



August 2025

Winter 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: <i>SEE REVERSE</i>		CURRY	\$15.00

NAME:

ADDRESS:

TELEPHONE:

Please place your order before Midday Monday for delivery Thursday

WEEK 1	DELIVERY Thursday 7 th Aug 25	<input type="checkbox"/> Cold Meats and Salad	<input type="checkbox"/> Smokey Chicken & Tomato Casserole	<input type="checkbox"/> Roast Beef with Yorkshire Pudding
		<input type="checkbox"/> Loaded Mexican Sweet Potatoes (V)	<input type="checkbox"/> Crumbed Fish with Tartare Sauce	<input type="checkbox"/> Chicken & Kafir Lime Curry (Medium) - \$15.00
		<input type="checkbox"/> Grilled Ham Steaks	<input type="checkbox"/> Beef & Stout Casserole	<input type="checkbox"/> Creamed Rice Pudding with Apricot Puree
		<input type="checkbox"/> Lamb & Rosemary Rissoles	<input type="checkbox"/> Roast Pork with Apple Sauce	<input type="checkbox"/> Peach, Passionfruit & Apple Shortcake
WEEK 2	DELIVERY Thursday 14 th Aug 25	<input type="checkbox"/> Swiss Roll with Onion Gravy	<input type="checkbox"/> Steak & Kidney Casserole	<input type="checkbox"/> Roast Lamb with Mint Sauce
		<input type="checkbox"/> Spinach Feta & Red Pepper Quiche (V)	<input type="checkbox"/> Smoked Fish Pie	<input type="checkbox"/> Don's Sweet Lamb Curry (Mild) - \$15.00
		<input type="checkbox"/> Chicken with Ham, Tomato & Cheese	<input type="checkbox"/> Pickled Pork with Mustard Gravy	<input type="checkbox"/> Bread & Butter Pudding
		<input type="checkbox"/> Braised Sausages & Onions	<input type="checkbox"/> Roast Chicken with Sage Stuffing	<input type="checkbox"/> Mixed Berry & Apple Crumble
WEEK 3	DELIVERY Thursday 21 st Aug 25	<input type="checkbox"/> Cottage Pie	<input type="checkbox"/> Chicken & Vegetable Casserole	<input type="checkbox"/> Roast Beef with Yorkshire Pudding
		<input type="checkbox"/> Vegetable Lasagne (V)	<input type="checkbox"/> Crumbed Fish with Tartare Sauce	<input type="checkbox"/> Chicken & Almond Curry (Medium) - \$15.00
		<input type="checkbox"/> Honey Chilli Pork with Rice	<input type="checkbox"/> Lamb & Mint Meatballs	<input type="checkbox"/> Steamed Feijoa & Ginger Pudding
		<input type="checkbox"/> Eatl8r Irish Stew	<input type="checkbox"/> Roast Pork with Apple Sauce	<input type="checkbox"/> Blackboy Peach & Apple Shortcake
WEEK 4	DELIVERY Thursday 28 th Aug 25	<input type="checkbox"/> Spaghetti Bolognese	<input type="checkbox"/> Citrus Pork with Rice	<input type="checkbox"/> Roast Lamb with Mint Sauce
		<input type="checkbox"/> Vegetable Shepherd's Pie (V)	<input type="checkbox"/> Baked Fish with Cheese Sauce	<input type="checkbox"/> Bangladesh Beef Curry (Medium) - \$15.00
		<input type="checkbox"/> Steak & Vegetable Casserole	<input type="checkbox"/> Mixed Grill with Onions	<input type="checkbox"/> Chocolate Peanut Brownie with Cream
		<input type="checkbox"/> Pesto Chicken	<input type="checkbox"/> Roast Chicken with Sage Stuffing	<input type="checkbox"/> Apricot & Apple Crumble
SOUP OPTIONS:		WEEK 1 <input type="checkbox"/> Pumpkin & Kumara Soup	WEEK 2 <input type="checkbox"/> Chicken & Corn Soup	WEEK 3 <input type="checkbox"/> Tomato Soup
				WEEK 4 <input type="checkbox"/> Winter Vegetable & Barley 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)

(Delivery via independent courier – orders must be prepaid)

For deliveries outside these areas, please contact us for price

- **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 metro.

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 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)