

ORGANISATION	TEL.NO.	TYPE	AREAS COVERED	TIME OF DELIVERY	OTHER
Healthy Kiwi Dinners 14/14 Broad Street, Woolston, Christchurch 8023 www.healthykiwidinners.co.nz	982-4980	A variety of meals delivered hot, or frozen for easy reheat.	Christchurch area. <i>Free delivery for orders of 10 meals or more.</i>	By arrangement.	Phone to order. Microwave or transfer to oven-proof contained to heat in oven.
EATL8R Garry Hill, Shop at: 9 Raycroft Street, Waltham. Christchurch orders@eatl8r.co.nz www.eatl8r.co.nz	420-0722	Fresh or choose to freeze. Regular meals \$16.00 Petite Meals \$14.00 Puddings & Soups \$7.00	<i>Christchurch City and surrounds Rangiora, Kaiapoi, Darfield and Akaroa, \$6.00 delivery. South Island wide \$25.00 delivery.</i>	Thursday each week.	Order online, email or phone. Delivered fresh. Store in the fridge for 7 days or choose to freeze. Seasonal menu rotation.
Eat Unlimited Good, honest meals delivered to your door. orders@eat.co.nz www.eat.co.nz	04 560 1960	Delivered fresh and keep fresh for 10 days or freeze if you wish. Menus change each week.	<i>Christchurch delivery</i>	Orders in by 11.00am, Monday to Thursday for next day delivery.	Specials available. Talk to staff about the deals that are running.
Richards Real Kitchen Fresh meals made every Monday and Thursday. www.richardsrealkitchen.co.nz	021 813235	Fresh and frozen meal is delivered Monday and Thursday.	<i>Christchurch.</i>	Order by 11.00am Monday and Thursday for same day delivery.	Order online. Family meals available.
Tomorrows Meals Can be purchased at Countdown, Fresh Choice, Four Square, New World and Pak'n'Save supermarkets. sales@frozenfresh.co.nz www.tomorrowsmeals.co.nz	07 571 2989	Tasty range of frozen and chilled convenience meals made with NZ ingredients.	<i>Available in supermarkets</i>	To purchase from supermarkets.	
Made (by My Food Bag) www.getmade.co.nz	0800 469 366	Fast and feel-good ready-made meals delivered fresh weekly.	<i>Christchurch.</i>	Weekly delivery.	Order online.
Kai 2 You 86 Harris Crescent, Papanui. orders@kai2you.co.nz www.kai2you.co.nz	022 3891166	Ready-made meals for delivery Tuesdays and Fridays.	<i>Christchurch</i>	Tuesdays and Fridays	Order by phone or via online. SuperGold card discount.

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Just Good Food 7/47 Sonter Road, Wigram, Christchurch 8083 www.justfoodfood.co.nz	03 351 0909 027 249 7334	Meals are frozen fresh. Regular meals \$12.00, Large meals \$14.00, Desserts \$10.00.	<i>Christchurch only.</i>	Orders in by 2.00pm Tuesday for delivery Thursday. Deliveries are made between 9.00am and 3.00pm every Thursday.	<i>Delivery fee \$5 for minimum order of \$40.</i>
Nourish Oraka 27 Acheson Avenue, Shirley. Christchurch. info@nourishoraka.com www.nourishoraka.com	021 125 7846	Healthy, home style meals from \$8.00. Generally, one fresh meal available each Monday and Wednesday. Plus, a range of frozen meals.	<i>Christchurch only.</i>	Order online or purchase form 27 Acheson Avenue, 1.00-2.00pm or 5.00-7.00pm, Monday and Wednesday.	If returning containers, then no charge but .50c per container if keeping them. No cash, on-line or EFTPOS at store.