

Top Nosh Meals

SUMMER 24 (SEPT-FEB)

Delivering nutritious home-style cooked
FROZEN meals direct to your door

OPEN

Mon to Thurs: 8am-4pm

Fri: 8am-3pm

📞 07 5494 0113

🌐 www.topnoshmeals.com.au

✉ orders@topnoshmeals.com.au

📍 14/21 Peachester Rd, Beerwah

MEALS MUST BE RECEIVED BY 3pm the day before delivery.

SALADS MUST BE RECEIVED BY 12 NOON, the day before delivery.

We can no longer guarantee orders received after 12 noon will be delivered with the salad included.

DELIVERY

All over the Sunshine Coast, North Brisbane, Gympie, Tin Can Bay and Rainbow Beach. See website for details.

MINIMUM ORDER: \$75

DELIVERY: \$8.50

LEGEND

- V** Vegetarian
- LG** Low Gluten
- DF** Dairy Free
- O** Contains Onion
- OG** Contains Onion and Garlic
- #** LOW Carb: Meals with this sign denotes less than 25gms of carbs.

Customers receiving HCP and NDIS funding may be eligible for government co funding. Ask your support worker for more information.

Prices and ingredients are subject to change without notice.

FOLLOW US ON  & 

MADE BY LOCALS WHO CARE ABOUT LOCALS

Meat Dishes



Roast Pork

Medium	M45	\$12.20
Petite	SN45	\$9.30



Beef Lasagna

Medium	M5	\$10.90
Petite	SN5	\$8.80



Cottage Pie

Medium	M12	\$10.90
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Beef and red wine stew

Large	L32	\$14.30
Medium	M32	\$10.90
Petite	SN32	\$8.80



Sweet and Sour Pork

Medium	M81	\$10.90
Petite	SN81	\$8.80



Spaghetti Bolognese

Medium	M15	\$10.90
Petite	SN15	\$8.80

Meat Dishes



Corned Beef #

Large	L2	\$14.30
Medium	M2	\$10.90
Petite	SN2	\$8.8



Sausages in Onion Gravy

Large	L31	\$14.30
Medium	M31	\$10.90
Petite	SN31	\$8.80



Steak & Kidney Stew #

Medium	M34	\$10.90
Petite	SN34	\$8.80



Roast Lamb and Roasted Veg #

Large	L38	\$14.90
Medium	M38	\$12.20
Petite	SN38	\$9.30



Meatballs, Gravy and Mash

Large	L47	\$14.30
Medium	M47	\$10.90
Petite	SN47	\$8.80



Curried Sausages #

Large	L10	\$14.30
Medium	M10	\$10.90
Petite	SN10	\$8.80

Meat Dishes



Irish Lamb Stew

Medium	M8	\$10.90
Petite	SN8	\$8.80



Pork Meatloaf with Sticky Glaze

Medium	M71	\$10.90
Petite	SN71	\$8.80

Fish Dishes



Fish with Lemon Butter

Medium	M66	\$10.90
Petite	SN66	\$9.20

Fish Dishes



Steamed Salmon and Dill Sauce

Medium	M104	\$13.20
Petite	SN104	\$9.20



Stir Fry Honey Prawns & Rice

Medium	M105	\$12.50
Petite	SN105	\$9.20



Mediterranean Tuna with Pasta

Medium	M107	\$11.50
Petite	SN107	\$9.20

Chicken Dishes



Chicken Parmigiana

Medium M200 \$13.50



Butter Chicken #

Medium M87 \$10.90
Petite SN89 \$8.80



Chicken Mince Chow Mein

Medium M48 \$10.90
Petite SN48 \$8.80



Chicken & Apricot Casserole #

Large L20 \$14.50
Medium M20 \$10.90
Petite SN20 \$8.80



Honey Mustard Chicken Breast

Medium M89 \$10.90
Petite SN89 \$8.80



Roast Chicken Dinner #

Medium M114 \$11.90
Petite SN114 \$9.30

Vege Dishes



V
LG
DF
OG

Vegetable Curry and Rice #

Medium M109 \$10.90
Petite SN109 \$8.80



V
LG
O

Sweet Potato and Caramelized onion Frittata

Petite SN116 \$9.00



V
O

Vegetable Mornay with Pasta

Medium M121 \$10.90
Petite SN121 \$8.80



V

Just Veggies #

Petite SN1 \$8.80



V
LG
DF

Gravy Tub 165ml

P5 \$3.00



V
LG

Zucchini Fritters #

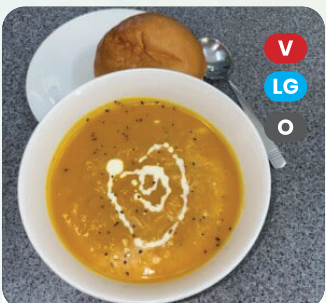
SN117 \$9.00



V
O

Green salad with pasta

SA120 \$11.00



V
LG
O

Pumpkin Soup #

P303 \$6.00



V
O

Minestrone Soup #

Petite P302 \$6.00

Easy Eats



Green salad with Ham and Pasta

SA115

\$12.00



Pea and Ham Soup #

P300

\$6.00



Breakfast Box

EE030

\$13.00



Fried Rice #

SN103

\$6.00



Steak, Bacon and Cheese Pie

SP201

\$7.50



Lamb and Rosemary Puff Triangles

EE004

\$7.00



Beef Croquettes

EE013

\$9.00



Salmon and Veggie Patties

EE003

\$8.00



Crustless Bacon and Hashbrown Quiche

EE020

\$9.00

Desserts



Apple Crumble

D409

\$6.20



Apple & Custard Strudel X 2

D435

\$10.00



Berry Cream Cheesecake

D408

\$6.20



Lemon Meringue Pie

D406

\$7.50



Caramel Bread & Butter Pudding

D410

\$6.20



Chocolate Bavarian #

D402

\$6.20



Sticky Date Pudding

D423

\$6.20

GET THE BEST OUT OF YOUR MEALS BY FOLLOWING THESE HEATING GUIDELINES:

Place in microwave and lift a corner of the lid on the frozen container or puncture the seal on the fresh meal

- Heat for the times shown below,
- LEAVE TO REST FOR THAT SAME AMOUNT OF TIME
- Stir and check. Re-heat in 1 min increments (RESTING AFTER EACH) until hot all the way through.
- REST after last heating for 3 mins BEFORE consuming.

	Time In Microwave (based on 1200 watts)	Let it REST for that same amount as heating time.. * if more heating is required cook in 1 min increments until hot all the way through. REST again for 3 mins BEFORE consuming.
Petite Meals	Start with 3 minutes, Rest	
Medium Meals	Start with 4 mins, Rest, then 2 minutes, Rest	
Large Meals	Start with 6 mins, Rest, then 3 mins, Rest	