

# Ready-Meals Menu

Our homestyle meals are prepared by our chef and made from top quality meats (roasted in-house) and fresh vegetables.

All our meals are fully cooked, and reheating is easy with our microwave and oven safe packaging.

Our single serving size is a **very generous 550g**.

## Prices

Individual Meals - \$12.50

Package Deal - 10 meals for \$110

## Meals

### Pasta Bolognese

*A traditional slow cooked bolognese sauce served on al dente pasta, topped with parmesan and tasty cheese. Our sauce is made with Australian beef, juicy tomatoes, carrot, celery, red wine, garlic and onions. Rich, meaty and full of flavour.*

### Beef Lasagne

*Stacked layers of pasta alternating with our traditional slow cooked bolognese sauce, silky béchamel sauce, parmesan and tasty cheese, finished on top with cheese and baked until golden brown.*

### Chicken Bacon Tomato Pasta w/- Dash Cream

*Italian style pasta cooked with tender chicken breast, bacon, and Napoli sauce with a touch of cream, served with penne and topped with parmesan and tasty cheese.*

### Thai Green Chicken Curry & Rice

*Tender pieces of Australian chicken breast cooked in aromatic Thai green curry coconut sauce, served on jasmine rice. This curry is packed with amazing flavour and texture.*

### Thai Green Vegetable Curry & Rice

*A curry full of flavour and wholesome vegetables (potato, sweet potato, pumpkin, carrot, cauliflower, broccoli, peas, capsicum, onion, garlic and chickpeas) in Thai green curry coconut sauce, served on jasmine rice.*

### Grilled Chicken w/- Veg & Gravy \*

*Tasty grilled chicken breast served with vegetables and gravy.*

### Roast Beef w/- Veg & Gravy \*

*Slices of tender roast beef served with vegetables and gravy. A mouth-watering roast dinner.*

### Roast Pork w/- Veg & Gravy \*

*Slices of tender roast pork served with vegetables and gravy. Simply delicious.*

*\* These meals are served with roasted potato, sweet potato, carrot and pumpkin, steamed broccoli, cauliflower and zucchini, and a generous serving of our velvety gravy.*

### Cottage Pie

*Australian beef mince simmered in a rich tasty gravy with vegetables including potato, carrot, corn, green beans and peas, covered with mashed potato topped with cheese.*

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## Beef Mushroom Stew, Mash & Veg

*Rich and tender beef and mushroom stew served with potato mash, broccoli, cauliflower, carrots and zucchini. Made with chunks of Australian beef, mushrooms, onions, and a splash of red wine. Nothing speaks comfort like a good beef stew.*

## Beef Guinness Stew, Mash & Veg

*A hearty Australian beef stew served with potato mash, broccoli, cauliflower, carrots, and zucchini. The beef is fall-apart tender, and the Guinness Stout gives the sauce an incredibly rich deep flavour.*

## Sausages & Mash w/- Tomato Onion Gravy

*Succulent Australian beef sausages served with creamy mashed potato, our irresistible gravy, and peas. Our take on the classic Bangers & Mash.*

## Rissoles & Mash w/- Tomato Onion Gravy

*Housemade Australian beef rissoles served with creamy potato mash, peas, and our irresistible gravy. A hearty and wholesome meal.*

## Savoury Mince & Rice

*Browned Australian beef mince, onion and garlic simmered in a delicious gravy with plenty of vegetables including potato, carrot, corn, green beans and peas, served with rice. A classic Australian favourite.*

## Ordering

Phone **4721 5111** or email us at **[expressokitchen@bigpond.com](mailto:expressokitchen@bigpond.com)**

Orders can be picked up from our shop at 1/409 Flinders Street, Townsville City, or delivered to you.

## Delivery

We offer **FREE** delivery for orders of \$100 or more within Townsville CBD. Orders below \$100 will incur a \$10 delivery fee if in Townsville CBD. Outside this area, our delivery fee is generally \$25.

### EXPRESS-O KITCHEN

Phone: (07) 4721 5111

Email: [expressokitchen@bigpond.com](mailto:expressokitchen@bigpond.com)

Shop: 1/409 Flinders Street, Townsville City

Website: [www.expressokitchen.com.au](http://www.expressokitchen.com.au)

*We are a locally owned and operated Townsville business.*

*We've cooked.  
All you need to do is  
heat & serve!*