



ABN 28 792 550 753

1300 430 488

41 Connell Road, Oakleigh Victoria 3166

info@choicefreshmeals.com.au

www.choicefreshmeals.com.au

Spring MENU

	REG	LARGE
ROASTS	\$12.90	\$14.00

- 3 Meatloaf with Rosemary Gravy
- 4 Roast Pork with Apple Sauce (GF)
- 6 Seasoned Chicken (GF, LS, D)
- 7 Roast Beef & Yorkshire Pudding (LS, D, GF)
- 8 Turkey & Cranberry Gravy (LS, D, GF)
- 9 Leg of Lamb (LS, D, GF)
- 10 Silverside & Mustard Sauce (GF, LS, D)
- 11 Pork & Plum Sauce (GF)
- 13 Silverside & Parsley Sauce (GF, LS, D)

	REG	LARGE
CASSEROLES	\$12.90	\$14.00

- 14* Creamy Mushroom & Garlic Chicken (GF, LS, D)
- 16 Beef & Vegetable Hot Pot (LS, D, GF)
- 17* Lamb Tagine (GF)

	REG	LARGE
PASTA	\$12.90	\$14.00

- 20* Spaghetti Bolognese (LS, D)
- 22 Ravioli with Bacon & Mushroom Sauce
- 29* Traditional Bolognese Lasagna

	REG	LARGE
FISH	\$12.90	\$14.00

- 24 Smoked Cod in Parsley Sauce (GF)
- 25 Steamed Barramundi & Citrus Butter (LS,GF, D)
- 27* Crumbed Barramundi & Tartare Sauce (LS,D)
- 31* Salmon Patties

	REG	LARGE
SPRING SPECIALS	\$12.90	\$14.00

- 30 Curried Sausages (GF)
- 52 Chicken Cordon Bleu
- 54* Chicken Chasseur (GF)
- 56 Rissoles with Bacon and Gravy
- 58 Bangers & Mash (GF)

	REG	LARGE
VEGETARIAN SPECIALS	\$12.90	\$14.00

- 133 Creamy Mushroom Arancini
- 134 Asparagus, Cherry Tomato & Ricotta Frittata (GF)
- 136 Spinach & Ricotta Cannelloni

SANDWICHES \$7.80

- S701 Ham Salad with Cheese
- S702 Egg Lettuce and Mayo (V)
- S703 Corned Beef and Pickles
- S704 Curried Egg & Lettuce (V)
- S705 Turkey, Cranberry and Salad
- S706 Roast Beef, Mustard & Mayo
- S709 Smoked Salmon & Cream Cheese

Starts Monday 9 September 2024

	REG	LARGE
GOURMET	\$13.30	\$14.90

- 71 Braised Lamb Chops with Rich Tomato Gravy (GF)
- 72 Crumbed Lamb Cutlets
- 76* Slow Cooked Honey, Lime, Ginger Pork (GF)
- 77 Parmesan Crusted Salmon
- 78* Pad Thai (GF)

	REG	LARGE
ASIAN CORNER	\$12.90	\$14.00

- 82 Lemon Chicken (GF)
- 84* Malaysian Style Curry Pork (GF)
- 88 Sweet & Sour Chicken (GF, LS, D)

	REG	LARGE
QUICHE	\$12.90	\$14.00

- 41 Bacon & Egg
- 44 Smoked Salmon & Spinach

	REG	LARGE
PIES	\$12.90	\$14.00

- 42* Mushroom & Garlic Chicken Pie
- 45 Beef & Vegetable Pie

	REG	LARGE
	\$12.90	\$14.00

- 47 Shepherds Pie (GF)
- 48 Egg & Bacon Pie

	REG	LARGE
GOURMET SALADS	\$12.90	\$14.00

- Do not reheat - do not freeze*
- 103 Vietnamese Noodle Salad (GF)
 - 105 Smoked Salmon Salad (GF, DNR)
 - 106* Poached Chicken Caesar Salad (DNR)
 - 109* Grilled Lamb & Roasted Veg Salad (GF)

	REG	LARGE
PREMIUM	\$12.90	\$16.90

STEAK

- Cooked medium rare with your choice of mushroom, garlic butter or pepper sauce*
- 140 200gm Aged Porterhouse Steak (GF)
 - 141 150gm Eye Fillet Steak (GF)
- (weights are pre-cooked)

OTHER

- 145* Duck L'Orange (GF, LS, D)

	REG	LARGE
SOUPS	\$4.90	\$8.00

- 301 Pumpkin (GF)
- 303 Potato Leek & Bacon (GF)
- 304 Pea & Ham (GF)
- 305 Creamy Chicken Noodle Soup
- 306* Mild Curry Cauliflower (GF)



Orders Close at:
4pm on Monday
3:30pm Tuesday to Friday
1pm public holidays

	REG	LARGE
WHOLE TRAY	\$15.90	

- 91* Traditional Bolognese Lasagne
- 92 Bacon & Egg Quiche
- 93 Mixed Vegetables (GF, LS, D)
- 94 Spinach & Ricotta Cannelloni
- 95 Smoked Salmon & Spinach Quiche
- 97 Roast Chicken 1/2 (GF) **\$10.00**
- 98 Shepherds Pie (GF)
- 99 Egg & Bacon Pie

	REG	XLARGE
DESSERT	\$5.40	\$14.00

- 111 Bread & Butter Pudding
- 112 Traditional Trifle (DNR, DNF, GF)
- 113 Apple Rhubarb Crumble
- 115 Traditional Fruit Salad (LS, D, DNR, GF)
- 116 Choc Raspberry Tart
- 118 Lemon Delicious Pudding (GF)
- 117 Exotic Fruit Salad (GF)
- 119 Choc Ripple Cake
- 120 Jelly Lemon Slice
- 121 Berry Passion Cheesecake

* Contains garlic
GF - Gluten Free
LS - Low Salt
D - Diabetic Friendly
DNR - Do not Re-Heat
DNF - Do not Freeze



Please note: Our meals contain a range of allergens. These allergens may include: cereals containing gluten (unless listed as GF), added sulphites in concentrations of 10mg/kg or more, and crustacea/shellfish, egg, fish, milk/dairy, peanuts, tree nuts, sesame, soy lupins and their products.

Full Dietary Information is available for all our meals. If you would like to know more, please ask when you place your order.

Almost all our meals are served with seasonal vegetables

home cooked goodness, home delivered convenience



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Please note: During peak periods (Easter/Xmas), we may have to close orders earlier than noted below

ROUTES 50, 55, 60, 66, 90, 91, 92, 93

Order by Friday for Wednesday delivery.
Order by Tuesday for Friday delivery.
Order by Wednesday for following Monday delivery.

NB: Bellarine - Please contact office.

ROUTE 2

Order by Friday for Wednesday delivery.

ROUTE 3

Order by Wednesday for Monday delivery.
Order by Tuesday for Friday delivery.

ROUTE 4

Order by Monday for Thursday delivery.

ROUTE 7

Order by Thursday for Tuesday delivery. Order by Tuesday for a Friday Delivery.

ROUTE 15

Order by Wednesday for following Monday delivery.
Order by Monday for Thursday delivery.

ROUTES 5, 6, 8, 10, 20 & 9

Order by Monday for Thursday delivery. **NB: Route 8** can also order by Tuesday for Friday delivery.

RE-HEATING INSTRUCTIONS

To warm up fresh meals, pierce film in several places and then heat:

- Microwave** 3 - 4 minutes (based on 900w)
- Normal Oven** 180°C (350°F) for 20 - 25 minutes
- Fan Forced Oven** 180°C (350°F) for 15 - 20 minutes

To warm up frozen meals, as per above but add approximately 2 minutes for microwave and 10 minutes for oven. If you have frozen meals, please do not defrost- reheat direct from the freezer.

Do not overheat meals as this may affect their quality.
Reheat to a minimum 75°C

TO ORDER

Orders must be placed by 4pm Monday, Tuesday to Friday by 3.30pm, and 1pm on public holidays.

Please have your **CUSTOMER NUMBER** ready when ordering

- CALL 1300 430 488**
- EMAIL info@choicerefreshmeals.com.au**
- DRIVER** Complete this order form and give to the driver
- ONLINE** www.choicerefreshmeals.com.au
- \$10.70 Delivery** Fee applies. Minimum order value **\$55.00** (Split invoices \$65)

FOOD SAFETY

In order to protect your meals they must be **refrigerated immediately** when delivered. Please note your meals have a fridge-life of 3 days from delivery, refer to the label on the meal.

If you are not going to be home **please leave a well insulated eski with sufficient ice packs** outside your front door and put your order into the fridge within 2 hours of delivery.

YOUR ORDER

Customer Number: _____

Delivery Day: _____ / _____ / _____

Meal Number							
Size: Reg/Large							
Quantity							