



March 2026

Autumn Menu

Telephone Orders: (03) 420 0722

<input type="checkbox"/> REGULAR MEAL	\$16.00	SOUPS	\$7.00
<input type="checkbox"/> 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 5 th Mar 26	<input type="checkbox"/> Cold Meats & Salad	<input type="checkbox"/> Pork & Cider Casserole	<input type="checkbox"/> Roast Beef with Yorkshire Pudding	
		<input type="checkbox"/> Veggie Sausage Roll (V)	<input type="checkbox"/> Crumbed Fish with Tartare Sauce	<input type="checkbox"/> Chicken Tikka Curry (Medium)	
		<input type="checkbox"/> Beef Pie with Smoked Cheese Top	<input type="checkbox"/> Braised Steak & Vegetables	<input type="checkbox"/> Sticky Date Pudding	
		<input type="checkbox"/> Chicken & Tarragon Meatballs	<input type="checkbox"/> Roast Pork with Apple Sauce	<input type="checkbox"/> Berry & Apple Shortcake	
WEEK 2	DELIVERY Thursday 12 th Mar 26	<input type="checkbox"/> Beef & Red Wine Casserole	<input type="checkbox"/> Paprika Chicken with Sweetcorn Mash	<input type="checkbox"/> Roast Lamb with Mint Sauce	
		<input type="checkbox"/> Loaded Mexican Sweet Potato (V)	<input type="checkbox"/> Baked Fish with Lemon & Parsley Sauce	<input type="checkbox"/> Beef Bouma Curry (Mild)	
		<input type="checkbox"/> Lamb Rissoles with Sweet Peppers	<input type="checkbox"/> Braised Sausages & Onions	<input type="checkbox"/> Self Saucing Chocolate Pudding	
		<input type="checkbox"/> Sticky Pork & Rice	<input type="checkbox"/> Roast Chicken with Sage Stuffing	<input type="checkbox"/> Rhubarb & Apple Crumble	
WEEK 3	DELIVERY Thursday 19 th Mar 26	<input type="checkbox"/> Cold Meats & Salad	<input type="checkbox"/> Spanish Chicken with Sherry & Rice	<input type="checkbox"/> Roast Beef with Yorkshire Pudding	
		<input type="checkbox"/> Vegetable Croquettes (V)	<input type="checkbox"/> Crumbed Fish with Tartare Sauce	<input type="checkbox"/> Chicken Massaman Curry (Mild)	
		<input type="checkbox"/> Spaghetti and Meatballs	<input type="checkbox"/> Lamb & Beetroot Pot Pie	<input type="checkbox"/> Berry Tiramisu	
		<input type="checkbox"/> Honey Maple Pork Steaks	<input type="checkbox"/> Roast Pork with Apple Sauce	<input type="checkbox"/> Peach, Passionfruit & Mango Shortcake	
WEEK 4	DELIVERY Thursday 26 th Mar 26	<input type="checkbox"/> Herbed Beef Olives & Gravy	<input type="checkbox"/> Curried Sausages with Rice	<input type="checkbox"/> Roast Lamb with Mint Sauce	
		<input type="checkbox"/> Macaroni Cheese (V)	<input type="checkbox"/> Baked Fish with Cheese Sauce	<input type="checkbox"/> Malaysian Lamb Curry (Hot)	
		<input type="checkbox"/> Corned Silverside with Mustard Sauce	<input type="checkbox"/> Pork Cottage Pie	<input type="checkbox"/> Mousse, Fruit Jelly & Cream	
		<input type="checkbox"/> Sundried Tomato & Spinach Chicken	<input type="checkbox"/> Roast Chicken with Sage Stuffing	<input type="checkbox"/> Black Boy Peach & Apple Crumble	
SOUP OPTIONS:		WEEK 1 <input type="checkbox"/> Spinach & Green Split Pea	WEEK 2 <input type="checkbox"/> Pumpkin & Bacon	WEEK 3 <input type="checkbox"/> Vegetable & Lentil	WEEK 4 <input type="checkbox"/> Tomato Soup

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

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.

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.

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)