

MEAL DELIVERY PROJECT

WORKING LATE TONIGHT?

HEALTHY & NUTRITIONAL DELIVERED DINNERS



cateringproject.com.au



**CATERING
PROJECT**

crafted food collections

MEAL DELIVERY PROJECT

WHAT IS MEAL DELIVERY PROJECT?

The ultimate meal delivery service for the healthy professional, frequently working late in the office.

*The Meal Delivery Project takes all the thinking
- and stress - out of late night office catering.*

WHO IS MEAL DELIVERY PROJECT FOR?

*For the health-conscious, time-poor, on-the-go professional
with a demanding palate, managing work life balance
while working late in the office.*

HOW IT WORKS

Place order online or by email.
We confirm your order by email.

Meals are delivered in the afternoon within 3pm - 6pm window, Monday - Friday.

Meals are designed to be reheated when required.

Menus operate on a 4 week cycle for variety, and automatically allocated.
See daily menus.

STANDARD MEAL BOX

EACH MEAL BOX INCLUDES

Main Meal

Cutlery, Napkin, Salt/Pepper

Menu Details & Reheating Instructions

MINIMUM 8 BOXES

\$15

SIGNATURE MEAL COLLECTION BOX

EACH MEAL BOX INCLUDES

Main Meal

Side Salad Jar

Seasonal Fruit

Dessert Jar Or Slice

Bread & Butter, Cutlery, Napkin, Salt/Pepper

Menu Details & Reheating Instructions

MINIMUM 6 BOXES

\$21.50



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THE DETAILS

THE MENU

Catering Project's team of chefs has designed wholesome, nutritional and freshly cooked ready-to-eat dinners. Attention is paid to quality in seasonal produce and ingredients for boosting concentration and maintaining health without sidestepping the tastebuds. Our delivery experience is reliable and convenient, essential when keeping to a schedule.

Meals are designed to be reheated when required. Using fresh seasonal ingredients, menus operate on a 4 week cycle for variety, with set proportions of meat, vegetarian and salad options as follows:

Hot Protein/ Meat Meal: 50%

Hot Vegetarian Meal: 25%

Cold Salad: 25%

PLACING ORDERS

Order by 3pm for next day delivery.

Orders for Mondays to be finalised 3pm, Friday.

Order meals to arrive daily during the week (Monday – Friday) or for any one day.

Changes can be made by 3pm the business day before your order is due.

Late orders accepted at Catering Project's discretion and may not offer all menu items.

Email us about creating standing orders.

TIPS FOR LARGE ORDERS

When ordering for large groups across a week, we recommend you supply total catering numbers for each night by 2pm of the preceding Friday.

To cancel orders in excess of 10 meals, at least

72 business hours' notice is required prior to delivery.

DELIVERIES

Free delivery for orders within Sydney CBD 2000, Monday – Friday.

Delivery costs apply outside this area, on weekends and public holidays.

Deliveries outside the CBD may arrive earlier.

The more details for delivery, the better – particularly if special access is required after 5pm. If security access is unavailable at delivery time, the Catering Project Delivery Team will leave your meals at the main entrance door of your building.

MINIMUM ORDERS

Standard Meal Box: minimum of 8 meals ordered per delivery.

Signature Meal Collection Box: minimum of 6 meals ordered per delivery.

Weekends & Public Holidays: upon request



MENU WEEK 1

MONDAY 26TH SEPTEMBER – FRIDAY 30TH SEPTEMBER

MONDAY 24TH OCTOBER – FRIDAY 28TH OCTOBER

MONDAY 21ST NOVEMBER – FRIDAY 25TH NOVEMBER

MONDAY 19TH DECEMBER – FRIDAY 23RD DECEMBER

MONDAY

- **MEAT:** Steamed salmon fillet served with shiitake mushroom rice broccolini fresh chilli and a soy & mirin dressing with toasted sesame seeds(gf)
- **VEGETARIAN:** Honey roasted pumpkin, pinenuts & a persian feta risotto with stuffed zucchini and roasted capsicum salsa (v) (gf)
- **SALAD:** Slow cooked duck, roasted cauliflower, capers, dill, spinach & grain mustard salad

TUESDAY

- **MEAT:** Tender chargrilled lamb rump, roasted butternut pumpkin stack, garlic sauteed spinach & pepper berry glaze (gf)
- **VEGETARIAN:** Fried whole eggplant, chickpea & quinoa salad with smoked yoghurt (v) (gf)
- **SALAD:** Asian pork belly & black rice salad with teriyaki & sesame dressing

WEDNESDAY

- **MEAT:** Sticky soy glazed braised grass fed beef short rib served with steamed jasmine rice & asian slaw
- **VEGETARIAN:** Spiced lentils & coriander, borlotti beans, pistachio & a black onion seed crumble (v)
- **SALAD:** Roast butternut squash wild rocket toasted pine nut salad, blue cheese, crisp pancetta & dijon mustard dressing

THURSDAY

- **MEAT:** Confit duck maryland, paris mash, broccolini and pear jus
- **VEGETARIAN:** Vegetarian kedgeree curried rice with roasted cauliflower & peas topped with boiled egg & toasted almonds (v)
- **SALAD:** Seared marinated lamb backstrap and freekeh salad with toasted walnuts, labneh, madjool dates & pomegranate molasses dressing

FRIDAY

- **MEAT:** Roasted porchetta, apricots, parsley, hazelnuts, crushed caraway chats & caramelised pear compote (gf)
- **VEGETARIAN:** Butternut squash sultana and preserved orange tagine served with roast cauliflower bulgar wheat & fresh yoghurt (v) (gf)
- **SALAD:** Seared grass fed sirloin steak wilted kale, glazed heirloom carrots, red onions and toasted almond salad with red wine vinegar dressing (gf)



MENU WEEK 2

MONDAY 3RD OCTOBER - FRIDAY 7TH OCTOBER

MONDAY 31ST OCTOBER - FRIDAY 4TH NOVEMBER

MONDAY 28TH NOVEMBER - FRIDAY 2ND DECEMBER

MONDAY

- **MEAT:** Twice cooked Pork Belly, braised green puy lentils, vegetable ragout & caramelised pineapple glaze
- **VEGETARIAN:** Sweet potato quinoa & kale fritters served with lime yoghurt & guacamole (v) (gf)
- **SALAD:** Roast beetroot, toasted walnuts, shaved prosciutto, fig & goats cheese salad with extra virgin olive oil dressing

TUESDAY

- **MEAT:** Crispy chicken adobo, sautéed wild rice, green mango & coriander salsa
- **VEGETARIAN:** Desiree potatoes roasted in Indian spices, fresh chilli, cherry tomatoes & green beans, fresh coriander & served with naan bread & raita (v)
- **SALAD:** Smoked trout salad with steamed broccolini, toasted sunflower seeds & hazel nuts with fresh chilli parsley & burnt orange dressing (gf)

WEDNESDAY

- **MEAT:** Pan-fried salmon asparagus lemon butter shaved orange & fennel salad (gf)
- **VEGETARIAN:** Moroccan baked free range eggs baked with chickpeas braised in tomato with aromatic spices, preserved lemons & smoked paprika topped with yoghurt & dukkah (v)
- **SALAD:** Garlic confit duck breast, fennel, witlof, mixed bean salad & cranberry glaze

THURSDAY

- **MEAT:** Braised osso bucco of beef in a rich vegetable & rosemary sauce with truffle mash & steamed greens
- **VEGETARIAN:** Natural honey glazed heirloom carrots and parsnips dusted in zaatar, tahini yoghurt, preserved lemon cous cous & watercress salad (v) (gf)
- **SALAD:** Soy lime grilled chicken, chai green mango herb salad & nam jim sauce

FRIDAY

- **MEAT:** Roasted zaatar lamb shoulder, heirloom beetroots & salmoriglio
- **VEGETARIAN:** Vegetarian lasagne with cherry tomato, garlic sauce and ricotta & wilted spinach, with toasted Italian breadcrumbs (v)
- **SALAD:** Chicken panzanella with ciabatta, tomato, roasted chicken, thyme, black olives & capers



MENU WEEK 3

MONDAY 10th OCTOBER - FRIDAY 14th OCTOBER
MONDAY 7TH NOVEMBER - FRIDAY 11TH NOVEMBER
MONDAY 5th DECEMBER - FRIDAY 9TH DECEMBER

MONDAY

- **MEAT:** Thai chicken curry with banana, peanuts, snake beans, purple rice & coconut salsa
- **VEGETARIAN:** Celeriac & potato dauphinois served with slow braised green beans in tomato & garlic (v) (gf)
- **SALAD:** Rare roast beef salad, kale, szechuan peppers, capsicum & sesame oil (gf/df)

TUESDAY

- **MEAT:** Pork scaloppini with parsnip puree & creamy mushroom sauce
- **VEGETARIAN:** Wild mushroom risotto, shaved asparagus & truffle pecorino (v) (gf)
- **SALAD:** Pulled lamb shoulder ragu salad, parsnip, rocket & parmesan (gf)

WEDNESDAY

- **MEAT:** Broken scorched tasmanian salmon fillet served with soba noodles shallots soy sesame & steamed asian greens
- **VEGETARIAN:** Millet, cauliflower, pea & ricotta fritters with zaatar yoghurt dressing (v)
- **SALAD:** Pearl cous cous with roasted pumpkin & chorizo salad

THURSDAY

- **MEAT:** Spanish style calamari braised in saffron garlic tomato, green olives with potatoes & chickpeas served with a parsley & cured onion salad
- **VEGETARIAN:** Jerusalem artichoke mushroom & silver beet stroganoff served with cauliflower rice & fresh yoghurt (v) (gf)
- **SALAD:** Chargrilled marinated free range chicken breast salad, rocket, spinach, pea shoot, edamame, lentils with feta lemon & olive oil dressing (gf)

FRIDAY

- **MEAT:** Pressed slow aromatic braised lamb shoulder served with parsnip puree wilted greens toasted hazelnuts & lamb jus
- **VEGETARIAN:** Zaatar roasted vegetable stew with cucumber rice & cashew salsa (v) (gf)
- **SALAD:** Seared fresh salmon fillet salad with shaved fennel, black quinoa, blood orange & grape dressing (gf/df)



MENU WEEK 4

MONDAY 17th OCTOBER - FRIDAY 21st OCTOBER
MONDAY 14th NOVEMBER - FRIDAY 18th NOVEMBER
MONDAY 12th DECEMBER - FRIDAY 16th DECEMBER

MONDAY

- **MEAT:** Confit leg of duck, yellow curry sauce steamed coriander rice, crisp lotus root fresh coconut & watercress salad
- **VEGETARIAN:** Tortilla espanola served with wilted greens & chilli aioli (v) (gf)
- **SALAD:** Roasted beef tenderloins with radicchio, wasabi butter, grilled leeks, pickled ginger & soy dressing (gf)

TUESDAY

- **MEAT:** Lamb fillet, sweet peas, baked root vegetables, lavender & thyme potatoes (gf/df)
- **VEGETARIAN:** Green lentil dahl topped with natural yoghurt served with chapattis lime pickle & spiced onion salad (v)
- **SALAD:** Green papaya with rare roast beef, crushed peanuts & noun cham dressing (gf)

WEDNESDAY

- **MEAT:** Chicken breast, sweet potato mash, wilted spinach & apple cider jus (gf)
- **VEGETARIAN:** Slow roasted aubergine stuffed with millet tabouleh, pomegranate molasses dressing, toasted pine nuts & tzatziki (v) (gf)
- **SALAD:** Pulled lamb shoulder and vegetable bhaji salad with rocket, slow roasted tomatoes & dukkah yoghurt dressing

THURSDAY

- **MEAT:** Char grilled salmon, baby herb & kipfler salad and caper berries salsa (gf)
- **VEGETARIAN:** Sweet potato and black bean chilli served with tacos, guacamole, tomato & jalapeño salsa (v)
- **SALAD:** Confit duck salad, roasted fennel, witlof & orange sesame dressing (gf)

FRIDAY

- **MEAT:** Confit leg of duck, yellow curry sauce steamed coriander rice, crisp lotus root fresh coconut & watercress salad
- **VEGETARIAN:** Vegetarian noodles, bean shoots, kaffir lime leaves with thai curry coconut sauce (v)
- **SALAD:** Pork spare ribs, Asian slaw & coriander aioli (gf)

