

Ezee Meals

Taste great. Feel even better.

Looking for a delicious meal that fills you up and warms your heart too? Then choose Ezee Meals.

Made with TLC from the freshest available ingredients, Ezee Meals are a tastier, more wholesome alternative to the convenience foods you find in your local supermarket. And great value for money too.

Anyone can buy Ezee Meals. So whether you have difficulty shopping or preparing your own food – or you just want something quick, easy and nutritious – they're the perfect mealtime solution.

Better still, every meal sold contributes to your local community – so you can feel good about what you're eating in every sense.



MISSION
FOODS LTD

KURA STREET, TITAHI BAY

E: EZEEMEAL@WGTNCITYMISSION.ORG.NZ

WWW.WGTNCITYMISSION.ORG.NZ



Meals to warm your heart

Home style pre-packed
meals to heat & eat

Every meal sold helps
your local community



Good honest fare whenever you like. Ezee Meals are homestyle dishes just like your Mum used to make. Wholesome and nutritious, they're created fresh and instantly frozen, ready for you to simply heat and eat whenever you like – in the oven or the microwave.

Ezee Meals are the ideal meal choice for everyone. As well as the elderly, disabled or those on the road to recovery, they are also handy for busy people and students because they are convenient, easy on the pocket and have a higher nutritional value than most fast food options you'll find.

Good for you – and tasty too! We use only lean meat and the freshest seasonal vegetables to create our Ezee Meals. The way we prepare each dish also means the fat content is minimised and nutritional value is maximised. And no added sugar in our diabetic desserts means there is a sweet treat suitable for everyone.

- ✓ **NO added salt**
- ✓ **LOW fat content**
- ✓ **HIGH on taste**

Typical meal analysis from an independent laboratory:

	Roast Meals	Diabetic Sweets
Fat (%)	2 – 5	1 – 2
Protein (%)	5 – 8	2 – 3
Carbohydrates (%)	10 – 12	12 – 13
Total Sugar (%)	2 – 3	1 – 2
Energy (kj/100g)	420 – 470	290 – 320
Sodium (mg/100g)	220 – 230	40 – 50
Potassium (mg/100g)	220 – 260	60 – 70

Menu

Main meals

Roast Beef
 Roast Lamb
 Roast Pork
 Roast Chicken
 Corned Silverside
 Beef Casserole
 Beef Lasagne
 Braised Sausages
 Braised Lamb's Fry
 Roast Turkey with Cranberry

Smaller meals

Macaroni Cheese
 Cottage Pie
 Lamb Curry
 Chicken and Coconut Rice
 Potato and Fish Mornay
 Chicken Casserole
 Vegetarian Nut Loaf
 Vegetable Omelette (All Day Breakfast)
 Savoury Mince (All Day Breakfast)

Desserts

Ginger Pudding and Custard
 Fruit Crumble and Custard
 Cheesecake
 Rice Pudding
 Rich Fruit Pudding
 Stewed Fruit and Custard
 Apricot Rice Pudding (Diabetic)
 Bread and Butter Pudding (Diabetic)
 Italian Trifle