

2022 MENU



Delicious meals delivered to your door  
Simply heat and eat



## DELIVERY AREAS

### EVERY TUESDAY

#### SUNSHINE COAST

Includes and the surrounds of:  
Caloundra, Kawana, Sippy Downs, Buderim, Mooloolaba,  
Maroochydore

### EVERY WEDNESDAY

#### SUNSHINE COAST

Includes and the surrounds of:  
Bli Bli, Nambour, Palmwoods, Mudjimba, Coolum, Noosa,  
Tewantin, Doonan, Cooroy, Eumundi, Yandina

### EVERY THURSDAY

#### MORTEN BAY / SUNSHINE COAST HINTERLAND

Includes and the surrounds of:  
Bribie Island, Caboolture, Morayfield, Landsborough,  
Glasshouse Mountains  
\* Maleny, Mapleton, Flaxton and surrounds\*  
(Suburbs above in green incur a \$5.00 delivery charge)

### FORTNIGHTLY FRIDAY

#### GYMPIE / TIN CAN BAY / FRASER COAST

Gympie, Tiara, Maryborough, Hervey Bay  
Tin Can Bay, Cooloola Cove  
(Tin Can Bay & Cooloola Cove and surrounds  
\$10.00 delivery charge)

### FORTNIGHTLY FRIDAY

#### TOOGOOM TO BUNDABERG

Toogoom, Burrum Heads, Howard, Childers, Bundaberg,  
Bargara, Burnett Heads, Coral Cove  
(All incur a \$5.00 delivery charge)

Free Delivery is available to most areas  
Delivery charges may apply dependant on location  
Please call for more info

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WWW.HEARTYFOODS.COM.AU

Hearty Foods is a family owned and operated business on the Sunshine Coast. Established over 10 years ago delivering Nutritious ready made meals to the Sunshine Coast, Fraser Coast, Cooloola Shire, Bundaberg, Bribie Island, Caboolture.

If it's a good quality home style cooked meal your looking for then take a look at our extensive menu with the additional choice of regular or large sizes dependant on your appetite and of course a great selection of desserts and soups.

Let Hearty Foods take the fuss and stress out of meal times, whether its lunch or dinner at home or a tasty meal at work, just grab a meal from your freezer and simply heat and eat with peace of mind that your eating a nutritious tasty meal.

### MAIN MEALS

Regular \$9.75 Large \$12.15

\*Please note price differs for some fish & lamb dishes.

Minimum of 7 main meals for delivery

7 Regular sized meals from \$68.25

7 Large sized meals from \$85.05

### Meal Sizes

Regular 350g-380g | Large 450g-480g

Do you have a Home Care Package – Great!  
You will only need to pay 30%

### Order in bulk and save

14 main meals receive 5% off

28 main meals receive 10% off

Deliveries are for free for most areas,  
refer to our delivery information  
ALL ORDERS MUST BE PLACED BY 2PM  
FOR THE NEXT DAYS DELIVERY



## CHICKEN DISHES

### 1. ROAST CHICKEN

Tender roasted chicken served with roast chat potatoes, pumpkin and steamed broccoli.

### 3. CHICKEN A LA KING

Delicious chicken pieces cooked in a white sauce with bacon served with chat potatoes, yellow & green beans.

### 14. SATAY CHICKEN

Tender chicken breast topped with a satay sauce and served with green beans and rice (contains nuts).

### 15. SWEET N SOUR CHICKEN

Asian style sweet 'n sour chicken served with steamed rice & green beans.

### 16. GREEN THAI CHICKEN CURRY (HOT)

Tender chicken cooked in a green curry sauce served with steamed rice, green beans and capsicums.

### 17. CHICKEN KORMA CURRY

Juicy tender chicken cooked in an Indian korma sauce topped with mango chutney, steamed rice and green beans.

### 20. BUTTER CHICKEN

Tender chicken cooked in a mild Indian spiced butter sauce served with steamed rice and green beans.

### 37. CHICKEN PARMI

Crumbed chicken fillets, Napoli sauce, grated cheese & parmesan, served with chat potatoes & seasonal vegetables.

### 47. MANGO CHICKEN

Seasoned tender chicken with a mouth watering mango sauce, served with steamed aussie beans and chat potatoes.

### 49. CREAMY PESTO CHICKEN PASTA

Penne Pasta with basil pesto cream sauce, chicken fillets, broccoli, baby spinach and topped with cheese. (contains nuts)



## PORK DISHES

### 12. ROAST PORK

Roasted pork with gravy, chat potatoes and roast pumpkin.

### 27. PASTA CARBONARA

Spaghetti cooked in a bacon and mushroom cream sauce.

### 33. PICKLED PORK

Pickled Pork with creamy mustard sauce served with Colcannon mash & seasonal vegetables.

### 48. CURRIED SAUSAGES & RICE

Pork sausages cooked in a mild curry sauce and served with rice and vegetables.

**MAIN MEALS: Regular \$9.75 | Large \$12.15**

\*Please note price differs for some fish & lamb dishes.

## BEEF DISHES

### 5. COTTAGE PIE

Good old traditional style minced beef, topped with potato mash and served with vegetables.

### 6. ROAST BEEF

Tender roasted beef served with gravy, chat potatoes, sweet potato and peas.

### 7. BEEF CASSEROLE

Tender beef cooked in rich gravy, served with mash and peas.

### 8. SPAGHETTI BOLOGNESE

Everyone's favourite pasta topped with a beef bolognese and grated cheese.

### 9. BEEF LASAGNE

Traditional bolognese sauce between layers of pasta, topped with a cheese sauce and served with seasonal vegetables.

### 30. BEEF RISsoles

Beef Rissoles topped with gravy and served with mashed potato, peas and carrots.

### 31. BEEF STROGANOFF

Tender Beef strips cooked in a mushroom, paprika & mustard sauce served with Fettuccine & green beans.

### 32. CHILLI CON CARNE (MILD)

Classic Chilli Con Carne served with rice and beans.

### 35. BEEF MADRAS CURRY (MILD-MEDIUM)

A delicious Indian beef madras curry cooked with potatoes, served with rice and green beans.

### 41. SILVERSIDE

A family favourite - Corned Silverside served with a sweet potato mash and vegetables.

## FISH DISHES

### 18. THAI YELLOW PRAWN CURRY (MILD) (Reg \$11.75 | Lge \$14.15)

Prawns & Broccoli cooked in a mild creamy Thai yellow curry sauce & served with steamed rice.

### 25. ATLANTIC SALMON (Reg \$13.75 | Lge \$18.15)

Served with creamy dill sauce, seasoned chat potatoes, broccoli, yellow & green beans.

### 26. TUNA MORNAY PASTA

Tuna Pasta tossed in a mornay sauce served with sweetcorn, peas and sweet potato.

### 28. ATLANTIC COD & PRAWNS (Reg \$12.75 | Lge \$15.15)

Served with lemon sauce, mashed potato, broccoli & garden peas.

### 36. SMOKED SALMON FETTUCCINE

Fettuccine topped with smoked salmon, baby spinach in a creamy sauce served with broccoli.

### 46. BAKED FISH

Wild caught New Zealand Hoki with a cream sauce, served with sweet potato and peas.

## LAMB DISHES

### 10. ROAST LAMB (Reg \$11.75 | Lge \$14.15)

Succulent tender lamb with mint infused gravy and served with chat potatoes, peas and carrots.

### 24. MASSAMAN LAMB CURRY (Reg \$11.75 | Lge \$14.15)

Lamb cooked in a thai style massaman sauce, served with rice and green beans.

### 42. MONGOLIAN LAMB (Reg \$11.75 | Lge \$14.15)

Asian style Mongolian lamb cooked with steamed asian vegetables and noodles.

## BANGERS AND MASH

All served with mash potato, rich gravy, carrots and peas

### 13. PORK, TUSCAN, FENNEL & WHITE WINE SAUSAGES

### 22. LAMB, HONEY, MINT & ROSEMARY SAUSAGES

### 23. CHICKEN & CHIVE SAUSAGES



## VEGETARIAN / VEGAN DISHES

### 29. VEGETABLE LASAGNE

Marinated roast vegetables between layers of pasta, topped with three cheeses.

### 38. VEGETABLE COTTAGE PIE

Vegetables & Tofu cooked with tomatoes & topped with mashed potato, served with side of vegetables.

### 43. VEGETARIAN NOODLE STIRFRY

Stir-fried vegetables and rice noodles with sweet lime and chilli sauce topped with chopped peanuts.

### 44. CHICKPEA & PUMPKIN KORMA CURRY

Mild chickpea & vegetable curry served with basmati rice.

### 50. TOFU & VEGETABLE BOLOGNESE

Crumbled Tofu cooked with vegetable & tomatoes served with spaghetti & topped with cheese.



## DESSERTS

Desserts are \$4.50 each

Apple & Rhubarb Crumble & Custard  
Bread & Butter Pudding & Custard  
Sticky Date Pudding & Caramel Sauce  
Rice Pudding with Raisins & Cinnamon  
Chocolate & Almond Brownie & Choc Sauce

Chocolate Bavarian  
Passionfruit Cheesecake  
Strawberry Cheesecake  
Peach Sponge & Custard  
Vanilla Ice-cream Cups \$2

## SOUPS

Soups are \$4.00 each

PUMPKIN SOUP  
POTATO & LEEK SOUP  
CHICKEN & SWEETCORN SOUP

