

# DAILY DEALS!

## Fresh Meal Deals

(applies only to eat fresh standard meals)

### 6+6 Deal – \$98

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

### 5+5 Deal – \$80

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 \$130

8 meals \$88

### Eat Tiddly

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

16 meals \$130

(box contents change weekly)

## 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](http://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](http://eat.co.nz)

eat unlimited  
t: +64 4 560 1960  
orders@eat.co.nz  
[www.eat.co.nz](http://www.eat.co.nz)

## DELIVERY INSTRUCTIONS

**We deliver all round New Zealand... North Cape to the Bluff, from our door to yours UNLESS you are Rural Delivery!!**

We take care to send delicious, affordable food, carefully packaged for its journey from us to you. Courier Post will make your delivery and because the package is perishable no signature is required. If you don't hear their knock they will leave the box. Please check outside at your door if not received by midday.

If you don't have your order by 2pm at the latest, please call **0800 328 333**. One of the lovely ladies in the office will chase it up.

*Neither courier post or EAT take any responsibility for your order after its been delivered.*

## HEATING INSTRUCTION

**We use dual ovenable, self venting, cool to touch trays with easy pull film!**

### MICROWAVE HEATING – for average 850w microwave

**Step One** – Remove the band and place the tray in the microwave. DO NOT lift the film or puncture the film. For FROZEN meals, defrost first for best results.

**Step Two** – Microwave on HIGH for 4 minutes or 6-8 minutes if its frozen. The film expands to make a steam tent. It vents to release steam and then de-flates.

**Step Three** – Remove from the microwave and leave for 2 minutes. Peel back the film – Protect yourself from a steam burn. Pull the film back toward you!

### OVEN HEATING INSTRUCTIONS (gives best result)

- Pre heat the oven to 180C
- Remove film
- Heat for approximately 20-25min or until piping hot.



# eat

Autumn Menu 2 May to 12 August 2022

# eat

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

# TIDDLY eats

TIDDLY MEALS FOR TIDDLY EATERS

Up-size add \$1.50

## MENU ONE

**Delivery week starting**  
02-06 May  
06-10 June Queens  
11-15 July

Pure NZ roast pork with caramelised apple, roast vegetables, peas & broccoli. **\$13.50**  
**\*\*Carb lite option available**

Swedish meatballs with creamy mash and steamed beans **\$13.20**  
**\*\*Carb lite option available**

Tender NZ beef steak with mushroom sauce, roast vegetable medley and steamed baby beans **\$13.20**  
**\*\*Carb lite option available**

Pan-fried NZ fish, lemon caper sauce, chunky roastie potatoes & stir fried vegetables. **\$13.20**

NZ free range chicken & chorizo paella **\$13.20**

NZ beef bourginion mashed potato, sliced carrots and green medley. **\$13.20**

Free range french chicken with braised vegetables **\$13.20**

Bunless NZ beef burger, peas, wedges & caramelised onion **\$13.00**

Pasta Pomodoro **\$11.50**

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

## MENU TWO

**Delivery week starting**  
09-13 May  
13-17 June  
18-22 July

Pure NZ roast beef with cauliflower cheese and roast vegetables. **\$13.50**  
**\*\*Carb lite option available**

Pickled Pork with parsley sauce, creamy mash, beans and carrot. **\$13.20**

Swiss steak, potato au gratin, carrots and steamed green beans. **\$13.20**  
**\*\*Carb lite option available**

Smoked salmon and spinach penne pasta **\$13.20**

Beef stroganoff with steamed rice **\$13.20**  
**\*\*Carb lite option available**

Melt in your mouth beef stew, carrot & potato mash, buttered spinach **\$13.20**

Chicken Coq au vin with potato gratin and broccoli **\$13.20**

Cameron Harrison beef sausages, sticky onion gravy, peas & wedges **\$13.00**

Cauliflower au gratin on a potato and onion base **\$11.50**

### Deliveries

South Island next day \$30.00.  
North Island next Day \$18.00.  
Lower Hutt and Wellington \$14.00.  
Sorry, RD address must be picked up from local Courier Post depot.

## MENU THREE

**Delivery week starting**  
16-20 May  
20-24 June Matariki Fri  
25-29 July

NZ lamb shank braised in red wine with creamy mash, carrot sticks, baby beans. **\$15.50**  
**\*\*Carb lite option available**

NZ pork and Apricot with potato au gratin and baby beans. **\$13.20**

Tender NZ steak with fried onion ring creamy potato, pumpkin, broccoli **\$13.20**  
**\*\*Carb lite option available**

Hoki loin with parsley sauce, creamy mash, carrots and peas. **\$13.20**

Red Thai chicken curry with steamed rice. **\$13.20**  
**\*\*Carb lite option available**

Beef and Beer casserole, potato roasties and green beans. **\$13.20**

Creamy boneless mustard chicken with pommes boulangère and broccoli florets. **\$13.20**

Cameron Harrison pork sausages, balsamic onion sauce & bubble n squeak **\$13.00**

Vegetable lasagne **\$11.50**

## MENU FOUR

**Delivery week starting**  
23-27 May  
27-01 July  
01-05 Aug

Free Range roast chicken with whole cranberry stuffing, roast vegetables & peas. **\$13.50**  
**\*\*Carb lite option available**

NZ Pork Steak with creamy dijon mustard sauce, creamy mash, pumpkin and baby beans **\$13.20**

Tender NZ beef steak with herb butter, medley of sautéed vegetables. **\$13.20**  
**\*\*Carb lite option available**

Asian fish curry with noodles and stir-fry vegetables **\$13.20**

Free range chicken & vegetable pie **\$13.20**

Beef hotpot, slow cook beef and vegetables with a scalloped potato top **\$13.20**  
**\*\*Carb lite option available**

Cider chicken with roasted carrot, potato chunks and creamed spinach **\$13.20**

The very popular traditional Beef lasagne **\$13.00**

Nasi Goreng - tasty rice, shredded omelette and roast peanuts. **\$11.50**

### Payment info

Order by phone, email or website.

Payment by Debit Card, Credit Card, or Bank Transfer.

Our Bank details: eatUnlimited 030502 0575744 00.

Mailing address: YMCA Building, 67 Pilmuir Street, Lower Hutt.

## MENU FIVE

**Delivery week starting**  
30 -03 June  
04-08 July  
08-12 Aug

Glazed ham with Cumberland sauce, roasted potato, broccoli, pumpkin and grilled pineapple. **\$13.50**

Corned beef with mustard sauce, mash potato, buttered silverbeet and cabbage. **\$13.20**

NZ beef steak with béarnaise sauce, sauté potatoes, pumpkin & baby beans **\$13.20**  
**\*\*Carb lite option available**

Traditional smoked fish pie **\$13.20**

Butter chicken curry with steamed rice **\$13.20**  
**\*\*Carb lite option available**

Braised beef and vegetable casserole with potato colcannon **\$13.20**

Free range golden chicken with leek, spinach, pea trio & potato au gratin. **\$13.20**  
**\*\*Carb lite option available**

Traditional cottage pie (premium NZ beef) with creamy mash top. **\$13.00**

Macaroni cheese **\$11.50**

## EXTRAS

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

### SOUPS \$5.20

- Chicken vegetable & noodle soup
- Roasted pumpkin soup
- Incredible meatball soup

### DESSERTS \$5.40

- Apple, Pear and cinnamon crumble
- Rice pudding with plum
- Apricot upside down pudding
- Sticky date pudding
- Chocolate Cheesecake

### BAKING \$7.50

- Boiled sultana cake
- Black forrest cake
- Carrot Cake
- Chocolate caramel slice
- Ginger Slice



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 tiddlyness, has sixteen meals, two of every delicious dish. Keep them in the freezer for a wonderful meal to heat and eat anytime. 16 meals for a very tiddly or widdly \$130.00. Contents change weekly. [eat.co.nz](http://eat.co.nz)



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



Images of actual meals, thawed, heated and plated

GOODNESS GUARANTEED

0800 328 333  
[orders@eat.co.nz](mailto:orders@eat.co.nz)  
[www.eat.co.nz](http://www.eat.co.nz)