

— THE —
Meal Pantry

EST 2020

CHEF PREPARED MEALS

OPENING HOURS

7 AM - 6 PM MONDAY - FRIDAY

TAKEAWAY COFFEE AVAILABLE

WE'RE ESSENTIAL AND OPEN FOR YOU DURING LOCKDOWN
HOURS MAY VARY—PLEASE ENQUIRE

ONLINE ORDERS AVAILABLE FOR PICKUP OR DELIVERY

\$9 FLAT FEE METROPOLITAN AREA

www.themealpantry.com.au

email@themealpantry.com.au

4/178 Frederick Road GRANGE

Phone: 7111 4408

What We Do

Old favourite recipes and contemporary dishes recreated in our commercial kitchen.
Each recipe is tested extensively and is nutritionally balanced. Most dishes are gluten free.
New dishes are being developed all the time.

Other Food Items

We also stock a fantastic assortment of South Australian produce;
Including Premium Salad Dressings, Chutneys, Olive Oil, Olives, Pasta, Salt & Specialty Vegan Products

Gift Vouchers / Delivery / Meal Packages

We are happy to provide these services. Please enquire.

We are SA proud and make all meals from scratch with all
local produce to support local businesses.

We appreciate you being tempted by our meals and hope you
enjoy them as much as we love developing and cooking them.



Fiona, Jacqui, Julie, El & Mark

Individual Tray Meals

Our individual tray meals are snap frozen to ensure freshness and are designed to be a generous single serve.

BEEF & POTATO CURRY with Rice	GF	\$ 10.90	MEXICAN BEEF with Corn & Rice	GF	\$ 10.90
BEEF RAGU with Pasta		\$ 10.90	MUSTARD CHICKEN with Vegetables	GF	\$ 10.90
BEEF in RED WINE with Potatoes	GF	\$ 10.90	OSSO BUCCO with Potato Mash	GF	\$ 12.90
BEEF STROGANOFF with Pasta		\$ 10.90	PORK LOIN & Asian Vegetables with Soba Noodles		\$ 11.90
BOLOGNESE with Pasta		\$ 9.90	PORK & VEAL Meatballs with Pasta		\$ 10.90
BUTTER CHICKEN with Rice	GF	\$ 10.90	ROAST LAMB with Roasted Vegetables	GF	\$ 14.90
CHICKEN & CHORIZO Ragu with Pasta		\$ 10.90	SALMON & PRAWN Pasta		\$ 12.90
CHICKEN & MUSHROOM Creamy Pasta		\$ 9.90	SHEPHERDS PIE with Pumpkin Potato Mash	GF	\$ 9.90
CORNED BEEF with Vegetables		\$ 10.90	SRI LANKAN BEEF CURRY with Rice	GF	\$ 10.90
GREEN CHICKEN CURRY with Rice	GF	\$ 10.90	TERIYAKI CHICKEN with Rice	GF	\$ 10.90
LAMB MOUSSAKA Cauliflower Bechamel	GF	\$ 10.90	THAI RED BEEF CURRY with Rice	GF	\$ 10.90
LASAGNE Traditional Meat		\$ 9.90			

*550g Container (serves 2) or for a larger Serve (1100g)
Buy 2 and Save*

Available frozen. Serve with your favourite rice, pasta, salad, vegetables or crusty bread.

		<i>550g</i>	<i>2x 550g</i>
BEEF & PORK Bolognese	GF	\$ 13.90	\$ 25.00
BEEF & POTATO Curry	GF	\$ 16.90	\$ 31.00
BEEF RAGU	GF	\$ 16.90	\$ 31.00
BEEF in RED WINE	GF	\$ 16.90	\$ 31.00
BEEF STROGANOFF	GF	\$ 16.90	\$ 31.00
BUTTER CHICKEN	GF	\$ 15.90	\$ 29.00
CHICKEN & CHORIZO Ragu	GF	\$ 15.90	\$ 29.00
CHICKEN & PORK Cassoulet	GF	\$ 15.90	\$ 29.00
GREEN CHICKEN Curry	GF	\$ 15.90	\$ 29.00
MEXICAN BEEF	GF	\$ 16.90	\$ 31.00
MUSTARD CHICKEN	GF	\$ 15.90	\$ 29.00
OSSO BUCCO	GF	\$ 16.90	\$ 31.00
PORK & VEAL Meatballs		\$ 15.90	\$ 29.00
SHEPHERDS PIE Pumpkin Potato Mash	GF	\$ 19.90	(800g)
SRI LANKAN BEEF Curry	GF	\$ 16.90	\$ 31.00
TERIYAKI CHICKEN	GF	\$ 15.90	\$ 29.00
THAI RED BEEF Curry	GF	\$ 16.90	\$ 31.00

Sides Available frozen.

		<i>300g</i>	<i>500g</i>
BROCCOLI Rice	GF	\$ 5.00	\$ 8.00
CAULIFLOWER Rice	GF	\$ 5.00	\$ 8.00
JASMATI Rice	GF	\$ 4.00	\$ 7.00

Soups

Available frozen.

CAULIFLOWER CHEESE	GF	\$ 8.90
CHICKEN & VEGETABLE	GF	\$ 8.90
POTATO & LEEK		\$ 8.90
ROAST PUMPKIN & Onion	GF	\$ 8.90

Desserts

Available frozen.

APPLE & RHUBARB Slice		\$ 4.00
BLUEBERRY Baked Cheesecake	GF	\$ 4.00
CHOCOLATE & Macadamia Brownie	GF	\$ 4.00
RASPBERRY White Chocolate Baked Cheesecake	GF	\$ 4.00
TUSCAN APRICOT Slice		\$ 4.00

Vegan & Vegetarian Meals

Individual Trays

Available frozen.

CAULIFLOWER TERIYAKI with Rice	GF	V	\$ 9.90
GREEN VEGETABLE CURRY with Rice	GF	V	\$ 9.90
MUSHROOM BOLOGNESE with Pasta		V	\$ 9.90
PUMPKIN TIKKA MASALA with Rice	GF	V	\$ 9.90
SPINACH & RICOTTA Cannelloni			\$ 11.90
VEGAN MOUSSAKA with Cauliflower Bechamel	V		\$ 9.90
VEGAN SHEPHERDS PIE	GF	V	\$ 9.90
VEGETABLE TAGINE with Couscous		V	\$ 9.90
CURRIED Lentils 200g		V	\$ 4.20

550g Container (serves 2) or for a larger Serve

Buy 2 and Save

Available frozen.

Serve with your favourite rice, pasta, salad, vegetables or crusty bread.

			<i>550g</i>	<i>2x 550g</i>
CAULIFLOWER TERIYAKI	GF	V	\$ 13.90	\$ 25.00
GREEN VEGETABLE Curry	GF	V	\$ 13.90	\$ 25.00
MUSHROOM BOLOGNESE	GF	V	\$ 13.90	\$ 25.00
PUMPKIN TIKKA MASALA	GF	V	\$ 13.90	\$ 25.00

Heating instructions and a nutritional panel are printed on all our meals.

Please ask about our new items and monthly specials.

Prices and products are subject to change. Current 20/12/2021