

## NAME:

ADDRESS:

TELEPHONE:

Please place your order before Midday Monday for delivery Thursday

|  |  | Cold Meats \& Salad Grilled Vegetables with Feta \& Nuts (V) $\square$ Beef Sausages \& Onion Gravy Mexican Chicken Casserole | Satay Chicken with Rice <br> Crumbed Fish with Tartare Sauce <br> Lamb \& Polenta Pie <br> Roast Pork with Apple Sauce | Roast Beef Lamb Jalfr Sherry Trif Peach, Ap | Y Yorkshire Pudding urry (Medium) - \$14.00 ith Cream <br> Mango Shortcake |
| :---: | :---: | :---: | :---: | :---: | :---: |
| N 늘 ¢ 3 |  | Cold Meats \& Salad Spinach \& Ricotta Cannelloni (V) Beef \& Cheese Meatballs Italian Lamb Casserole | Orange \& Rosemary Chicken <br> Baked Fish with Lemon \& Parsley Sauce Ham off the Bone with Mustard Cream Roast Chicken with Sage Stuffing | Roast Lamb Chicken Ac Meringues Apple \& Fr | th Mint Sauce Curry (Mild) - \$14.00 ly, Fruit Salad \& Cream Crumble |
| m Y U 3 |  | Cold Meats \& Salad Capsicum \& Sweetcorn Fritters (V) Spaghetti Bolognaise Minted Lamb Casserole | Mustard \& Garlic Chicken <br> Crumbed Fish with Tartare Sauce <br> Lambs Fry \& Bacon with Onions <br> Roast Pork with Apple Sauce | Roast Beef Beef Vinda Melrose Cr Apple \& Ci | h Yorkshire Pudding Curry (Hot) - \$14.00 m with Mandarins mon Shortcake |
| ¢ 늘 山 3 |  | $\square$ Cold Meats \& Salad $\square$ <br> $\square$ Pumpkin \& Spinach Quiche (V) $\square$ <br> $\square$ Corned Silverside with Mustard Gravy $\square$ <br> $\square$ Beef Rissoles with Gravy $\square$ | Cajun Chicken with Rice (Mild) <br> Baked Fish with Cheese Sauce <br> Pork Wellington <br> Roast Chicken with Sage Stuffing | Roast Lamb Chicken Korm Rice Puddi Apple \& Be | h Mint Sauce Curry (Mild) - \$14.00 ith Apricot Puree Crumble |
|  | P OPTIONS: | WEEK $1 \square$ Pumpkin, Kumara \& Peanut $\quad$ WEEK 2 | WEEK $2 \square$ Cream of Tomato Soup | WEEK $3 \square$ Pea \& Ham Soup | WEEK $4 \square$ Vegetable \& Barley |

## DELIVERY INFORMATION

- \$5 Delivery Fee within Christchurch City Suburbs
- \$10 Delivery Fee to Outer Christchurch Regions
(Delivery via independent courier - Orders must be Prepaid) (Kaiapoi / Rangiora / Rolleston / Prebbleton / West Melton / Lincoln / Darfield / Akaroa) For delivery outside the above, please contact us.
- We require a minimum order of $2 x$ meals per delivery

It is your responsibility to leave a chilly bin or bag out if you are not at home when your meals are delivered. We cannot be held responsible for meals left out after delivery has been made.
Deliveries are made between 8:30am - 2pm every Thursday

## HOW TO PAY

- Order and pay on our website
- Make a Direct Credit to our bank account / Credit Card via Phone (surcharge applies for manual Credit Card payments)
- Pay Cash or Eftpos to the driver on delivery (Currently only available for Christchurch)
- Bank Transfer:

Food Solutions Christchurch Ltd - 020828006479200
Reference: Your name and delivery date
Please let us know if you are going to make direct credit.
Payments must be in our account by Monday to ensure your delivery on Thursday

## HOW TO ORDER

There are 3 options for ordering:

1. Go online www.eatl8r.co.nz
2. Fill in a menu sheet a month in advance and hand to the driver upon delivery or email: orders@eatl8r.co.nz
3. Call the office: $\mathbf{0 3} \mathbf{4 2 0} \mathbf{0 7 2 2}$ - Leave a message with your name, address, phone number and which meals you would like to order (including meal size) before midday on Monday.

## We would encourage you to call and leave a message on our answer

 phone over the weekend to ensure your order is received on time.
## REHEATING YOUR MEAL

- Lift the corner tab, place into microwave on HIGH for approximately $\mathbf{3}$ minutes for Petite, $\mathbf{4}$ minutes for Regular or until piping hot.
- Alternatively, transfer your meal onto an ovenproof plate, cover with foil and re-heat in your oven until piping hot. These trays must not be put into the oven as they are not oven suitable.

Your Eat18r Meals can be kept fresh in the fridge for up to 7 days. If you haven't eaten your meal within this time, pop it into the freezer and eatl8r. All our Eatl8r meals include a selection of fresh seasonal vegetables. Meals must stay refrigerated until consumed, before the use by date.
**Please note: We do not cater for special dietary requirements such as Gluten Free, Dairy Free or Allergies etc**

Our Shop at 9 Raycroft Street, Christchurch is open: Monday - Thursday from 9am - 2pm (Closed Public Holidays)

