



Our family meals can be delivered ready to HEAT,
ready to FREEZE or ready FROZEN

FAMILY MEALS

PASTA MEALS

LASAGNE SERVES 6 - 8 **\$55** GF \$62

♥ **Beef & Spinach LASAGNE**

100% ground beef simmered with tomato & herbs, layered with fresh pasta, spinach and a parmesan cheese sauce

♥ **Vegetarian LASAGNE**

Parmesan crusted pasta & our tomato herb sauce, with layers of slow roasted Mediterranean vegetables, spinach, pumpkin & a 3 cheese sauce.

PASTA SERVES 4-6 **\$35** GF \$42

♥ Select Spaghetti, Fettucine or Penne with your choice of (GF) (DF avail) sauce

- **Bolognaise** Beef & tomato herb sauce (DF avail)
- **Carbonara** Smoked Bacon & mushroom in a creamy parmesan sauce
- **Ratatouille** Mediterranean vegetables, tomato herb sauce & spinach

PARMAGIANA serves 4

\$45 GF \$55

♥ **Chicken**

Crumbed breast fillets baked with our tomato & herb sauce & 3-cheese mix,

♥ **Eggplant**

Crumbed eggplant stuffed with cheese & spinach and baked with our 3-cheese mix, tomato & herb sauce and topped with fresh parmesan & pesto

CURRIES & FRIED RICE (1.5kg) serves 4

\$40

♥ **Butter Chicken Curry** (MILD) (GF)

Tender marinated chicken braised in a spiced tomato & coconut curry sauce with green beans & topped with a dollop of yogurt and toasted almonds & steamed rice on the side

♥ **Lamb, Eggplant & Chickpea Curry** (MILD) (GF)

Lamb, eggplant & chickpea slowly simmered in a mild curry & tomato sauce with green peas & beans & topped with a dollop of yogurt & steamed rice on the side

♥ **Thai Chicken Curry** (SPICY) (GF) (DF)

Chicken Fillets poached in a thai green curry with kaffir lime, eggplant, greens & thai basil & steamed jasmine rice on the side

♥ **Nasi Goreng** (MEDIUM) (GF) (DF)

Indonesian vegetable fried rice with spiced chicken & topped with a fried egg, chilli, herbs & ketchup

QUICHE & PIES serves 4

\$24 GF \$32

♥ **Pumpkin & Spinach Feta Quiche**

♥ **Beef & Guinness Pie**

♥ **Spinach & Feta Pie** (VEG)

SIDES (GF) available with any family meal

serves 4

\$15

♥ **Coleslaw** (GF) (DF)

♥ **Mashed potatoes**(GF)

♥ **Mixed Roasted Vegetables** (GF) (DF)

♥ **Mixed Seasonal Greens** (GF) (DF avail)

DESSERTS available with any family meal

serves 4

\$15 GF \$25

♥ **Sticky Date Pudding** with Butterscotch Sauce

♥ **Apple Sponge** with Spiced Vanilla Custard



Our snack packs and sweet bribes can be delivered ready to HEAT, ready to FREEZE or ready FROZEN

SURVIVAL PACKS

Contact us for *Gluten Free - Dairy Free - Vegan options*

Kids Snack Packs

12 per pack

1pack for **\$25** or 3 for \$65

- ♥ 12 Tomato & Cheese Quiches
- ♥ 12 Chicken Quiches
- ♥ 12 Aussie Beef Pies
- ♥ 12 Bacon & Egg Pies
- ♥ 12 Sausage Rolls

- ♥ 12 Chocolate Fudge Slice
- ♥ 12 Chocolate Banana Bread
- ♥ 12 Chocolate Lamingtons
- ♥ 12 Lemon & Coconut Cupcakes

Adults Snack Packs

12 per pack

1pack for **\$25** or 3 for \$65

- ♥ 12 Pumpkin Quiches
- ♥ 12 Chicken Quiches
- ♥ 12 Beef & Guinness Pies
- ♥ 12 Butter Chicken Pies
- ♥ 12 Mexican Chicken Pies

- ♥ 12 Mediterranean Veg Pies
- ♥ 12 Thai Chicken Sausage Rolls
- ♥ 12 Mushroom Arancini
- ♥ 12 Mexican Bean Empanada
- ♥ 12 Curry Lamb Puffs

Adult Survival Packs serves 2

\$50

♥ Option 1

2 Cheeses, Dip, Olives, Nuts, Crackers & a Bottle of WA White, Red, Sparkling or Prosecco

♥ Option 2

Rustic Bread, Petra's Dipping Trio - Lime Oil, Raspberry Balsamic & Dukkha with a Bottle of WA White, Red or Prosecco

♥ Option 3

6 snack pies, 6 snack quiches with a Bottle of WA White, Red Sparkling or Prosecco

SWEET BRIBES

CAKES & SLICES (12-18 slices)

\$25 GF \$35

- ♥ Apple teacake
- ♥ Carrot Cake
- ♥ Raspberry & Chocolate Brownie
- ♥ Banana & Strawberry Bread
- ♥ Chocolate Banana Bread
- ♥ Chocolate Fudge Slice
- ♥ Peach & Strawberry Slice



PANTRY ITEMS

Times are challenging for ALL small businesses, we hope we can help our small business partners with offering you items to purchase. Support local and together we can get through this.

OUR FRIENDS NEXT DOOR

Little
PETRA
Farm Shop

Be a
gourmet
chef at
home

Order online [petraoliveoil.com.au](https://www.petraoliveoil.com.au)
order via phone 0403 182 230

Artisanal gourmet
pasta, Petra
homemade pasta
sauce, EVOO and
loads more

SEE WEBSITE FOR
OUR FULL RANGE

Free delivery Perth
Western Suburbs

Little Petra Farm Shop have some fabulous items to purchase, from olive oil & pasta sauce to salad dressings & vinegars. Follow the link below and make a note in checkout to add your order to Cupid's deliveries

<https://www.petraoliveoil.com.au/shop/>

CUPIDS STAPLES Coming soon

250g PLAIN FLOUR

250g SELF RAISING FLOUR

250g CASTER SUGAR

6 EGGS

250g RICE

250g FETTUCINE

250g SPAGHETTI

250g PENNE

500ml PETRA PASTA SAUCE

500ml CHILLI PASTA SAUCE

PLEASE NOTE Menus & pantry items may change depending of product availability

Pantry Items can only be purchased with family meals & survival packs



HOW TO ORDER

ORDERING & PAYMENT

You can download the **order form** from our website www.cupidcatering.com.au
And EMAIL YOUR ORDER directly to orders@cupidcatering.com.au

1. Download our order form via website or social media
2. Fill out your details and selections
3. Email your order form to orders@cupidcatering.com.au
4. You will receive (*during business hours*) an invoice with a credit card link
5. Pay your invoice
6. Your order is confirmed with the email receipt of your payment.

PICK UP

You can collect from our Subi Headquarters on Tuesday and Thursdays
by appointment only.

Tuesday pickup

Order by 2pm Monday

Thursday Pickup

Order by 2pm Wednesday

DELIVERIES

We offer free delivery to postcodes 6005 – 6018,
Deliveries are on Wednesdays and Fridays between 4pm - 5.30pm
You will need to be home for delivery as we will text and leave at your door.

Wednesday delivery

Order by 2pm Tuesday

Friday delivery

Order by 2pm Thursday

Our free deliveries have no minimum order spend – for those that may just need a meal delivered to their elderly parents or our amazing health care, school & supermarket workers who may be too exhausted to come home & make a healthy dinner. Our delivery time is between 4-5.30pm to allow for after school snacks & be in time to heat for dinner that night or just before parents may need that survival kit!

Thank you for your support 😊



ORDER FORM

NAME _____ MOBILE _____

ADDRESS _____

PICKUP

4pm-5.30pm

TUESDAY

THURSDAY

PICKUP FROM SUBIACO

DELIVERY

4pm-5.30pm

WEDNESDAY

FRIDAY

DELIVERY ONLY TO POSTCODES 6005-6018

QTY	FAMILY MEALS	DIETARY	PRICE	PREPARED
	LASAGNE SERVES 6-8 <input type="checkbox"/> Beef Lasagne <input type="checkbox"/> Vegetarian Lasagne	<input type="checkbox"/> GLUTEN FREE	\$55 \$62 GLUTEN FREE	<input type="checkbox"/> FRESH <input type="checkbox"/> FROZEN
	PASTA SERVES 4 <input type="checkbox"/> Spaghetti <input type="checkbox"/> Fettucine <input type="checkbox"/> Penne <input type="checkbox"/> Bolognaise (GF DF) <input type="checkbox"/> Carbonara (GF) <input type="checkbox"/> Ratatouille (GF DF)	<input type="checkbox"/> DAIRY FREE <input type="checkbox"/> GLUTEN FREE	\$35 \$42 GLUTEN FREE	<input type="checkbox"/> FRESH <input type="checkbox"/> FROZEN
	PARMIGIANAS SERVES 4 <input type="checkbox"/> Chicken Parmigiana <input type="checkbox"/> Eggplant Parmigiana	<input type="checkbox"/> GLUTEN FREE	\$45 \$55 GLUTEN FREE	<input type="checkbox"/> FRESH <input type="checkbox"/> FROZEN
	FRIED RICE/CURRIES SERVES 4 <input type="checkbox"/> Butter Chicken (GF) <input type="checkbox"/> Lamb & Eggplant (GF) <input type="checkbox"/> Thai Chicken (GF DF) <input type="checkbox"/> Nasi Goreng (GF DF)		\$40	<input type="checkbox"/> FRESH <input type="checkbox"/> FROZEN
	PIES/QUICHES SERVES 4 <input type="checkbox"/> Beef & Guinness Pie <input type="checkbox"/> Pumpkin & Spinach Quiche <input type="checkbox"/> Spinach & Feta Pie	<input type="checkbox"/> GLUTEN FREE	\$24 \$32 GLUTEN FREE	<input type="checkbox"/> FRESH <input type="checkbox"/> FROZEN
	SIDES SERVES 4 <input type="checkbox"/> Coleslaw (GF DF) <input type="checkbox"/> Mashed Potatoes (GF) <input type="checkbox"/> Roasted Vegetables (GF DF) <input type="checkbox"/> Mixed Seasonal Greens (GF)		\$15	FRESH
	FAMILY DESSERT available with family meal only SERVES 4 <input type="checkbox"/> Sticky Date Pudding with Butterscotch Sauce <input type="checkbox"/> Apple Sponge with Spiced Vanilla Custard	<input type="checkbox"/> GLUTEN FREE	\$15 \$25 GLUTEN FREE	<input type="checkbox"/> FRESH <input type="checkbox"/> FROZEN
	KIDS SNACK PACKS 12 PER PACK <input type="checkbox"/> 12 Tomato & Cheese Quiches <input type="checkbox"/> 12 Chicken Quiches <input type="checkbox"/> 12 Aussie Beef Pies <input type="checkbox"/> 12 Bacon & Egg Pies <input type="checkbox"/> 12 Sausage Rolls <input type="checkbox"/> 12 Chocolate Fudge Slice <input type="checkbox"/> 12 Chocolate Banana Bread <input type="checkbox"/> 12 Chocolate Lamingtons <input type="checkbox"/> 12 Lemon & Coconut Cupcakes		1 pack \$25 3 pack \$65	<input type="checkbox"/> FRESH <input type="checkbox"/> FROZEN
	ADULTS SNACK PACK 12 PER PACK <input type="checkbox"/> 12 Pumpkin Quiches <input type="checkbox"/> 12 Chicken Quiches <input type="checkbox"/> 12 Beef & Guinness Pies <input type="checkbox"/> 12 Butter Chicken Pies <input type="checkbox"/> 12 Mexican Chicken Pies <input type="checkbox"/> 12 Mediterranean Veg Pies <input type="checkbox"/> 12 Thai Chicken Sausage Rolls <input type="checkbox"/> 12 Mushroom Arancini <input type="checkbox"/> 12 Mexican Bean Empanada <input type="checkbox"/> 12 Curry Lamb Puffs		1 pack \$25 3 pack \$65	<input type="checkbox"/> FRESH <input type="checkbox"/> FROZEN
	SWEET BRIBES 12-18 SLICES <input type="checkbox"/> Apple teacake <input type="checkbox"/> Carrot Cake <input type="checkbox"/> Raspberry & Chocolate Brownie <input type="checkbox"/> Banana & Strawberry Bread <input type="checkbox"/> Sticky Date Pudding (\$30) <input type="checkbox"/> Chocolate Banana Bread <input type="checkbox"/> Chocolate Fudge Slice <input type="checkbox"/> Peach & Strawberry Slice	<input type="checkbox"/> GLUTEN FREE	\$25 \$32 GLUTEN FREE	<input type="checkbox"/> FRESH <input type="checkbox"/> FROZEN
	ADULT SURVIVAL PACK SERVES 2 <input type="checkbox"/> OPTION 1 <input type="checkbox"/> OPTION 2 <input type="checkbox"/> OPTION 3 <input type="checkbox"/> White Wine <input type="checkbox"/> Red Wine <input type="checkbox"/> Sparkling		\$50	FRESH