

YumboRama!



January 2025

**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!

| January Menu 2025 | | 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 | Lams 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 Dijon Mustard & Honey Cream w Sweet Potato Mash (Regular) | \$15.00 | \$4.50 | CHILLED | GF |
| 38 | Tenders Dijon Mustard & Honey Cream w Sweet Potato Mash (Mid-Size) | \$18.50 | \$5.55 | CHILLED | GF |
| 39 | Tenders Dijon 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 with Mash Brussel Sprouts Gravy & Bacon (Regular) | \$15.00 | \$4.50 | CHILLED | GF |
| 53 | Braised Steak & Onion with Mash Brussel Sprouts Gravy & Bacon (Mid-Size) | \$18.50 | \$5.55 | CHILLED | GF |
| 54 | Braised Steak & Onion with Mash Brussel Sprouts Gravy & 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 & Bacon Brisket 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 | Macoroni 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!

www.yumborama.com