



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.

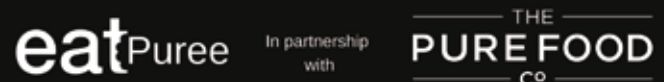
Our frozen variety box of delicious has 16 x 260gm meals. These are made up of eight different meals packaged as 'twin packs' so you get two of every delicious dish.

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



Puree menu

- Beef Bolognese with creamy broccoli and glazed carrot. \$11.50
- Butter chicken with rice and peas. \$11.50
- Salmon with herbed beetroot and creamy broccoli. \$11.50
- Omelette with beans, spinach and baked beans. \$11.50
- Devilled beef with cauliflower gratin, roast pumpkin and glazed carrots. \$12.50
- Slow cooked lamb with minted peas, cauliflower gratin and roasted vegetables. \$12.50
- Hickory pork with glazed carrots, cauliflower gratin and roasted vegetables. \$12.50
- Creamy fish with herbed beetroot, minted peas and roast vegetables. \$12.50
- Golden chicken with creamy broccoli, roast pumpkin and braised cabbage. \$12.50
- Pork sausage with omelette and baked beans. \$12.50

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.

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eat.co.nz

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

eat this summer



eat

Summer Menu 19 January 2026 to 1 May 2026

eat

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

Up-size add \$1.50

MENU ONE

Delivery week starting
19-23-January 2026 (Wgtn An)
23-27 February
30 Mar-03 April (Good Friday)

Pure NZ roast pork with caramelised apple, roast vegetables, peas and broccoli. **\$15.20**

Our famous meatloaf with our own relish, roast potatoes, pumpkin and buttered cabbage. **\$14.90**

Tender NZ beef steak with mushroom sauce, roast vegetable medley and steamed baby beans. **\$14.90**

Steamed hoki with capsicum pesto, summer ragu and spaghetti. **\$14.90**

Golden chicken with leek, spinach, pea trio and potato au gratin. **\$14.90**

Beef hotpot, slow cook beef and vegetables with a scalloped potato top. **\$14.90**

Chicken and chorizo Paella. **\$14.90**

Beef and Bacon pie (Pastry top) with roastie potato's and broccoli. **\$14.90**

Summer vegetable gratin. **\$13.50**

MENU TWO

Delivery week starting
26-30 January (Auck An)
02-06 March
06-10 April (Easter Monday)

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$15.20**

Corned beef with mustard sauce, mash potato, buttered silverbeet/cabbage and carrot. **\$14.90**

Slow cooked beef steak with red wine jus, potato au gratin, carrots and steamed green beans. **\$14.90**

Smoked salmon and spinach penne pasta. **\$14.90**

Sweet and sour chicken with Vegetable fried rice. **\$14.90**

Melt in your mouth' beef stew, carrot and potato mash, buttered spinach. **\$14.90**

Baked chicken with Romesco sauce, new potatoes and creamed spinach. **\$14.90**

Tasty Beef kofta and chickpea sauce and a vegetable couscous. **\$14.90**

Creamy coconut, lentil and spinach curry with steamed rice. **\$13.50**

MENU THREE

Delivery week starting
02- 06 February (Waitangi)
09-13 March
13-17 April

NZ lamb shank braised in red wine with creamy mash, carrot sticks, baby beans. **\$16.00**

Tarragon Pork steak, with creamy mash, pumpkin and baby beans. **\$14.90**

Tender NZ beef steak with fried onion, creamy potato, pumpkin, broccoli. **\$14.90**

Our very own white fish pie. **\$14.90**

Red Thai chicken curry with steamed rice. **\$14.90**

Beef and Beer casserole, potato roasties and green beans. **\$14.90**

Boneless chicken with coriander and peanut pesto, with vegetable salad. **\$14.90**

Traditional Pork sausages, balsamic onion gravy and bubble & squeak. **\$14.90**

Pasta Pomodoro. **\$13.50**

MENU FOUR

Delivery week starting
09-13 February
16-20 March
20-24 April

Free Range roast chicken with whole cranberry sauce, roast vegetables and peas. **\$15.20**

Glazed Ham with Cumberland sauce, roasted vegetables, caramelised Pineapple. **\$14.90**

California beef steak with a citrus based sauce, comes with potato au gratin and steamed green beans. **\$14.90**

Yellow fish curry with steamed rice. **\$14.90**

Free range chicken and vegetable Pie with pastry top. **\$14.90**

Beef stiffado with buttered baby potatoes, carrots and baby beans. **\$14.90**

Hoisin Pork with rice and green sunshine salad (Edamame beans, corn, onion, celery, green beans). **\$14.90**

Beef lasagne, premium beef mince ragu, bechamel sauce, pasta and cheese. **\$14.90**

Spinach, mushroom and lentil bolognaise with spaghetti. **\$13.50**

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

MENU FIVE

Delivery week starting
16-20 February
23-27 March
27 April-01 May (Anzac Day)

Roast Lamb, with pea and mint pesto, roast vegetables and creamed spinach. **\$15.50**

Swedish meatballs (pork) with creamy mash, pumpkin and baby beans. **\$14.90**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin and baby beans. **\$14.90**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potatoes and stir fried vegetables. **\$14.90**

Classic mild chicken curry with steamed rice. **\$14.90**

Braised beef and vegetable casserole with potato colcannon **\$14.90**

Chicken cacciatori with garlic buttered baby potatoes and green beans. **\$14.90**

Traditional cottage pie (premium NZ beef) with creamy mash top. **\$14.90**

Macaroni cheese. **\$13.50**

EXTRAS

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

SOUPS \$6.00

- Chicken veg and noodle
- Minestrone soup

PUDDINGS \$6.00

- Apple and berry crumble
- Rice pudding with apricot
- Chocolate self-saucing
- Blueberry sponge
- Passionfruit cheesecake



BAKING \$8.00

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



Deliveries
Wellington (Set day) \$16.00
Kapiti - Pukerua Bay- Waikanae (Set day) \$16.00
Manawatu - Otaki - Palmerston (Set day) \$18.00
Wairarapa (Set day) \$18.00

Hutt Valley (Set day) \$16.00
North Island next day \$18.00
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

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

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

DAILY DEALS!

Fresh Meal Deals

(applies only to eat fresh standard meals)

6+6 Deal – \$120

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

5+5 Deal – \$100

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 \$140

(box contents change weekly)