chicken Veg and Noodle
- Roasted pumpkin soup

PUDDINGS \$6.50

- Apple, pear and cinnamon crumble
- Rice pudding with stewed plum
- Sticky date pudding
- Blueberry sponge
- Winter berry 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 \$150

8 meals \$100

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