



October 2026

Telephone Orders: (03) 420 0722

☐ REGULAR MEAL	\$16.00	SOUPS	\$7.00
☐ PETITE MEAL	\$14.00	DESSERTS	\$7.00
DELIVERY FEES: <i>SEE REVERSE</i>		CURRY	\$16.00

NAME:

ADDRESS:

TELEPHONE:

Please place your order before Midday Monday for delivery Thursday

WEEK 1	DELIVERY Thursday 1st Oct 26	☐ Lamb Risssoles with Thyme & Mint	☐ Pork Terrine (Meatloaf) * <i>Contains nuts</i>	☐ Roast Beef with Yorkshire Pudding
		☐ Baked Potato with Homemade Beans (V)	☐ Crumbed Fish with Tartare Sauce	☐ Lamb Rendang Curry (Medium) - \$16.00
		☐ Beef & Red Wine Casserole	☐ Chicken & Apricot Casserole	☐ Mango & Vanilla Cheesecake
		☐ Chicken with Bacon & Tomatoes	☐ Roast Pork with Apple Sauce	☐ Berry & Apple Shortcake
WEEK 2	DELIVERY Thursday 8th Oct 26	☐ Cold Meats & Salad	☐ Sweet & Sour Pork with Rice	☐ Roast Lamb with Mint Sauce
		☐ Macaroni Cheese (V)	☐ Baked Fish with Cheese Sauce	☐ Coconut Chicken Curry (Mild) - \$16.00
		☐ Beef Goulash	☐ Braised Beef Meatballs	☐ Eton Mess
		☐ BBQ Chicken	☐ Roast Chicken with Sage Stuffing	☐ Apricot & Apple Crumble
WEEK 3	DELIVERY Thursday 15th Oct 26	☐ Lamb & Rosemary Meatballs	☐ Honey Maple Pork Steak	☐ Roast Beef with Yorkshire Pudding
		☐ Spinach & Mushroom Quiche (V)	☐ Crumbed Fish with Tartare Sauce	☐ Beef Red Curry (Medium) - \$16.00
		☐ Greek Lamb Casserole	☐ Corned Silverside with Mustard Gravy	☐ Black Forest Trifle
		☐ Lemon & Herb Chicken with Rice	☐ Roast Pork with Apple Sauce	☐ Peach & Apple Shortcake
WEEK 4	DELIVERY Thursday 22nd Oct 26	☐ Cold Meats & Salad	☐ Chicken with Spinach & Cheese	☐ Roast Lamb with Mint Sauce
		☐ Mexican Tortillas (V)	☐ Baked Fish with Lemon & Parsley Sauce	☐ Butter Chicken Curry (Mild) - \$16.00
		☐ Curried Sausages & Rice	☐ Swedish Pork Meatballs with Creamy Sauce	☐ Blueberry Sponge Pudding with Cream
		☐ Beef Stroganoff	☐ Roast Chicken with Sage Stuffing	☐ Rhubarb & Apple Crumble
WEEK 5	DELIVERY Thursday 29th Oct26	☐ Lamb Risssoles with Thyme & Mint	☐ Pork Terrine (Meatloaf) * <i>Contains nuts</i>	☐ Roast Beef with Yorkshire Pudding
		☐ Baked Potato with Homemade Beans (V)	☐ Crumbed Fish with Tartare Sauce	☐ Lamb Rendang Curry (Medium) - \$16.00
		☐ Beef & Red Wine Casserole	☐ Chicken & Apricot Casserole	☐ Mango & Vanilla Cheesecake
		☐ Chicken with Bacon & Tomatoes	☐ Roast Pork with Apple Sauce	☐ Berry & Apple Shortcake
SOUP OPTIONS:		WEEK 1/5 ☐ Creamy Mushroom Soup	WEEK 2 ☐ Pumpkin Soup	WEEK 3 ☐ Leek & Potato Soup
				WEEK 4 ☐ Vegetable Soup

DELIVERY INFORMATION

\$6 Delivery Fee within Christchurch City suburbs

\$11 Delivery Fee to outer Christchurch suburbs (Kaiapoi, Rangiora, Rolleston, Prebbleton, West Melton, Lincoln)

\$15 Delivery Fee to outer Regions (Amberley, Darfield, Akaroa etc. Ashburton - *Friday Delivery*)

\$25 Delivery Fee to Rest of South Island via Courier

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 8:00am – 2:00pm
**Deliveries to Ashburton are made on Friday*

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: Within Christchurch only.
Deliveries via Courier must be prepaid.

HOW TO ORDER

There are 3 options for ordering:

 **Go online** 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)