



instameals

MENU CATALOGUE





DIET SYMBOLS

Many of our meals, soups and desserts are classified with a diet symbols. You will find each item's symbol(s) after its description. Use them to select the meals suitable for your diet. The definitions are below.

DF Dairy Free

Products that do not contain any dairy or lactose, including milk and milk-derived products like cheese and yogurt.

RF Renal Friendly

Products low in potassium, phosphorus and sodium to manage kidney function.

Db Diabetic (Type 2)

Products low in sugar, high in fibre and complex carbohydrates.

LS Low Sodium

Products low in salt/sodium to manage hypertension and associated health conditions.

LC Low Cholestrol

Products low in saturated fat and trans fat to reduce risk of heart disease and associated health conditions.

S Soft

Products that are easy to chew, swallow and digest.

V Vegetarian

Products using plant-based ingredients, milk, eggs and cheese excluding meat, poultry and seafood.

GF Gluten Free

Products not including wheat, rye, barley and their products.



WEEK 1 MENU



WEEK 2 MENU



DAY 1 - SUNDAY

- Bread & Butter
- Minestrone Soup (Veg, DF, Db, LS, LC, S) 🌿
- Roast Chicken Thigh with Mashed Potato and Mediterranean Mix (Db, LS, LC, S, GF)
- Braised French Lentils with Pilaf Rice and Mediterranean Mix (Veg, DF, Db, LS, LC, S, GF) 🌿
- Cajun Fish with Pilaf Rice and Veg Medley (DF, Db, LS, LC, S, RF, GF) 🍷🍷
- Peach Crumble (Veg, DF, Db, LS, LC, S, RF) 🌿

DAY 2 - MONDAY

- Bread & Butter
- Lentil soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Lemon Pepper Chicken with Country Fried Potatoes and Steamed Carrots (DF, Db, LS, LC, S, GF)
- Spinach Lentil Dahl with White Rice and Steamed Carrots (Veg, DF, Db, LS, LC, S, GF) 🌿
- Chicken Tetrizzini with Broccoli and Corn (DF, Db, LS, LC, S, RF) 🍷🍷
- Toffee Date Cake (Veg, Db, LS, LC, S) 🌿

DAY 3 - TUESDAY

- Bread & Butter
- Garden Veggie Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Chicken Pot Pie with Lyonnaise Potato and Buttered Green Peas (Db, LS, LC, S)
- Butter Paneer with White Rice and Steamed Veg (Veg, DF, Db, LS, LC, S, GF) 🌿
- Beef and Cabbage Stew with White Rice and Steamed Veg (Veg, DF, Db, LS, LC, S, GF)
- Mango Panna Cotta (Veg, Db, LS, LC, S, GF) 🌿

DAY 4- WEDNESDAY

- Bread & Butter
- Mushroom Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Beef Stew with Mashed Potatoes and Veg Medley (Db, LS, LC, S)
- Ratatouille with White Rice (Veg, DF, Db, LS, LC, S, GF) 🌿
- Maple Chicken with White Rice and Buttered Green Peas (DF, Db, LS, LC, S, RF) 🍷🍷
- Apple Pie Pudding (Veg, DF, Db, LS, LC, S, GF) 🌿

DAY 5 - THURSDAY

- Bread & Butter
- Veggie Noodle Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Spaghetti Bolognese with Veg Medley (DF, Db, LS, LC, S)
- Lentil Chilli with Pilaf Rice with Veg Medley (Veg, DF, Db, LS, LC, S, GF) 🌿
- Lemon Pepper Fish with Pilaf Rice and Veg Medley (Veg, DF, Db, LS, LC, S, GF) 🍷🍷🌿
- Clementine (Veg, Db, LS, LC, S, GF) 🌿

DAY 6 - FRIDAY

- Bread & Butter
- Corn Chowder (Veg, DF, Db, LS, LC, S, GF, RF) 🌿🍷🍷
- Salisbury Steak with Gravy, Mash and Steamed Veg (DF, Db, LS, LC, S)
- Vegetable Stew with Tofu with White Rice (Veg, DF, Db, LS, LC, S, GF) 🌿
- Grilled Chicken with White Rice and Steamed Veg (DF, Db, LS, LC, S, RF) 🍷🍷
- Blueberry Cinnamon Rice Pudding (Veg, DF, Db, LS, LC, S, GF, RF) 🌿

DAY 1- SUNDAY

- Bread & Butter
- Minestrone Soup (Veg, DF, Db, LS, LC, S) 🌿
- Chicken Florentine with Pasta and Honey Glazed Carrots (Db, LS, LC, S)
- Tuscan Kale Stew with Pasta (Veg, Db, LS, LC, S, GF) 🌿
- Sloppy Joe with Rice and Steamed Carrots (DF, Db, LS, LC, S, RF, GF) 🍷🍷
- Peach Crumble ((Veg, DF, Db, LS, LC, S, RF) 🌿

DAY 2 - MONDAY

- Bread & Butter
- Lentil Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Meatloaf with Gravy, Mashed Potato and Steamed Veg (Db, DF, LS, LC, S)
- Vegetable Medallion with Green Beans (Veg, DF, Db, LS, LC, S) 🌿
- Sweet and Sour Fish with White Rice and Asian Veg (DF, Db, LS, LC, S, RF) 🍷🍷
- Toffee Date Cake (Veg, Db, LS, LC, S) 🌿

DAY 3 - TUESDAY

- Bread & Butter
- Garden Veggie Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Chicken Swedish Meatballs with Mash and Buttered Green Peas (Db, LS, LC, S)
- Eggplant and Tofu Curry with White Rice (Veg, DF, Db, LS, LC, S, GF) 🌿
- Alfredo Grilled Chicken Pasta with Buttered Green Peas (DF, Db, LS, LC, S, RF, GF) 🍷🍷
- Mango Panna Cotta (Veg, Db, LS, LC, S, GF) 🌿

DAY 4 - WEDNESDAY

- Bread & Butter
- Mushroom Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Chicken Piccata with White Rice and Veg Medley (Db, LS, LC, S)
- Coconut Chickpea Curry with Spinach, White Rice and Steamed Veggies (Veg, DF, Db, LS, LC, S, GF) 🌿
- Chicken Pad Thai with Green Beans (DF, Db, LS, LC, S, RF, GF) 🍷🍷
- Apple Pie Pudding (Veg, DF, Db, LS, LC, S, GF) 🌿

DAY 5 - THURSDAY

- Bread & Butter
- Veggie Noodle Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Ground Chicken Skillet with Country Fried Potato and Steamed Veg (Db, LS, LC, S)
- Cajun Red Bean with Country Fried Potato and Steam (Veg, DF, Db, LS, LC, S, GF) 🌿
- Lemon Chicken with Vegetable Paella and Herbed Carrots (DF, Db, LS, LC, S, RF, GF) 🍷🍷
- Clementine (Veg, Db, LS, LC, S, GF) 🌿

DAY 6 - FRIDAY

- Bread & Butter
- Corn Chowder (Veg, DF, Db, LS, LC, S, GF, RF) 🌿🍷🍷
- Coconut Beef Curry with White Rice and Steamed Veg Medley (DF, Db, LS, LC, S, GF)
- Lentil Chilli with White Rice with Veg Medley (DF, Db, LS, LC, S, GF, Veg) 🌿
- Sauteed Chicken and Zucchini with Pasta (DF, Db, LS, LC, S, RF, GF) 🍷🍷
- Blueberry Cinnamon Rice Pudding (Veg, DF, Db, LS, LC, S, GF, RF) 🌿



WEEK 3 MENU



WEEK 4 MENU



DAY 1- SUNDAY

- Bread & Butter
- Minestrone Soup (Veg, DF, Db, LS, LC, S) 🌿
- Beef Chili with White Rice and Buttered Corn (DF, Db, LS, LC, S, GF)
- Braised French Lentils with Pilaf Rice and Mediterranean Mix (Veg, DF, Db, LS, LC, S, GF) 🌿
- Chicken and Vegetable Stir Fry and Pasta (DF, Db, LS, LC, S, RF) 🍗🍗
- Peach Crumble (Veg, DF, Db, LS, LC, S, RF) 🌿

DAY 2 - MONDAY

- Bread & Butter
- Lentil Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Roast Chicken Thigh with Mashed Potato and Mediterranean Mix (Db, LS, LC, S, GF)
- Ratatouille with Mashed Potato (Veg, DF, Db, LS, LC, S, GF) 🌿
- Lemon Pepper Fish with Pilaf Rice and Veg Medley (DF, Db, LS, LC, S, RF, GF) 🍗🍗
- Toffee Date Cake (Veg, Db, LS, LC, S) 🌿

DAY 3 - TUESDAY

- Bread & Butter
- Garden Veggie Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Beef Stew with White Rice and Veg Medley (Db, LS, LC, S)
- Butter Paneer with White Rice and Steamed Veg (Db, GF, LS, LC, S, Veg) 🌿
- Chicken Tetrazzini with Broccoli and Corn (DF, Db, LS, LC, S, RF) 🍗🍗
- Mango Panna Cotta (Veg, Db, LS, LC, S, GF) 🌿

DAY 4 - WEDNESDAY

- Bread & Butter
- Mushroom Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Greek Chicken with Lyonnaise Potato and Buttery Glazed Carrots (DF, Db, LS, LC, S, GF)
- Tuscan Kale Stew with White Rice (Veg, DF, Db, LS, LC, S, GF) 🌿
- Chicken Meatballs with Gravy, Mashed Potato and Mediterranean Veg (Db, LS, LC, S, RF) 🍗🍗
- Apple Pie Pudding (Veg, DF, Db, LS, LC, S, GF) 🌿

DAY 5 - THURSDAY

- Bread & Butter
- Veggie Noodle Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Sweet and Sour Chicken with White Rice and Asian Veg (DF, Db, LS, LC, S, RF) 🍗🍗
- Vegetable Stew with Tofu with White Rice (Veg, DF, Db, LS, LC, S, GF) 🌿
- Cajun Fish with Mashed Potato and Mediterranean Veg (DF, Db, LS, LC, S, RF, GF) 🍗🍗
- Clementine (Veg, Db, LS, LC, S, GF) 🌿

DAY 6 - FRIDAY

- Bread & Butter
- Corn Chowder (Veg, DF, Db, LS, LC, S, GF, RF) 🌿
- Lemon Pepper Chicken with Mac and Cheese and Steamed Veggies (Db, LS, LC, S)
- Lentil Curry with White Rice and Steamed Veg (Veg, DF, Db, LS, LC, S, GF) 🌿
- Salisbury Steak with Gravy, White Rice and Steamed Veg (DF, Db, LS, LC, S, RF) 🍗🍗
- Blueberry Cinnamon Rice Pudding (Veg, DF, Db, LS, LC, S, GF, RF) 🌿

*Bread and Butter” available everyday.

DAY 1 - SUNDAY

- Bread & Butter
- Minestrone Soup (Veg, DF, Db, LS, LC, S) 🌿
- Butter Chicken with White Rice and Mediterranean Veg (DF, Db, LS, LC, S, GF) 🌿
- Vegetable Meatballs with Gravy, Mashed Potato and Mediterranean Veg (Veg, DF, Db, LS, LC, S) 🌿
- Sweet and Sour Fish with White Rice and Asian Veg (DF, Db, LS, LC, S, RF) 🍗🍗
- Peach Crumble (Veg, DF, Db, LS, LC, S, RF) 🌿

DAY 2 - MONDAY

- Bread & Butter
- Lentil Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Meatloaf with Gravy, Steamed Veg and Mashed Potato (Db, DF, LS, LC, S)
- Coconut Chickpea Curry with White Rice and Steamed Veg (Veg, DF, Db, LS, LC, S, GF) 🌿
- Chicken and Vegetable Stir Fry and White Rice (DF, Db, LS, LC, S, RF) 🍗🍗
- Toffee Date Cake (Veg, Db, LS, LC, S) 🌿

DAY 3 - TUESDAY

- Bread & Butter
- Garden Veggie Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Chicken Meatballs with Gravy, Mashed Potato and Mediterranean Veggies (DF, Db, LS, LC, S)
- Eggplant and Tofu Curry with White Rice & Steamed Veg (Veg, DF, Db, LS, LC, S, GF) 🌿
- Beef and Cabbage Stew with White Rice and Steamed Veg (DF, Db, LS, LC, S, RF, GF) 🍗🍗
- Mango Panna Cotta (Veg, Db, LS, LC, S, GF) 🌿

DAY 4 - WEDNESDAY

- Bread & Butter
- Mushroom Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- BBQ Chicken with Mash and Steamed Carrots (Db, LS, LC, S, GF)
- Spinach Lentil Dahl with White Rice and Steamed Carrots (Veg, DF, Db, LS, LC, S, GF) 🌿
- Chicken and Eggplant Curry with White Rice & Steamed Veg (Db, LS, LC, S, RF, GF) 🍗🍗
- Apple Pie Pudding (Veg, DF, Db, LS, LC, S, GF) 🌿

DAY 5 - THURSDAY

- Bread & Butter
- Veggie Noodle Soup (Veg, DF, Db, LS, LC, S, GF) 🌿
- Chicken Marsala with Mash and Veg Medley (DF, Db, LS, LC, S)
- Vegetable Medallion with Gravy, Veg Medley and Mashed Potato (Veg, DF, Db, LS, LC, S) 🌿
- Lemon Chicken with Vegetable Paella and Herbed Carrots (DF, Db, LS, LC, S, RF, GF) 🍗🍗
- Clementine (Veg, Db, LS, LC, S, GF) 🌿

DAY 6 - FRIDAY

- Bread & Butter
- Corn Chowder (Veg, DF, Db, LS, LC, S, GF, RF) 🌿 🍗🍗
- Coconut Beef Curry with White Rice & Mediterranean Veg (DF, Db, LS, LC, S, GF)
- Tuscan Kale Stew with Steamed Veggies (Veg, Db, LS, LC, S, GF) 🌿
- Alfredo Grilled Chicken Pasta with Mediterranean Veg (Db, DF, LS, LC, S, RF) 🍗🍗
- Blueberry Cinnamon Rice Pudding (Veg, DF, Db, LS, LC, S, GF, RF) 🌿