



# January 2026

## Summer Menu

Telephone Orders: (03) 420 0722

|                                       |         |          |         |
|---------------------------------------|---------|----------|---------|
| <input type="checkbox"/> REGULAR MEAL | \$15.00 | SOUPS    | \$6.00  |
| <input type="checkbox"/> PETITE MEAL  | \$13.00 | DESSERTS | \$6.00  |
| DELIVERY FEES – Please see reverse    |         | CURRY    | \$15.00 |

NAME:

ADDRESS:

TELEPHONE:

Please place your order before Midday Monday for delivery Thursday

|                                                          |                                                 |                                                                  |                                                                |                                                                           |
|----------------------------------------------------------|-------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------------------|
| WEEK 1                                                   | DELIVERY<br>Thursday<br>8 <sup>th</sup> Jan 26  | <input type="checkbox"/> Cold Meats & Salad                      | <input type="checkbox"/> Satay Chicken with Rice               | <input type="checkbox"/> Roast Beef with Yorkshire Pudding                |
|                                                          |                                                 | <input type="checkbox"/> Grilled Vegetables with Feta & Nuts (V) | <input type="checkbox"/> Crumbed Fish with Tartare Sauce       | <input type="checkbox"/> Lamb Jalfrezi Curry (Medium) – (\$15.00)         |
|                                                          |                                                 | <input type="checkbox"/> Braised Sausages & Onion Gravy          | <input type="checkbox"/> Lamb & Polenta Pie                    | <input type="checkbox"/> <b>Sherry Trifle with Cream</b>                  |
|                                                          |                                                 | <input type="checkbox"/> Mexican Chicken Casserole               | <input type="checkbox"/> Roast Pork with Apple Sauce           | <input type="checkbox"/> <b>Peach, Apple &amp; Mango Shortcake</b>        |
| WEEK 2                                                   | DELIVERY<br>Thursday<br>15 <sup>th</sup> Jan 26 | <input type="checkbox"/> Cold Meats & Salad                      | <input type="checkbox"/> Orange & Rosemary Chicken             | <input type="checkbox"/> Roast Lamb with Mint Sauce                       |
|                                                          |                                                 | <input type="checkbox"/> Pumpkin & Sage Risotto (V)              | <input type="checkbox"/> Baked Fish with Lemon & Parsley Sauce | <input type="checkbox"/> Chicken Achari Curry (Mild) – (\$15.00)          |
|                                                          |                                                 | <input type="checkbox"/> Beef & Cheese Meatballs                 | <input type="checkbox"/> Ham off the Bone with Mustard Cream   | <input type="checkbox"/> <b>Meringues, Jelly, Fruit Salad &amp; Cream</b> |
|                                                          |                                                 | <input type="checkbox"/> Italian Lamb Casserole                  | <input type="checkbox"/> Roast Chicken with Sage Stuffing      | <input type="checkbox"/> <b>Apple &amp; Fruit Crumble</b>                 |
| WEEK 3                                                   | DELIVERY<br>Thursday<br>22 <sup>nd</sup> Jan 26 | <input type="checkbox"/> Cold Meats & Salad                      | <input type="checkbox"/> Mustard & Garlic Chicken              | <input type="checkbox"/> Roast Beef with Yorkshire Pudding                |
|                                                          |                                                 | <input type="checkbox"/> Capsicum & Sweetcorn Fritters (V)       | <input type="checkbox"/> Crumbed Fish with Tartare Sauce       | <input type="checkbox"/> Beef Korma Curry (Sweet/Mild) – (\$15.00)        |
|                                                          |                                                 | <input type="checkbox"/> Spaghetti Bolognaise                    | <input type="checkbox"/> Lambs Fry & Bacon with Onions         | <input type="checkbox"/> <b>Melrose Cream with Mandarins</b>              |
|                                                          |                                                 | <input type="checkbox"/> Minted Lamb Casserole                   | <input type="checkbox"/> Roast Pork with Apple Sauce           | <input type="checkbox"/> <b>Apple &amp; Cinnamon Shortcake</b>            |
| WEEK 4                                                   | DELIVERY<br>Thursday<br>29 <sup>th</sup> Jan 26 | <input type="checkbox"/> Cold Meats & Salad                      | <input type="checkbox"/> Cajun Chicken with Rice (Mild)        | <input type="checkbox"/> Roast Lamb with Mint Sauce                       |
|                                                          |                                                 | <input type="checkbox"/> Summertime Frittata (V)                 | <input type="checkbox"/> Baked Fish with Cheese Sauce          | <input type="checkbox"/> Butter Chicken Curry (Medium) – (\$15.00)        |
|                                                          |                                                 | <input type="checkbox"/> Corned Silverside with Mustard Gravy    | <input type="checkbox"/> Pork Wellington                       | <input type="checkbox"/> <b>Rice Pudding with Apricot Puree</b>           |
|                                                          |                                                 | <input type="checkbox"/> Beef Rissoles with Gravy                | <input type="checkbox"/> Roast Chicken with Sage Stuffing      | <input type="checkbox"/> <b>Apple &amp; Berry Crumble</b>                 |
| SOUP OPTIONS:                                            |                                                 |                                                                  |                                                                |                                                                           |
| WEEK 1 <input type="checkbox"/> Pumpkin, Kumara & Peanut |                                                 | WEEK 2 <input type="checkbox"/> Chicken & Tomato                 |                                                                | WEEK 3 <input type="checkbox"/> Ham & Vegetable                           |
|                                                          |                                                 |                                                                  |                                                                | WEEK 4 <input type="checkbox"/> Roasted Carrot & Ginger                   |

### DELIVERY INFORMATION

**\$6 Delivery Fee within Christchurch City suburbs**

**\$11 Delivery Fee to outer Christchurch regions** (Kaiapoi, Rangiora, Rolleston, Prebbleton, West Melton, Lincoln, Darfield, Akaroa)

For Independent Courier deliveries outside these areas, please contact us for a price (\$15 - \$25 South Island).

*Minimum order: 2 meals per delivery.*

 **If you won't be home at the time of delivery, please leave a chilly bin or insulated bag out. *We cannot be responsible for meals left out after delivery.***

 **Delivery time:** Thursdays between 8:30am – 2:00pm

### PAYMENT OPTIONS

- **Online:** Order and pay directly on our website.
- **Bank Transfer:**  
**Food Solutions Christchurch Ltd – 020828 0064792 00**  
**Reference: Your name and delivery date**  
*(Please notify us if making a direct credit. Payments must be received by Monday for Thursday delivery.)*
- **Credit Card via Phone:** A surcharge applies for manual credit card payments.

**Cash or EFTPOS on Delivery:** Available only within Christchurch. Deliveries via Independent courier must be prepaid.

### HOW TO ORDER

There are 3 options for ordering:



Go online [www.eatl8r.co.nz](http://www.eatl8r.co.nz)



Fill in a menu sheet a month in advance and hand to the driver upon delivery or email: **orders@eatl8r.co.nz**



Call the office: **03 420 0722** – 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.**

### HEATING & STORAGE INSTRUCTIONS

**Microwave:** Lift the corner tab and heat on **HIGH** for approximately **3 minutes (Petite)** or **4 minutes (Regular)**, or until piping hot.

**Oven:** Transfer the meal onto an ovenproof plate, cover with foil, and reheat until piping hot. **Do not place the provided trays in the oven, as they are not oven-safe.**

**Storage:** Keep meals refrigerated at 4°C or below and consume within **7 days**.

If not eaten within this time, simply pop them in the freezer to enjoy later.

All Eatl8r meals include a selection of fresh seasonal vegetables.



**Please Note:** We do not cater to special dietary requirements such as gluten-free, dairy-free, or allergy-specific meals etc\*\*

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