

Healthy Kiwi Dinners & Kiwi Roasts



NewPark, Unit 14, 14 Broad Street, Woolston
www.healthykiwidinners.co.nz PHONE: 03 982 4980

Hours: Monday – Friday 10:00am – 1:30pm then 4:00pm – 6:00pm daily.
Sunday - 4:00pm – 6:00pm evening only **CLOSED PUBLIC HOLIDAYS**

Delivery fees do apply: under 10 meals from \$8:00 per delivery.
10 or more meals FREE delivery within the Christchurch area only.

Pick up only, buy 10 and get 1 free

Bulk delivery days are Monday, Wednesday & Friday afternoons

Frozen Basic Tasty Meals all only \$13.00 each

All served with meat, potato & 3 different seasonal veges

Devilled Sausages

Chicken Casserole

Meat Load

Savoury Mince

Beef Stoganoff

Sweet & Sour Pork with rice or veges

Sausages, Onion and Gravy

Lamb Casserole

Irish Stew

Hawaiian Beef

Lambs Fry and Bacon

Mild Curry Sausages

Beef and Red Wine

Apricot Chicken

Fish Pie

Cottage Pie

Butter Chicken and Rice

Fish and White Sauce

Frozen Roasts

Lamb, Chicken, Pork, Beef, Silverside, Beef Casserole

Served with seasonal veges and **NO** potato

Bacon & Egg Pie, Lasagne, Macaroni Cheese & Bacon

The containers we use are **ONLY SUITABLE** for **MICROWAVE** use.
Please lift lid slightly prior to placing in the microwave.

Heating Times

Microwave on high 8 minutes from frozen, 4 minutes if defrosted.
Oven: approx 25 minutes in a covered ovenproof dish.