

MarleySpoon

MEALS, REIMAGINED FOR REAL LIFE

Meals that support independence at home

Flexible, nutritious meals designed for Australians receiving Support at Home funding

SIMPLE FOR PROVIDERS • EASY FOR PARTICIPANTS • DELIVERED DIRECT TO THE DOOR





A trusted meal solution for providers

Marley Spoon helps providers support participants to remain independent at home with nutritious, flexible meals that are easy to order and manage.

Designed to reduce administration and simplify coordination, our service supports a smoother experience for both providers and participants.

Why providers choose us

- ✓ Simple onboarding and approval process
- ✓ Flexible ordering with no lock-in contracts
- ✓ Delivered directly to participants' homes
- ✓ Broad range of ready meals, soups, quick meals, savoury pies and pastries, and bundles
- ✓ Clear nutritional and dietary information
- ✓ Reliable delivery and ordering support
- ✓ Easy ordering on behalf of participants
- ✓ Designed to support independence and wellbeing at home

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Flexible meals designed to support nutrition at home

Our meals are built around what people actually want to eat – taste, variety and satisfaction first, with nutritional rigour built in from the start.

Our Flavour First approach extends across **breakfast, main meals, snacks** and **desserts**, giving participants the flexibility to mix and match meals according to their individual nutritional needs while maintaining a balanced dietary solution.

A complete dietary solution

Our all-day menu supports flexible eating throughout the day and includes:

- ✓ Ready-made meals
- ✓ Breakfast options
- ✓ Savoury pies, pastries, soups and lighter meals
- ✓ Sides and snack options
- ✓ Bundle combinations



Nutrient-dense meals designed for older Australians

All meals are developed with nutrition front of mind, including:

- ✓ High protein options (30g+ protein)
- ✓ Good source of fibre
- ✓ Lower sodium options available

Explore our menu

[View sample Marley Spoon Support at Home menu.](#)

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Simple for providers. Easy for participants.



How It Works

Meals are available to individuals with an approved Support at Home plan that includes meal support. Eligible participants can access funding to cover a portion of their meals, while others can still order at full price.

1. Apply online

Applications are managed through our partner, Cookaborough, who works with providers to confirm eligibility and approvals. [Apply here.](#)

2. Choose meals

Select from a broad range of meals to suit different preferences and needs. Eligible funding is applied to the relevant portion of the order.

3. Delivered to the door

Meals are delivered directly to the home, ready to heat

4. Flexible, ongoing ordering

No subscription or lock-in contract – orders can be placed week to week based on individual needs.

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Daily Nutrition Framework

These sample menus have been developed by our in-house dietitian, Elizabeth Lou, Accredited Practising Dietitian (APD), to show how meals can work together across the day to support balanced nutrition at home.

Designed with real-life routines and preferences in mind, they offer flexibility while helping support overall nutritional needs.

Example Daily Menu One



Breakfast	Vanilla Bean Yoghurt with Toasted Muesli + Kale, Celery, Ginger, Apple & Lemon Juice
Morning tea	Oat Milk Latte + Hazelnut Brownie Protein Ball
Lunch	Creamy Chicken Fettuccine with Mushrooms and Herbs + Mixed Salad Leaves & Vinaigrette
Afternoon tea	Broccoli & Sweet Potato Soup with Coconut
Dinner	Creamy Satay Tofu with Green Beans and Steamed Rice
Dessert	Vanilla Panna Cotta

Nutritional structure (example day one total)

Energy	~1,925 kcal
Protein	~87g
Carbohydrates	~187g
Fat	~78g
Fibre	~25g
Sodium	~1,676mg

Example Daily Menu Two

Breakfast	Mango Passionfruit Yoghurt with Toasted Muesli
Morning tea	Croissants & Pepe Saya Lemon Curd + Cold Brew Coffee
Lunch	Beef Udon Noodles with Spring Onion and Ginger + Spinach Salad & Japanese Dressing
Afternoon tea	Cookie Dough Protein Ball
Dinner	Golden Spiced Fish with Curry Leaves, Rice and Greens
Dessert	Dark Chocolate Panna Cotta

Nutritional structure (example day two total)

Energy	~2,123 kcal
Protein	~97.1g
Carbohydrates	~193g
Fat	~101g
Fibre	~21.5g
Sodium	~1,896mg

Example Daily Menu Three

Breakfast	Classic Yoghurt with Honey Granola
Morning tea	Probiotic Mango Smoothies + Double Shot Iced Latte
Lunch	Beef Shepherd's Pie Bowl with Mashed Potato and Peas + Kaleslaw & Ranch Dressing
Afternoon tea	White Chocolate & Cookie Protein Ball
Dinner	Harissa Chicken with Beans and Pearl Couscous
Dessert	Salted Caramel Panna Cotta

Nutritional structure (example day three total)	
Energy	~1,989 kcal
Protein	~105g
Carbohydrates	~193g
Fat	~80g
Fibre	~25g
Sodium	~1,717mg

Designed to support balanced daily nutrition

These sample menus demonstrate how meals can be combined to support:



- ✓ Adequate daily energy intake (~2,000 kcal)
- ✓ Consistent protein intake distributed across the day
- ✓ Fibre intake through multiple meal occasions
- ✓ Inclusion of calcium-containing options
- ✓ Sodium-conscious meal selection across the full day



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Get in touch

For enquiries or to discuss Marley Spoon Support at Home



MARLEY SPOON AUSTRALIA

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Ready Meals

	RRP	Co-payment*
Lamb Ragu with Buttery Mashed Potato (320g) \$13.99 \$4.20 - Our Lamb Ragu brings together slowly braised lamb, vegetables and fresh herbs with buttery mashed potato for the ultimate comfort food. Italian Chicken Meatballs with Basil and Tomato Penne (320g) \$13.99 \$4.20 - Rich and saucy, our Italian Chicken Meatballs are infused with garlic, parmesan and herbs, then coated in tomato and basil sugo and tossed with penne. Thai Green Chicken Curry with Beans and Steamed Rice (380g) \$13.99 \$4.20 - Our creamy Thai Green Chicken Curry combines tender chicken, beans and carrot in a vibrant coconut, lime leaf and lemongrass sauce, all served over steamed rice. Mongolian Beef with Steamed Rice and Peanuts (335g) \$13.99 \$4.20 - Our Mongolian Beef is a flavour-filled combination of tender beef strips, capsicum and onion in a sticky sweet and salty sauce, served with crunchy peanuts and steamed rice. Creamy Chicken Fettuccine with Mushrooms and Herbs (330g) \$13.99 \$4.20 - Our Creamy Chicken Fettuccine combines tender chicken, sauteed mushrooms and ribbons of silky pasta in a luxurious tarragon-spiked cream sauce. Chicken Burrito Bowl with Tomato Rice (330g) \$13.99 \$4.20 - Our Chicken Burrito Bowl is loaded with smoky chipotle chicken, sauteed capsicum, jalapeño and tomato-infused rice for a flavoursome remake of a Mexican classic. Classic Spaghetti Bolognese with Parmesan (340g) \$13.99 \$4.20 - Our Classic Spaghetti Bolognese is made the Italian way, with beef mince and vegetables simmered slowly in a tomato sauce with fresh herbs until rich and full of flavour, then served with spaghetti and a scattering of parmesan.		

Menu items and prices are a guide only and may change. [Click here to visit our website for the latest menu.](#)
 *Pricing reflects up to 70% funding support. The final amount you pay may vary depending on your individual plan.

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Ready Meals

	RRP	Co-payment*
• Slow-Cooked Lamb Biryani with Fragrant Spices (300g) \$13.99 \$4.20 ◦ Our Slow-Cooked Lamb Biryani is a comforting blend of tender lamb and basmati rice infused with fragrant spices and caramelised onions.		
• Rich Beef Lasagne with Creamy Bechamel (300g) \$13.99 \$4.20 ◦ Our Rich Beef Lasagne features luxurious layers of pasta and bolognese sauce topped with creamy bechamel and parmesan, then baked until golden.		
• Beef Massaman with Steamed Rice and Roasted Peanuts (340g) \$13.99 \$4.20 ◦ Our Beef Massaman features tender chunks of beef and potato simmered slowly in an aromatic coconut sauce, topped with roasted peanuts and served with steamed rice.		
• Butter Chicken with Spinach and Basmati Rice (330g) \$13.99 \$4.20 ◦ Our Butter Chicken is a classic Indian dish of tender chicken marinated in yoghurt and spices, simmered in a creamy tomato curry and served with basmati rice.		
• Creamy Satay Chicken with Green Beans and Steamed Rice (340g) \$13.99 \$4.20 ◦ Our Creamy Satay Chicken brings a taste of Southeast Asia to your table, featuring marinated chicken simmered in a rich coconut and peanut sauce infused with fragrant spices, then served with steamed rice and green beans.		
• Creamy Satay Tofu with Green Beans and Steamed Rice (340g) \$13.99 \$4.20 ◦ Our Creamy Satay Tofu brings a taste of Southeast Asia to your table, with pieces of tofu simmered in a fragrant coconut peanut curry, then served with steamed rice and tender-crisp green beans.		
• Creamy Chicken and Tomato Penne with Basil (320g) \$13.99 \$4.20 ◦ Our Creamy Chicken and Tomato Penne is a satisfying dish of tender chicken breast in a luxurious creamy tomato sauce tossed with perfectly cooked penne, then finished off with a scattering of fresh basil.		
• Beef Shepherd's Pie Bowl with Mashed Potato and Peas (350g) \$13.99 \$4.20 ◦ Our Beef Shepherd's Pie Bowl is a hearty dish featuring premium beef mince and vegetables cooked in a flavoursome broth until rich and thick, then served with buttery mashed potatoes and peas.		
• Chicken Parmigiana Bites with Roast Potatoes and Minted Peas (320g) \$13.99 \$4.20 ◦ Our Chicken Parmigiana Bites combine crumbed chicken morsels with a rich napoletana sauce, served with golden roasted potatoes and tender garden peas tossed with fresh mint.		
• Beef Stroganoff with Fettuccine and Mushrooms (330g) \$13.99 \$4.20 ◦ Our Beef Stroganoff is a comforting and indulgent dish of tender beef strips in a creamy mushroom sauce, tossed with silky ribbons of fettuccine and topped with chopped parsley.		

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Soups

	RRP	Co-payment*
• Soup Bundle \$24.99 \$7.50 ◦ Yalla soups are ready to heat and eat, plus they're vegan friendly, preservative free and gluten free. Bundle & Save \$4.98! ▪ Includes: • 1 x 650g Broccoli & Sweet Potato Soup with Coconut • 1 x 650g Moroccan Chickpea 'Harira' Soup • 1 x 650g Vegetable & White Bean Soup with Kale		
• Broccoli & Sweet Potato Soup with Coconut (650g) \$9.99 \$3.00 ◦ A comforting blend of broccoli and sweet potato, gently simmered with creamy coconut for a light but flavoursome soup.		
• Moroccan Chickpea 'Harira' Soup (650g) \$9.99 \$3.00 ◦ A flavoursome tomato-based soup infused with Middle Eastern spices and loaded with chickpeas and red lentils.		
• Vegetable & White Bean Soup with Kale (650g) \$9.99 \$3.00 ◦ A hearty vegetable soup combining the sweetness of red capsicum and creamy white beans, with kale added for a wholesome boost.		

Savoury Pies & Pastries

	RRP	Co-payment*
• Chunky Angus Beef Pies (2-pack) \$13.99 \$4.20 ◦ Tender Angus beef slow-cooked with onion, garlic, tomato and rosemary in a shortcrust pastry base with a golden puff pastry lid.		
• Beef & Red Wine Pies (2-pack) \$13.99 \$4.20 ◦ Tender prime Australian beef slow-cooked with onion, carrot, tomato and red wine in a shortcrust pastry base with a golden puff pastry lid.		
• Beef Sausage Rolls (2-pack) \$11.99 \$3.60 ◦ Lightly seasoned premium beef combined with sweet carrot and onion, wrapped in golden, flaky puff pastry and baked to perfection.		
• Quiche Lorraine (2-pack) \$13.99 \$4.20 ◦ Smoky bacon, tasty cheese and spring onion are combined in a lightly seasoned mixture of fresh egg, cream and milk, then encased in buttery pastry and baked until golden and gently set.		
• Quiche, Pie & Sausage Roll Bundle (mixed 6-pack) \$34.99 \$10.50 ◦ Bundle & Save \$4.98! ▪ Includes: • 2 x Ivan's Chunky Angus Beef Pies • 2 x Ivan's Beef Sausage Rolls • 2 x Ivan's Quiche Lorraine		

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Quick Meals

	RRP	Co-payment*
• Quiche Lorraine & Salad (2 serves)	\$17.99	\$5.40
◦ This easy-to-heat kit includes 2 x handcrafted individual quiche lorraine, salad leaves and French vinaigrette for a delicious and satisfying meal.		
• Moroccan Chickpea 'Harira' Soup & Sourdough (2 serves)	\$12.99	\$3.90
◦ This easy-to-heat kit includes 2 x sourdough baby baguettes and 650g Yalla harira soup for a delicious and satisfying meal.		
• Broccoli & Sweet Potato Soup with Garlic Bread (2 serves)	\$13.99	\$4.20
◦ This easy-to-heat kit includes 2 x garlic bread and 650g Yalla broccoli and sweet potato soup for a delicious and satisfying meal.		
• Vegetable & White Bean Soup with Garlic Bread (2 serves)	\$13.99	\$4.20
◦ This easy-to-heat kit includes 2 x garlic bread and 650g Yalla vegetable and white bean soup for a delicious and satisfying meal.		
• Cheesy Beef Nachos (2 serves)	\$16.99	\$5.10
◦ This easy-to-heat kit includes 400g beef bolognese sauce, 150g corn chips and 50g grated cheese mix for a delicious and satisfying meal.		
• Bolognese & Penne (2 serves)	\$14.99	\$4.50
◦ This easy-to-heat kit includes 400g beef bolognese sauce and 250g microwave penne for a delicious and satisfying meal.		

Sauces, Salads & Sides

	RRP	Co-payment*
• Beef Bolognese Sauce (2 serves)	\$10.99	\$3.30
◦ Premium beef mince simmered in a rich Italian-style tomato sauce.		
• Mixed Salad Leaves & Vinaigrette (2 serves)	\$2.49	\$0.75
◦ This easy-to-prepare kit includes fresh salad leaves and French vinaigrette for a delicious side.		
• Creamy Smoky Slaw (2 serves)	\$4.99	\$1.50
◦ This easy-to-prepare kit includes pre-chopped slaw mix and smoky aioli for a delicious side.		
• Microwave Penne (2 serves)	\$2.99	\$0.90
◦ Tender, cooked pasta in 90 secs. Simply heat in the microwave and toss with your favourite sauce.		
• Microwave Jasmine Rice (2 serves)	\$2.99	\$0.90
◦ Fluffy, perfectly cooked rice in 90 secs. Simply heat in the microwave and serve.		

See our full menu on our website by [clicking here](#)

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