

YumboRama!



**Meals Made Local & Fresh By
Humans Not Machines**

www.yumborama.com

Welcome Aboard to YumboRama!

We are very happy to have you with us here on our groove train folks, and we hope to keep you happy & healthy for the rail ride ahead.

Our meals are all packaged and assembled at our commercial kitchen in Broadmeadow, on the same day we deliver them, and many of our menu items are delivered chilled, not frozen, especially dishes from our hearty Homestead Range. We can also provide soups & fresh salads, plus we make all our own pies, pasta and rice selections, sausage rolls and desserts.

Our chilled meals can still be frozen, so if you have not eaten them within the first 3 days from delivery, just move them to the freezer then defrost and heat whenever the time suits you. Defrosting is best done overnight, inside the fridge. This helps to keep the temperature controlled and low during the thawing process, which is ideal for food safety.

Orders can be placed online via our website at any time, but if you prefer, we are happy to take your order over the phone. The best days to place a phone order are on a Monday or Tuesday for delivery the same week, but don't worry, you can call on other days if you forget. Our meals are usually delivered in the late afternoon between 4pm and 6pm. Delivery days will depend on your postcode.

If you are ordering meals as a HCP Client or NDIS Participant the 30% column will apply in terms of what your contributing payment will be when your order is placed, and we offer a standing 10% discount for all Seniors who do not have a HCP.

Many of our meals give you the choice of portion size, those being either compact, mid-size or hearty, as well as if you would like gravy. Many meals in our Homestead Range become Gluten Free simply by choosing no gravy.

Most meals can be heated within (3-4) minutes in a microwave from a defrosted state. Pies and pastries are best heated in the oven or an air-fryer.

We really do hope you enjoy your Yumbo. Food is fundamental, and we all need to stay connected to our eating. There is no better way to do that than to love your tucker, and we hope you love ours.

All the best, travel safe and keep on riding them rails. From all of us here at YumboRama!

	Phone Orders call 04521 90470	Local & Fresh Homestyle Heat & Eat Meals			
	yumborama@gmail.com				
	Summer & Autumn Menu 2024	Full Price	Client 30%	Delivered	GF VG

Soups & Healthy Fresh Salads					
1	Creamy Pumpkin Soup	\$9.50	\$2.85	FROZEN	GF VG DF
2	Vegetable & Barley Soup	\$9.50	\$2.85	FROZEN	VG DF
3	Shredded Chicken and Vegetable Soup	\$9.50	\$2.85	FROZEN	GF DF
4	Coleslaw	\$7.50	\$2.25	CHILLED	GF VG DF
5	Garden Salad with Cherry Toms & Fetta	\$12.50	\$3.75	CHILLED	GF VG
6	Thai Beef Salad with Vermicelli Noodles	\$18.50	\$5.55	CHILLED	GF DF
7	Chicken Ceaser Salad	\$18.50	\$5.55	CHILLED	GF DF
8	Smoked Salmon Salad	\$18.50	\$5.55	CHILLED	GF DF
9	Mediterranean Chicken Salad	\$18.50	\$5.55	CHILLED	GF
10	Tuna Nicoise Salad	\$18.50	\$5.55	CHILLED	GF DF

Easy Peasy Yumbo Favourites					
11	Beef Lasagne in Bolognese Sauce	\$15.00	\$4.50	FROZEN	
12	Vegetarian Lasagne in a Napolitano Sauce	\$15.00	\$4.50	FROZEN	VG
13	Homestead Cottage Pie	\$15.00	\$4.50	FROZEN	
14	Quiche Lorraine with a Garden Salad	\$15.00	\$4.50	BOTH	
15	Chicken Schnitzel with Mash Mixed Vegies & Gravy	\$21.50	\$6.45	CHILLED	
16	Lambs Fry with Bacon in Gravy with Mash & Mushy Peas	\$18.50	\$5.55	FROZEN	
17	Beef Casserole with Mixed Vegies & Mash (Mid Size)	\$18.50	\$5.55	FROZEN	GF

Fabbo Fish & Fasta Pasta Dishes					
18	Barramundi in Spinach & Cream Sauce with Roast Potatoes and Greens	\$22.50	\$6.75	FROZEN	GF
19	Salmon Fillet with Lemon Cappers & Dill Butter & Beans	\$22.50	\$6.75	FROZEN	GF
20	Tuna Bake in a Bechamel Sauce with Onion Peas and Corn	\$15.00	\$4.50	FROZEN	
21	Spaghetti Bolognese	\$17.50	\$5.25	FROZEN	DF

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22	Chicken Pumpkin Penne Pesto Pasta	\$18.50	\$5.55	FROZEN	
23	Beef Stronganoff with Mushrooms & Fettucine	\$18.50	\$5.55	FROZEN	

The Homestead Range					
24	Banger & Mash with Carermalised Onion & Peas (Compact)	\$12.50	\$3.75	CHILLED	GF
25	Banger & Mash with Carermalised Onion & Peas (Hearty)	\$21.50	\$6.45	CHILLED	GF
26	Honey Soy Chicken Drumsticks (Compact)	\$12.50	\$3.75	CHILLED	GF DF
27	Honey Soy Chicken Drumsticks (Hearty)	\$21.50	\$6.45	CHILLED	GF DF
28	Tandoori Chicken Drumsticks with a Cucumber Riata (Compact)	\$12.50	\$3.75	CHILLED	GF
29	Tandoori Chicken Drumsticks with a Cucumber Riata (Hearty)	\$21.50	\$6.45	CHILLED	GF
30	Slow Roasted Pork Belly with Mash Greens & Gravy	\$21.50	\$6.45	CHILLED	GF
31	Turkey & Steamed and Baked Vegies in Cranberry Gravy (Compact)	\$12.50	\$3.75	CHILLED	GF DF
32	Turkey & Steamed and Baked Vegies in Cranberry Gravy (Mid Size)	\$18.50	\$5.55	CHILLED	GF DF
33	Turkey & Steamed and Baked Vegies in Cranberry Gravy (Hearty)	\$21.50	\$6.45	CHILLED	GF DF
34	Tenders Dijon Mustard & Honey Cream w Sweet Potato Mash (Compact)	\$12.50	\$3.75	CHILLED	GF
35	Tenders Dijon Mustard & Honey Cream w Sweet Potato Mash (Mid-Size)	\$18.50	\$5.55	CHILLED	GF
36	Tenders Dijon Mustard & Honey Cream w Sweet Potato Mash (Hearty)	\$21.50	\$6.45	CHILLED	GF
37	Roast Pork & Sweet Potato Mash & Vegies in a Chilli Plum Sauce (Compact)	\$12.50	\$3.75	CHILLED	GF
38	Roast Pork & Sweet Potato Mash & Vegies in a Chilli Plum Sauce (Mid Size)	\$18.50	\$5.55	CHILLED	GF
39	Roast Pork & Sweet Potato Mash & Vegies in a Chilli Plum Sauce (Hearty)	\$21.50	\$6.45	CHILLED	GF
40	Roast Lamb Sweet Potato Mash Vegies & Seeded Mustard Gravy (Compact)	\$12.50	\$3.75	CHILLED	GF
41	Roast Lamb Sweet Potato Mash Vegies & Seeded Mustard Gravy (Mid-Size)	\$18.50	\$5.55	CHILLED	GF
42	Roast Lamb Sweet Potato Mash Vegies & Seeded Mustard Gravy (Heraty)	\$21.50	\$6.45	CHILLED	GF
43	Beef Brisket Vegies & Mash in Moroccan Spiced Red Wine Sauce (Compact)	\$12.50	\$3.75	CHILLED	GF
44	Beef Brisket Vegies & Mash in Moroccan Spiced Red Wine Sauce (Mid Size)	\$18.50	\$5.55	CHILLED	GF
45	Beef Brisket Vegies & Mash in Moroccan Spiced Red Wine Sauce (Large)	\$21.50	\$6.45	CHILLED	GF

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The Homestead Range					
46	Chicken Parmigian with Mash and Steamed Vegies (Compact)	\$12.50	\$3.75	CHILLED	GF
47	Chicken Parmigian with Mash and Steamed Vegies (Mid-Size)	\$18.50	\$5.55	CHILLED	GF
48	Chicken Parmigian with Mash and Steamed Vegies (Hearty)	\$21.50	\$6.45	CHILLED	GF
49	Roast Pork & Baked Vegies with Cabbage n Bacon & Gravy (Compact)	\$12.50	\$3.75	CHILLED	GF DF
50	Roast Pork & Baked Vegies with Cabbage n Bacon & Gravy (Mid Size)	\$18.50	\$5.55	CHILLED	GF DF
51	Roast Pork & Baked Vegies with Cabbage n Bacon & Gravy (Hearty)	\$21.50	\$6.45	CHILLED	GF DF
52	Silverside with Mash & Mixed Vegies in White Sauce (Compact)	\$12.50	\$3.75	CHILLED	GF
53	Silverside with Mash & Mixed Vegies in White Sauce (Mid Size)	\$18.50	\$5.55	CHILLED	GF
54	Silverside with Mash & Mixed Vegies in White Sauce (Hearty)	\$21.50	\$6.45	CHILLED	GF
55	Chicken Breast in a Creamy Mushroom Sauce Mash and Vegies (Compact)	\$12.50	\$3.75	CHILLED	
56	Chicken Breast in a Creamy Mushroom Sauce Mash and Vegies (Mid Size)	\$18.50	\$5.55	CHILLED	
57	Chicken Breast in a Creamy Mushroom Sauce Mash and Vegies (Hearty)	\$21.50	\$6.45	CHILLED	
58	Roast Lamb with Baked Vegies Greens & Gravy (Compact)	\$12.50	\$3.75	CHILLED	GF DF
59	Roast Lamb with Baked Vegies Greens & Gravy (Mid Size)	\$18.50	\$5.55	CHILLED	GF DF
60	Roast Lamb with Baked Vegies Greens & Gravy (Hearty)	\$21.50	\$6.45	CHILLED	GF DF
61	Chicken Baked Dinner Roast Vegies Greens & Gravy (Compact)	\$12.50	\$3.75	CHILLED	GF DF
62	Chicken Baked Dinner Roast Vegies Greens & Gravy (Mid Size)	\$18.50	\$5.55	CHILLED	GF DF
63	Chicken Baked Dinner Roast Vegies Greens & Gravy (Hearty)	\$21.50	\$6.45	CHILLED	GF DF
64	Brisket with Carermalised Onion Mash & Steamed Vegies (Compact)	\$12.50	\$3.75	CHILLED	GF
65	Brisket with Carermalised Onion Mash & Steamed Vegies (Mid Size)	\$18.50	\$5.55	CHILLED	GF
66	Brisket with Carermalised Onion Mash & Steamed Vegies (Hearty)	\$21.50	\$6.45	CHILLED	GF
67	Tenerloins with Mash or Mushy Peas Gravy & Steamed Vegies (Compact)	\$12.50	\$3.75	CHILLED	GF
68	Tenerloins with Mash or Mushy Peas Gravy & Steamed Vegies (Mid Size)	\$18.50	\$5.55	CHILLED	GF
69	Tenerloins with Mash or Mushy Peas Gravy & Steamed Vegies (Hearty)	\$21.50	\$6.45	CHILLED	GF

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Onesies Rice & Sauce are all in the One Container					
70	Onesie Butter Chicken in Rice	\$12.50	\$3.75	CHILLED	GF
71	Onesie Butter Vegetables in Rice	\$12.50	\$3.75	CHILLED	GF VG
72	Onesie Satay Chicken in Rice	\$12.50	\$3.75	CHILLED	DF
73	Onesie Satay Vegetables in Rice	\$12.50	\$3.75	CHILLED	VG DF
74	Onesie Curried Sausages with Rice	\$12.50	\$3.75	CHILLED	GF
75	Onesie Curried Vegetables with Rice	\$12.50	\$3.75	CHILLED	GF VG
76	Onesie Thai Yellow Chicken Curry in Rice	\$12.50	\$3.75	CHILLED	GF DF
77	Onesie Thai Yellow Vegetable Curry in Rice	\$12.50	\$3.75	CHILLED	GF VG DF
78	Onesie Sweet and Sour Pork in Rice	\$12.50	\$3.75	CHILLED	GF DF
79	Onesie Sweet and Sour Vegetables in Rice	\$12.50	\$3.75	CHILLED	GF VG DF
81	Onesie Spaghetti Bolognese	\$12.50	\$3.75	CHILLED	DF

Our Asian Kitchen Served with Rice or Noodles					
82	Malaysian Chicken Laksa with Asian Greens & Vermicelii Noodles	\$17.50	\$5.25	FROZEN	GF DF
83	Malaysian Beef Laksa with Asian Greens & Vermicelii Noodles	\$17.50	\$5.25	FROZEN	GF DF
84	Curried Sausages with Rice	\$17.50	\$5.25	FROZEN	GF
85	Butter Chicken with Rice	\$17.50	\$5.25	FROZEN	GF
86	Peanut Satay Chicken with Rice	\$17.50	\$5.25	FROZEN	GF DF
87	Peanut Satay Beef Rump with Rice	\$17.50	\$5.25	FROZEN	GF DF
88	Gyoza Dumplings (choice of either) Chicken Pork or Vegetarian	\$12.50	\$3.75	FROZEN	VG DF
89	Sweet and Sour Pork with Rice	\$17.50	\$5.25	FROZEN	GF DF
90	Thai Yellow Chicken Curry with Rice	\$17.50	\$5.25	FROZEN	GF DF
91	Thai Yellow Beef Curry with Rice	\$17.50	\$5.25	FROZEN	GF DF

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Our Asian Kitchen Served with Rice or Noodles					
92	Lamb Rogan Josh with Rice	\$17.50	\$5.25	FROZEN	GF DF
93	Mango Chicken with Rice	\$17.50	\$5.25	FROZEN	GF
94	Pumpkin Chickpea and Spinach Curry with Rice	\$17.50	\$5.25	FROZEN	GF VG DF
95	Chicken Stir Fry in Ginger and Oyster Sauce with Hokkien Noodles	\$17.50	\$5.25	CHILLED	DF
96	Vegetable Stir Fry in Ginger and Oyster Sauce with Hokkien Noodles	\$17.50	\$5.25	CHILLED	VG DF
97	Tandoori Chicken Thighs with Tumeric Rice & Mint Yoghurt	\$18.50	\$5.55	CHILLED	GF

My Pie Shop for when it is High Time for Pie Time					
98	Home Style Beef Pie Meal with Mash & Mushy Peas plus Groovy Gravy	\$12.50	\$3.75	BOTH	
99	Home Made Beef Mince Pie	\$7.50	\$2.25	FROZEN	
100	Curry Beef Mince Pie	\$7.50	\$2.25	FROZEN	
101	Cheese Beef & Bacon Brisket Pie	\$8.50	\$2.55	FROZEN	
102	BBQ Beef Brisket Pie	\$8.50	\$2.55	FROZEN	
103	Mushroom Brisket Pie	\$8.50	\$2.55	FROZEN	
104	Pepper Brisket Pie	\$8.50	\$2.55	FROZEN	
105	Tomato & Onion Brisket Pie	\$8.50	\$2.55	FROZEN	
106	Chicken & Leek Mornay Pie	\$8.50	\$2.55	FROZEN	
107	Butter Chicken Pie	\$8.50	\$2.55	FROZEN	
108	Beef Sausage Roll	\$8.50	\$2.55	FROZEN	
109	Beef Cheese & Bacon Sausage Roll	\$8.50	\$2.55	FROZEN	
110	Spinach Feta & Ricotta Pastry Roll	\$8.50	\$2.55	FROZEN	VG

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Super Duper Sides					
111	Macaroni with Melty Cheese & Bacon	\$9.50	\$2.85	FROZEN	
112	Bacon Fried Rice	\$9.50	\$2.85	FROZEN	GF DF
113	Tray of Roasted Root Vegetables	\$9.50	\$2.85	CHILLED	GF VG DF
114	Tray of Mixed Steamed Vegetables	\$9.50	\$2.85	CHILLED	GF VG DF
115	Tray of Chat Potatos in Garlic Butter	\$9.50	\$2.85	FROZEN	GF VG
116	Cauliflower & Melty Cheese Gratin	\$12.50	\$3.75	FROZEN	GF VG
117	Poatato and Bacon Melty Cheese Gratin	\$12.50	\$3.75	FROZEN	GF
118	Groovy Gravy	\$5.00	\$1.50	CHILLED	VG DF
119	Mashed Potato	\$6.50	\$1.95	CHILLED	GF VG
120	Mushy Peas	\$6.50	\$1.95	CHILLED	GF VG

Dang Good Desserts					
121	Apple Pie in Flaky Puff Pastry	\$8.50	\$2.55	FROZEN	VG
122	Apricot Pie in Flaky Puff Pastry	\$8.50	\$2.55	FROZEN	VG
123	Blueberry Pie in Flaky Puff Pastry	\$8.50	\$2.55	FROZEN	VG
124	Chocolate Fudge Cake	\$8.50	\$2.55	FROZEN	VG
125	Sticky Date Pudding	\$8.50	\$2.55	FROZEN	VG
126	Blueberry Cheesecake Tart	\$8.50	\$2.55	FROZEN	VG
127	Custard Tart with Mixed Berries	\$8.50	\$2.55	FROZEN	VG
128	Chocolate Ice Cream	\$8.50	\$2.55	FROZEN	GF VG
129	Vanilla Ice Cream	\$8.50	\$2.55	FROZEN	GF VG
130	Chocolate Gyoza Dumplings (6) to a pack	\$12.50	\$3.75	FROZEN	VG DF
131	Banana Gyoza Dumplings (6) to a pack	\$12.50	\$3.75	FROZEN	VG DF

YumboRama Handy Hints!

All our meals are prepared and packaged daily, from our base in Broadmeadow. The meals delivered chilled, can be frozen. However, if you prefer not to freeze them, the chilled meals can safely be stored in the fridge for at least (3) days. Our meals are heated in either your oven, or your microwave. Instructions are on the packaging for each meal, but below are some general guidelines, and some top of the pop tips.

- If this is your first delivery, its best to remove all the components, and then marry up what packaging goes with which meal. Your invoice will guide you! The pasta dishes will usually be packaged in two microwaveable containers with the pasta in one container and the sauce, protein, and vegetables in the other. If it is a Onesie, everything will be in the same container.
- Keep an eye on your meal the first time around, as not all ovens or microwaves are the same.
- When microwaving, the general guide for most reheat times is 3-4 minutes. It's best to check your meal after (3) minutes, give it a stir, and pop it back in for the last minute if you feel it needs more time. Some items such as gravy only need 90 seconds. Vermicelli just 60 seconds. All microwave times assume the meal is in a defrosted state before heating.
- The black trays some of your meals are packaged in are both oven and microwave proof. **Just be sure to remove the covering film before oven heating.** The film can stay on for microwave heating.
- The meals will be very hot when removing them from the microwave or oven, so please be careful and mindful, especially around children. Set them aside for a minute or so, to cool down, and before removing the covering film.
- All our packaging is recyclable. Just clean and place it with all your other recycling for collection, then last but not least, enjoy your Yumbo!

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