

YumboRama!



2024

**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 Regular, Mid-Size or Hearty, as well as if you would like gravy. Lots of meals in our Homestead Range become Gluten Free simply by choosing no gravy. You can also opt for mushy peas if you prefer soft texture veg.

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 where possible.

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 from all of us here at YumboRama, travel safe and keep on riding them rails!

Winter & Spring Menu 2024		Local & Fresh Homestyle Heat & Eat Meals			
YumboRama!					
Phone Orders call 04521 90470		Full Price	Client 30%	Delivered	GF VG DF

Hearty Soups & Healthy Salads					
1	Creamy Pumpkin Soup	\$10.00	\$3.00	FROZEN	GF VG
2	Beef Vegetable & Barley Soup	\$10.00	\$3.00	FROZEN	DF
3	Chicken and Vegetable Soup	\$10.00	\$3.00	FROZEN	GF DF
4	Pea and Ham Hock Soup	\$10.00	\$3.00	FROZEN	GF
5	Garden Salad with Cherry Toms & Fetta	\$12.50	\$3.75	CHILLED	GF VG
6	Chicken Ceaser Salad	\$18.50	\$5.55	CHILLED	GF DF
7	Smoked Salmon Salad	\$18.50	\$5.55	CHILLED	GF DF
8	Warm Cous Cous Roasted Vegetable & Chicken Salad	\$18.50	\$5.55	CHILLED	DF

Easy Peasy Yumbo Favourites					
9	Homestead Cottage Pie	\$15.00	\$4.50	FROZEN	
10A	Braised Lamb Shankette in Red Wine Rosemary Jus Mash & Mixed veg	\$21.50	\$6.45	CHILLED	GF
10B	Banger & Mash with Carermalised Onion & Peas (Regular)	\$15.00	\$4.50	CHILLED	GF
10C	Honey Soy Drumsticks with Coconut & Coriander Rice (Regular)	\$15.00	\$4.50	CHILLED	GF
11	Quiche Lorraine with Mixed Steamed Vegies	\$15.00	\$4.50	FROZEN	
12	Chicken Chorizo & Tomato Casserole	\$18.50	\$5.55	FROZEN	GF DF
13	Lambs Fry with Bacon in Gravy with Mash & Mushy Peas	\$18.50	\$5.55	FROZEN	
14	Beef Brisket Bourguignon with Mash & Vegies	\$18.50	\$5.55	FROZEN	GF
15	Lamb & Eggplant Moussaka	\$15.00	\$4.50	FROZEN	GF
16	Beef Casserole with Mixed Vegies & Mash	\$18.50	\$5.55	FROZEN	GF
17	Irish Lamb Stew with Mash and Veg	\$18.50	\$5.55	FROZEN	GF
18	Slow Roasted Pork Belly with Mash Greens & Gravy	\$21.50	\$6.45	CHILLED	GF
19	Home Style Beef Pie Meal with Mash & Mushy Peas plus Groovy Gravy	\$15.00	\$4.50	CHILLED	
20	Poatato and Bacon Melty Cheese Gratin	\$15.00	\$4.50	FROZEN	GF
21	Traditional Curried Sausages with Rice	\$18.50	\$5.55	FROZEN	GF

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Fabbo Fish & Fasta Pasta Dishes					
22	Tuna Bake with a Bechamel Sauce Peas & Corn	\$15.00	\$4.50	FROZEN	
23	Barramundi with Roast Potatoes and Greens	\$23.50	\$7.05	FROZEN	GF
24	Salmon Fillet with Lemon Cappers & Dill Butter & Beans	\$23.50	\$7.05	FROZEN	GF
25	Beef Lasagne in Bolognese Sauce	\$15.00	\$4.50	FROZEN	
26	Vegetarian Lasagne in Bolognese Sauce	\$15.00	\$4.50	FROZEN	VG
27	Spaghetti Bolognese	\$18.50	\$5.55	FROZEN	DF
28	Penne Pasta in a Chicken Boscaiola Sauce	\$18.50	\$5.55	FROZEN	
29	Beef Stronganoff with Mushrooms & Fettucine	\$18.50	\$5.55	FROZEN	

The Homestead Range					
30	Bangers & Mash with Carermalised Onion & Peas (Hearty)	\$21.50	\$6.45	CHILLED	GF
31	Honey Soy Drumsticks with Coconut & Coriander Rice (Hearty)	\$21.50	\$6.45	CHILLED	GF
32	Winter Chicken Drumsticks Jus Mash & Mixed Veg (Regular)	\$15.00	\$4.50	CHILLED	GF
33	Winter Chicken Drumsticks Jus Mash & Mixed Veg (Hearty)	\$21.50	\$6.45	CHILLED	GF
34	Turkey & Steamed and Baked Vegies in Cranberry Gravy (Regular)	\$15.00	\$4.50	CHILLED	GF DF
35	Turkey & Steamed and Baked Vegies in Cranberry Gravy (Mid-Size)	\$18.50	\$5.55	CHILLED	GF DF
36	Turkey & Steamed and Baked Vegies in Cranberry Gravy (Hearty)	\$21.50	\$6.45	CHILLED	GF DF
37	Tenders Dujon Mustard & Honey Cream w Sweet Potato Mash (Regular)	\$15.00	\$4.50	CHILLED	GF
38	Tenders Dujon Mustard & Honey Cream w Sweet Potato Mash (Mid-Size)	\$18.50	\$5.55	CHILLED	GF
39	Tenders Dujon Mustard & Honey Cream w Sweet Potato Mash (Hearty)	\$21.50	\$6.45	CHILLED	GF
40	Roast Pork Rosemary Potatoes & Veg with Apple & Fennel Gravy (Regular)	\$15.00	\$4.50	CHILLED	GF DF
41	Roast Pork Rosemary Potatoes & Veg with Apple & Fennel Gravy (Mid-Size)	\$18.50	\$5.55	CHILLED	GF DF
42	Roast Pork Rosemary Potatoes & Veg with Apple & Fennel Gravy (Hearty)	\$21.50	\$6.45	CHILLED	GF DF
43	Roast Lamb Sweet Potato Mash Vegies & Mustard Gravy (Regular)	\$15.00	\$4.50	CHILLED	GF
44	Roast Lamb Sweet Potato Mash Vegies & Mustard Gravy (Mid-Size)	\$18.50	\$5.55	CHILLED	GF
45	Roast Lamb Sweet Potato Mash Vegies & Mustard Gravy (Hearty)	\$21.50	\$6.45	CHILLED	GF

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The Homestead Range					
46	Chicken Cordon Bleu with Ham & Cheese in a Dijon Mustard Sauce (Regular)	\$15.00	\$4.50	CHILLED	GF
47	Chicken Cordon Bleu with Ham & Cheese in a Dijon Mustard Sauce (Mid-Size)	\$18.50	\$5.55	CHILLED	GF
48	Chicken Cordon Bleu with Ham & Cheese in a Dijon Mustard Sauce (Hearty)	\$21.50	\$6.45	CHILLED	GF
49	Beef Brisket Vegies & Mash in Moroccan Spiced Red Wine Sauce (Regular)	\$15.00	\$4.50	CHILLED	GF
50	Beef Brisket Vegies & Mash in Moroccan Spiced Red Wine Sauce (Mid-Size)	\$18.50	\$5.55	CHILLED	GF
51	Beef Brisket Vegies & Mash in Moroccan Spiced Red Wine Sauce (Hearty)	\$21.50	\$6.45	CHILLED	GF
52	Braised Steak & Onion Gravy with Mash Brussel Sprouts & Bacon (Regular)	\$15.00	\$4.50	CHILLED	GF
53	Braised Steak & Onion Gravy with Mash Brussel Sprouts & Bacon (Mid-Size)	\$18.50	\$5.55	CHILLED	GF
54	Braised Steak & Onion Gravy with Mash Brussel Sprouts & Bacon (Hearty)	\$21.50	\$6.45	CHILLED	GF
55	Roast Pork & Baked Vegies with Cabbage n Bacon & Gravy (Regular)	\$15.00	\$4.50	CHILLED	GF
56	Roast Pork & Baked Vegies with Cabbage n Bacon & Gravy (Mid-Size)	\$18.50	\$5.55	CHILLED	GF
57	Roast Pork & Baked Vegies with Cabbage n Bacon & Gravy (Hearty)	\$21.50	\$6.45	CHILLED	GF
58	Silverside with Mash & Mixed Vegies in White Sauce (Regular)	\$15.00	\$4.50	CHILLED	GF
59	Silverside with Mash & Mixed Vegies in White Sauce (Mid-Size)	\$18.50	\$5.55	CHILLED	GF
60	Silverside with Mash & Mixed Vegies in White Sauce (Hearty)	\$21.50	\$6.45	CHILLED	GF
61	Beef Brisket Roast Dinner with Baked & Steamed Vegies (Regular)	\$15.00	\$4.50	CHILLED	GF DF
62	Beef Brisket Roast Dinner with Baked & Steamed Vegies (Mid-Size)	\$18.50	\$5.55	CHILLED	GF DF
63	Beef Brisket Roast Dinner with Baked & Steamed Vegies (Hearty)	\$21.50	\$6.45	CHILLED	GF DF
64	Chicken Breast in a Creamy Mushroom Sauce Mash and Vegies (Regular)	\$15.00	\$4.50	CHILLED	
65	Chicken Breast in a Creamy Mushroom Sauce Mash and Vegies (Mid-Size)	\$18.50	\$5.55	CHILLED	
66	Chicken Breast in a Creamy Mushroom Sauce Mash and Vegies (Hearty)	\$21.50	\$6.45	CHILLED	
67	Roast Lamb with Baked Vegies Greens & Gravy (Regular)	\$15.00	\$4.50	CHILLED	GF DF
68	Roast Lamb with Baked Vegies Greens & Gravy (Mid-Size)	\$18.50	\$5.55	CHILLED	GF DF
69	Roast Lamb with Baked Vegies Greens & Gravy (Hearty)	\$21.50	\$6.45	CHILLED	GF DF

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The Homestead Range					
70	Chicken Baked Dinner Roast Vegies Greens & Gravy (Regular)	\$15.00	\$4.50	CHILLED	GF DF
71	Chicken Baked Dinner Roast Vegies Greens & Gravy (Mid-Size)	\$18.50	\$5.55	CHILLED	GF DF
72	Chicken Baked Dinner Roast Vegies Greens & Gravy (Hearty)	\$21.50	\$6.45	CHILLED	GF DF
73	Brisket with Carermalised Onion Mash & Steamed Vegies (Regular)	\$15.00	\$4.50	CHILLED	GF
74	Brisket with Carermalised Onion Mash & Steamed Vegies (Mid-Size)	\$18.50	\$5.55	CHILLED	GF
75	Brisket with Carermalised Onion Mash & Steamed Vegies (Hearty)	\$21.50	\$6.45	CHILLED	GF
76	Chicken Tenders in a Cacciatore Sauce Mixed Vegies & Mash (Regular)	\$15.00	\$4.50	CHILLED	GF
77	Chicken Tenders in a Cacciatore Sauce Mixed Vegies & Mash (Mid-Size)	\$18.50	\$5.55	CHILLED	GF
78	Chicken Tenders in a Cacciatore Sauce Mixed Vegies & Mash (Hearty)	\$21.50	\$6.45	CHILLED	GF

Onesies All in the One Container					
79	Onesie Butter Chicken in Rice	\$12.50	\$3.75	CHILLED	GF
80	Onesie Butter Vegetables in Rice	\$12.50	\$3.75	CHILLED	GF VG
81	Onesie Satay Chicken in Rice	\$12.50	\$3.75	CHILLED	DF
82	Onesie Satay Vegetables in Rice	\$12.50	\$3.75	CHILLED	VG DF
83	Onesie Curried Sausages with Rice	\$12.50	\$3.75	CHILLED	GF
84	Onesie Curried Vegetables with Rice	\$12.50	\$3.75	CHILLED	GF VG
85	Onesie Thai Yellow Chicken Curry in Rice	\$12.50	\$3.75	CHILLED	GF DF
86	Onesie Thai Yellow Vegetable Curry in Rice	\$12.50	\$3.75	CHILLED	GF VG DF
87	Onesie Sweet and Sour Pork in Rice	\$12.50	\$3.75	CHILLED	GF DF
88	Onesie Sweet and Sour Vegetables in Rice	\$12.50	\$3.75	CHILLED	GF VG DF
89	Onesie Spaghetti Bolognese	\$12.50	\$3.75	CHILLED	DF

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Our Asian Kitchen					
90	Malaysian Chicken Laksa with Asian Greens & Vermicelli Noodles	\$18.50	\$5.55	FROZEN	GF DF
91	Malaysian Beef Laksa with Asian Greens & Vermicelli Noodles	\$18.50	\$5.55	FROZEN	GF DF
92	Butter Chicken with Rice	\$18.50	\$5.55	FROZEN	GF
93	Peanut Satay Chicken with Rice	\$18.50	\$5.55	FROZEN	GF DF
94	Peanut Satay Beef Rump with Rice	\$18.50	\$5.55	FROZEN	GF DF
95	Sweet and Sour Pork with Rice	\$18.50	\$5.55	FROZEN	GF DF
96	Thai Yellow Chicken Curry with Rice	\$18.50	\$5.55	FROZEN	GF DF
97	Thai Yellow Beef Curry with Rice	\$18.50	\$5.55	FROZEN	GF DF
98	Lamb Rogan Josh with Rice	\$18.50	\$5.55	FROZEN	GF DF
99	Chicken Tikka Masala with Rice	\$18.50	\$5.55	FROZEN	GF
100	Madras Pork & Pumpkin Curry with Coconut Rice	\$18.50	\$5.55	FROZEN	GF
101	Chicken Stir Fry in Ginger and Oyster Sauce with Hokkien Noodles	\$18.50	\$5.55	CHILLED	DF

My Pie Shop High Time for Pie Time					
102	Home Made Beef Mince Pie	\$8.50	\$2.55	FROZEN	
103	Curry Beef Mince Pie	\$8.50	\$2.55	FROZEN	
104	Cheese Beef Mince & Bacon Pie	\$8.50	\$2.55	FROZEN	
105	BBQ Beef Brisket Pie	\$8.50	\$2.55	FROZEN	
106	Mushroom Brisket Pie	\$8.50	\$2.55	FROZEN	
107	Pepper Brisket Pie	\$8.50	\$2.55	FROZEN	
108	Tomato & Onion Brisket Pie	\$8.50	\$2.55	FROZEN	
109	Chicken & Leek Mornay Pie	\$8.50	\$2.55	FROZEN	
110	Lamb & Rosemary Pie	\$8.50	\$2.55	FROZEN	
111	Beef Sausage Roll	\$8.50	\$2.55	FROZEN	
112	Beef Cheese & Bacon Sausage Roll	\$8.50	\$2.55	FROZEN	
113	Spinach Feta & Ricotta Pastry Roll	\$8.50	\$2.55	FROZEN	VG

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Super Duper Sides					
114	Macaroni with Melty Cheese & Bacon	\$12.50	\$3.75	FROZEN	
115	Bacon Fried Rice	\$12.50	\$3.75	FROZEN	GF DF
116	Tray of Roasted Root Vegetables	\$12.50	\$3.75	CHILLED	GF VG DF
117	Tray of Mixed Steamed Vegetables	\$12.50	\$3.75	CHILLED	GF VG DF
118	Tray of Chat Potatos in Garlic Butter	\$12.50	\$3.75	CHILLED	GF VG
119	Cauliflower & Melty Cheese Gratin	\$12.50	\$3.75	FROZEN	GF VG
120	Groovy Gravy	\$5.00	\$1.50	CHILLED	VG DF
121	Tub of Mashed Potato	\$7.50	\$2.25	CHILLED	GF VG
122	Tub of Mushy Peas	\$7.50	\$2.25	CHILLED	GF VG

Dang Good Desserts					
123	Apple Pie in Flaky Puff Pastry	\$8.50	\$2.55	FROZEN	VG
124	Appricot Pie in Flaky Puff Pastry	\$8.50	\$2.55	FROZEN	VG
125	Blueberry Pie in Flaky Puff Pastry	\$8.50	\$2.55	FROZEN	VG
126	Chocolate Fudge Cake	\$8.50	\$2.55	FROZEN	VG
127	Sticky Date Pudding	\$8.50	\$2.55	FROZEN	VG
128	Blueberry Cheesecake Tart	\$8.50	\$2.55	FROZEN	VG
129	Custard Tart	\$8.50	\$2.55	FROZEN	VG
130	Chocolate Ice Cream	\$8.50	\$2.55	FROZEN	GF VG
131	Vanilla Ice Cream	\$8.50	\$2.55	FROZEN	GF VG

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 (One) 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 and vermicelli noodles need less time. All microwave times assume the meal is in a defrosted state before heating.
- The 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.

For phone orders please call us on a Monday or Tuesday when possible

- 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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