



LOCAL DELIVERY SCHEDULE							
AREA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SYDNEY METRO	✓	✓	✓	✓	✓	✓	C L O S E D
CENTRAL COAST	✓	x	✓	✓	✓	x	
NEWCASTLE	✓	x	✓	✓	✓	x	
HAWKESBURY VALLEY	✓	✓	✓	✓	✓	x	
HUNTER VALLEY	✓	x	✓	✓	✓	x	
BLUE MOUNTAINS	✓	x	x	✓	x	x	
SOUTHERN HIGHLANDS	✓	x	✓	x	✓	x	
CANBERRA	✓	✓	✓	✓	✓	x	
WOLLONGONG	✓	x	✓	x	✓	x	

DELIVERY DAY NO DELIVERY

INTERSTATE DELIVERY SCHEDULE				
CARRIER	AREA	PLACE ORDER BY	DISPATCH DATE	DELIVERY DATE
KARRAS / COLD XPRESS	Melbourne	Friday	Monday	Wednesday
		Monday	Tuesday	Thursday
		Tuesday	Wednesday	Friday
		Wednesday	Thursday	Monday
		Thursday	Friday	Tuesday
SON OF A BUNN TRANSPORT	Brisbane / Gold Coast	Monday	Tuesday	Thursday
		Thursday	Friday	Tuesday
	NSW Far North Coast (Byron Bay / Kingscliff Beach / Tweed Heads)	Monday	Tuesday	Thursday
		Thursday	Friday	Tuesday

REGIONAL DELIVERY SCHEDULE				
CARRIER	AREA	PLACE ORDER BY	DISPATCH DATE	DELIVERY DATE
BLAYNEY FOODS	Mudgee / Cowra / Dubbo / Forbes / Gulgong / Wellington / Bathurst / Blayney / Orange	Sunday	Monday	Tuesday
		Monday	Tuesday	Wednesday
		Tuesday	Wednesday	Thursday
		Wednesday	Thursday	Friday
		Thursday	Friday	Saturday
HINES TRANSPORT	Port Macquarie / Coffs Harbour / Forster / Tuncurry	Sunday	Monday	Tuesday
		Wednesday	Thursday	Friday
	Yamba	Sunday	Monday	Tuesday
		Wednesday	Thursday	Friday
FAREY TRANSPORT	Lavington / Leeton	Sunday	Monday	Tuesday
		Tuesday	Wednesday	Thursday
	Wagga / Griffith / Tolland	Friday	Monday	Tuesday
		Tuesday	Wednesday	Thursday
		Wednesday	Thursday	Friday
	West Wyalong	Sunday	Monday	Wednesday
ROADMASTER TRANSPORT	Narrabri	Sunday	Monday	Wednesday
	Armidale	Monday	Tuesday	Wednesday
		Wednesday	Thursday	Friday
	South Coast - Bannisters Mollymook	Sunday	Monday	Tuesday
		Tuesday	Wednesday	Thursday
		Thursday	Friday	Saturday
	South Coast - Narooma / St Georges Basin / Eden / Merimbula	Sunday	Monday	Tuesday
Wednesday		Thursday	Friday	