

MarleySpoon



Ready Meals

	RRP	NDIS*
<ul style="list-style-type: none">• Lamb Ragu with Buttery Mashed Potato (320g)	\$13.99	\$4.20
<ul style="list-style-type: none"><ul style="list-style-type: none">◦ Our Lamb Ragu brings together slowly braised lamb, vegetables and fresh herbs with buttery mashed potato for the ultimate comfort food.		
<ul style="list-style-type: none">• Italian Chicken Meatballs with Basil and Tomato Penne (320g)	\$13.99	\$4.20
<ul style="list-style-type: none"><ul style="list-style-type: none">◦ 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.		
<ul style="list-style-type: none">• Thai Green Chicken Curry with Beans and Steamed Rice (380g)	\$13.99	\$4.20
<ul style="list-style-type: none"><ul style="list-style-type: none">◦ 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.		
<ul style="list-style-type: none">• Mongolian Beef with Steamed Rice and Peanuts (335g)	\$13.99	\$4.20
<ul style="list-style-type: none"><ul style="list-style-type: none">◦ 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.		
<ul style="list-style-type: none">• Creamy Chicken Fettuccine with Mushrooms and Herbs (330g)	\$13.99	\$4.20
<ul style="list-style-type: none"><ul style="list-style-type: none">◦ Our Creamy Chicken Fettuccine combines tender chicken, sauteed mushrooms and ribbons of silky pasta in a luxurious tarragon-spiked cream sauce.		
<ul style="list-style-type: none">• Chicken Burrito Bowl with Tomato Rice (330g)	\$13.99	\$4.20
<ul style="list-style-type: none"><ul style="list-style-type: none">◦ 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.		
<ul style="list-style-type: none">• Classic Spaghetti Bolognese with Parmesan (340g)	\$13.99	\$4.20
<ul style="list-style-type: none"><ul style="list-style-type: none">◦ 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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<ul style="list-style-type: none">• Slow-Cooked Lamb Biryani with Fragrant Spices (300g) \$13.99 \$4.20<ul style="list-style-type: none">◦ Our Slow-Cooked Lamb Biryani is a comforting blend of tender lamb and basmati rice infused with fragrant spices and caramelised onions.		
<ul style="list-style-type: none">• Rich Beef Lasagne with Creamy Bechamel (300g) \$13.99 \$4.20<ul style="list-style-type: none">◦ Our Rich Beef Lasagne features luxurious layers of pasta and bolognese sauce topped with creamy bechamel and parmesan, then baked until golden.		
<ul style="list-style-type: none">• Beef Massaman with Steamed Rice and Roasted Peanuts (340g) \$13.99 \$4.20<ul style="list-style-type: none">◦ 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.		
<ul style="list-style-type: none">• Butter Chicken with Spinach and Basmati Rice (330g) \$13.99 \$4.20<ul style="list-style-type: none">◦ 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.		
<ul style="list-style-type: none">• Creamy Satay Chicken with Green Beans and Steamed Rice (340g) \$13.99 \$4.20<ul style="list-style-type: none">◦ 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.		
<ul style="list-style-type: none">• Creamy Satay Tofu with Green Beans and Steamed Rice (340g) \$13.99 \$4.20<ul style="list-style-type: none">◦ 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.		
<ul style="list-style-type: none">• Creamy Chicken and Tomato Penne with Basil (320g) \$13.99 \$4.20<ul style="list-style-type: none">◦ 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.		
<ul style="list-style-type: none">• Beef Shepherd's Pie Bowl with Mashed Potato and Peas (350g) \$13.99 \$4.20<ul style="list-style-type: none">◦ 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.		
<ul style="list-style-type: none">• Chicken Parmi Bites with Roast Potatoes and Minted Peas (320g) \$13.99 \$4.20<ul style="list-style-type: none">◦ Our Chicken Parmi Bites combine crumbed chicken morsels with a rich napoletana sauce, served with golden roasted potatoes and tender garden peas tossed with fresh mint.		
<ul style="list-style-type: none">• Beef Stroganoff with Fettuccine and Mushrooms (330g) \$13.99 \$4.20<ul style="list-style-type: none">◦ 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	NDIS*
<ul style="list-style-type: none">• Soup Bundle	\$24.99	\$7.50
<ul style="list-style-type: none">◦ Yalla soups are ready to heat and eat, plus they're vegan friendly, preservative free and gluten free. Bundle & Save \$4.98!▪ Includes:<ul style="list-style-type: none">• 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		
<ul style="list-style-type: none">• Broccoli & Sweet Potato Soup with Coconut (650g)	\$9.99	\$3.00
<ul style="list-style-type: none">◦ A comforting blend of broccoli and sweet potato, gently simmered with creamy coconut for a light but flavoursome soup.		
<ul style="list-style-type: none">• Moroccan Chickpea 'Harira' Soup (650g)	\$9.99	\$3.00
<ul style="list-style-type: none">◦ A flavoursome tomato-based soup infused with Middle Eastern spices and loaded with chickpeas and red lentils.		
<ul style="list-style-type: none">• Vegetable & White Bean Soup with Kale (650g)	\$9.99	\$3.00
<ul style="list-style-type: none">◦ 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	NDIS*
<ul style="list-style-type: none">• Chunky Angus Beef Pies (2-pack)	\$13.99	\$4.20
<ul style="list-style-type: none">◦ Tender Angus beef slow-cooked with onion, garlic, tomato and rosemary in a shortcrust pastry base with a golden puff pastry lid.		
<ul style="list-style-type: none">• Beef & Red Wine Pies (2-pack)	\$13.99	\$4.20
<ul style="list-style-type: none">◦ Tender prime Australian beef slow-cooked with onion, carrot, tomato and red wine in a shortcrust pastry base with a golden puff pastry lid.		
<ul style="list-style-type: none">• Beef Sausage Rolls (2-pack)	\$11.99	\$3.60
<ul style="list-style-type: none">◦ Lightly seasoned premium beef combined with sweet carrot and onion, wrapped in golden, flaky puff pastry and baked to perfection.		
<ul style="list-style-type: none">• Quiche Lorraine (2-pack)	\$13.99	\$4.20
<ul style="list-style-type: none">◦ 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.		
<ul style="list-style-type: none">• Quiche, Pie & Sausage Roll Bundle (mixed 6-pack)	\$34.99	\$10.50
<ul style="list-style-type: none">◦ Bundle & Save \$4.98!▪ Includes:<ul style="list-style-type: none">• 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	NDIS*
<ul style="list-style-type: none">• Quiche Lorraine & Salad (2 serves) \$17.99 \$5.40<ul style="list-style-type: none">◦ 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<ul style="list-style-type: none">◦ 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<ul style="list-style-type: none">◦ 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<ul style="list-style-type: none">◦ 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<ul style="list-style-type: none">◦ 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<ul style="list-style-type: none">◦ This easy-to-heat kit includes 400g beef bolognese sauce and 250g microwave penne for a delicious and satisfying meal.		

Sauces, Salads & Sides	RRP	NDIS*
<ul style="list-style-type: none">• Beef Bolognese Sauce (2 serves) \$10.99 \$3.30<ul style="list-style-type: none">◦ Premium beef mince simmered in a rich Italian-style tomato sauce.• Mixed Salad Leaves & Vinaigrette (2 serves) \$2.49 \$0.75<ul style="list-style-type: none">◦ 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<ul style="list-style-type: none">◦ 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<ul style="list-style-type: none">◦ 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<ul style="list-style-type: none">◦ Fluffy, perfectly cooked rice in 90 secs. Simply heat in the microwave and serve.		

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