



ABN 28 792 550 753

**1300 430 488**

41 Connell Road, Oakleigh Victoria 3166

info@choicefreshmeals.com.au

www.choicefreshmeals.com.au



## AUTUMN MENU

|               | REG           | LARGE          |
|---------------|---------------|----------------|
| <b>ROASTS</b> | <b>\$9.80</b> | <b>\$11.30</b> |

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

|                   | REG           | LARGE          |
|-------------------|---------------|----------------|
| <b>CASSEROLES</b> | <b>\$9.80</b> | <b>\$11.30</b> |

- 12 Coq au Vin
- 14 Steak & Kidney
- 16 Beef & Vegetable Hot Pot (LS, D, GF)

|              | REG           | LARGE          |
|--------------|---------------|----------------|
| <b>PASTA</b> | <b>\$9.80</b> | <b>\$11.30</b> |

- 18 Spinach & Ricotta Canneloni
- 19\* Ravioli w/ Bacon & Mushroom Sauce
- 20\* Spaghetti Bolognese
- 23\* Creamy Chicken And Bacon Gnocchi
- 29\* Traditional Bolognese Lasagne (LS)

|             | REG           | LARGE          |
|-------------|---------------|----------------|
| <b>FISH</b> | <b>\$9.80</b> | <b>\$11.30</b> |

- 24 Smoked Cod in parsley Sauce (D, GF)
- 25 Steamed Barramundi & Citrus Butter (LS,GF)
- 26 Battered Fish & Chips
- 27 Crumbed Barramundi & Tartare Sauce

|                        | REG           | LARGE          |
|------------------------|---------------|----------------|
| <b>AUTUMN SPECIALS</b> | <b>\$9.80</b> | <b>\$11.30</b> |

- 30 Curried Sausages
- 31\* Salmon Patties
- 32\* Butter Chicken (LS, GF)
- 37\* Southern Fried Chicken
- 39\* Chef's Special Beef (GF, LS, D)

|               | REG           | LARGE          |
|---------------|---------------|----------------|
| <b>GRILLS</b> | <b>\$9.80</b> | <b>\$11.30</b> |

- 52\* Crumbed Rissoles
- 54 Chicken Parmigiana
- 55 Chicken Pockets - Spinach & Goats Cheese
- 57 Honey Soy Chicken Drumettes
- 58 Bangers & Mash

|                            | REG           | LARGE          |
|----------------------------|---------------|----------------|
| <b>VEGETARIAN SPECIALS</b> | <b>\$9.80</b> | <b>\$11.30</b> |

- 132\* Vegetarian Tagine with Cous Cous
- 134\* Sweet Corn Fritters
- 138 Malay Koftas

Starts Monday 19th March 2018

|                | REG            | LARGE          |
|----------------|----------------|----------------|
| <b>GOURMET</b> | <b>\$11.00</b> | <b>\$12.60</b> |

- 70 Rack of Lamb & Mint Gravy (LS, GF)
- 72 Crumbed Lamb Cutlets
- 76 Lamb Shank (LS, GF)
- 77\* Chermoula Salmon
- 78 Slow Cooked Lamb Shoulder
- 79 Red Wine Beef Cheeks
- 81\* Garlic Prawns (LS, GF)

|                     | REG           | LARGE          |
|---------------------|---------------|----------------|
| <b>ASIAN CORNER</b> | <b>\$9.80</b> | <b>\$11.30</b> |

- 82\* Mango Chicken Curry (LS, GF, D)
- 83 Lemon Chicken
- 85\* Chicken & Cashew Stir Fry
- 87\* Vegetarian Stir Fry
- 88\* Sweet & Sour Chicken (GF)

|               | REG           | LARGE          |
|---------------|---------------|----------------|
| <b>QUICHE</b> | <b>\$9.80</b> | <b>\$11.30</b> |

- 41 Bacon & Egg (LS, D)
- 42 Pumpkin, Fetta & Leek (LS, D)
- 44 Smoked Salmon & Spinach (LS, D)

|             | REG           | LARGE          |
|-------------|---------------|----------------|
| <b>PIES</b> | <b>\$9.80</b> | <b>\$11.30</b> |

- 45 Beef & Vegetable Pie
- 47 Shepherds Pie (LS, D, GF)
- 48 Egg & Bacon Pie
- 49 Steak & Kidney

|                       | REG           | LARGE          |
|-----------------------|---------------|----------------|
| <b>GOURMET SALADS</b> | <b>\$9.80</b> | <b>\$11.30</b> |

Do not reheat - do not freeze

- 101 Quinoa Salad
- 102 Chicken Beetroot & Orange Salad
- 105 Smoked Salmon Salad
- 106 Poached Chicken Caesar Salad

|                           | REG            | LARGE |
|---------------------------|----------------|-------|
| <b>MEAT LOVERS CORNER</b> | <b>\$15.10</b> |       |

### STEAK

Cooked medium rare with your choice of mushroom, garlic butter or pepper sauce

- 140 200gm Aged Porterhouse Steak
- 141 150gm Eye Fillet Steak

### OTHER

- 143 Confit Duck Maryland
- 144 Coconut Beef Rib

|              | REG           | LARGE         |
|--------------|---------------|---------------|
| <b>SOUPS</b> | <b>\$3.40</b> | <b>\$5.20</b> |

- 302\* Creamy Thai Sweet Potato (LS, GF)
- 303 Pumpkin & Coconut
- 304\* Veg Minestrone
- 305 Chicken & Mushroom (GF, LS, D)

|                   | REG            | LARGE |
|-------------------|----------------|-------|
| <b>WHOLE TRAY</b> | <b>\$12.60</b> |       |

- 91\* Traditional Bolognese Lasagne
- 92 Bacon & Egg Quiche
- 93 Mixed Vegetables (GF)
- 94 Pumpkin, Fetta & Leek
- 95 Smoked Salmon & Spinach Quiche
- 96 Spinach & Ricotta Canneloni
- 97 Roast Chicken 1/2 (GF) \$7.80
- 98 Shepherds Pie (LS, GF)
- 99 Egg & Bacon Pie

|                | REG | LARGE |
|----------------|-----|-------|
| <b>YOGHURT</b> |     |       |

- 681 175gms Strawberry/Mixed Berries \$2.50
- 683 175gms Raspberry/Mixed Berries \$2.50
- 684 175gms Mango \$2.50

|                | REG           | LARGE         | XLARGE         |
|----------------|---------------|---------------|----------------|
| <b>DESSERT</b> | <b>\$4.50</b> | <b>\$5.20</b> | <b>\$10.00</b> |

- 111 Bread & Butter Pudding (LS)
- 112 Traditional Trifle (DNR, DNF)
- 113 Apple Rhubarb Crumble (LS)
- 114 Lemon Meringue Pie
- 115 Fruit Salad (LS, D, DNR, GF)
- 116 Tiramisu
- 118 Pavlova & Cream (LS, DNR, DNF, GF)
- 120 Jelly Lemon Slice (DNR)
- 121 Choc-Berry 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.**



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## TO ORDER

Orders must be received by 4PM.  
Except Public Holidays when the office  
closes at 1PM

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



CALL 1300 430 488



EMAIL [orders@choicerefreshmeals.com.au](mailto:orders@choicerefreshmeals.com.au)



FAX 1300 730 489



**DRIVER** Complete this order form  
and give to the driver



**\$7.50 Delivery** Fee applies. Minimum order  
value **\$50.00**

## Tasmanian Menu Deliveries

Delivery on Mondays - Order by  
Wednesday 4pm

### 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.

### COOKING 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

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

### YOUR ORDER

Customer Number: \_\_\_\_\_

Delivery Day: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

|                 |  |  |  |  |  |  |  |
|-----------------|--|--|--|--|--|--|--|
| Meal Number     |  |  |  |  |  |  |  |
| Size: Reg/Large |  |  |  |  |  |  |  |
| Quantity        |  |  |  |  |  |  |  |