



**BREAD & MILK**  
delivered direct  
to your door!



**NEW**

**SLICED BREAD & MILK**

601	White	\$2.90
602	Wholemeal	\$2.90
603	Multigrain	\$2.90
604	Raisin Loaf	\$3.80
605	Banana Bread	\$12.00
606	4pk Nutella Donuts	\$12.80
607	4pk Salted Caramel Donuts	\$12.80
608	4pk Jam Donuts	\$12.80
609	4pk Custard Donuts	\$12.80
610	Full Cream Milk 1Ltr	\$2.70
611	Low Fat Milk 1Ltr	\$2.70
612	Light Milk 1Ltr	\$2.70

**Choice Fresh Meals**

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
<b>ROASTS</b>	<b>\$9.70</b>	<b>\$11.20</b>

- 2 Seasoned Pork Fillet
- 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>\$9.70</b>	<b>\$11.20</b>

- 14\* Ox Tail Stew (D, GF, LS)
- 15\* Chicken Bacon & Leek
- 16 Beef & Vegetable Hot Pot (LS, D, GF)
- 17\* Irish Stew

	REG	LARGE
<b>PASTA</b>	<b>\$9.70</b>	<b>\$11.20</b>

- 19\* Ravioli w/ Bacon & Mushroom Sauce
- 20\* Spaghetti Bolognaise
- 23\* Creamy Chicken And Bacon Gnocchi
- 28\* Roasted Vegetable Lasagne (LS, D)
- 29\* Traditional Bolognaise Lasagne (LS)

	REG	LARGE
<b>FISH</b>	<b>\$9.70</b>	<b>\$11.20</b>

- 18\* Trevally in Filo Parcel (LS, D)
- 24 Salmon Kedgerree (GF, LS)
- 25 Steamed Barramundi & Citrus Butter (LS,GF)
- 26 Battered Fish & Chips

	REG	LARGE
<b>SPRING SPECIALS</b>	<b>\$9.70</b>	<b>\$11.20</b>

- 30 Curried Sausages
- 31 Salmon Patties
- 36 Zucchini and Bacon Frittata (GF)
- 37\* Southern Fried Chicken
- 38 Scotch Eggs
- 39\* Chef's Special Beef (GF, LS, D)

	REG	LARGE
<b>GRILLS</b>	<b>\$9.70</b>	<b>\$11.20</b>

- 51 Lambs Fry & Bacon (LS, D)
- 52 Crumbed Rissoles
- 54\* Chicken Parmigiana
- 56 Chicken Schnitzel (LS)
- 57 Honey Soy Chicken Drummettes
- 58 Bangers & Mash

Starts Monday 4th September 2017

	REG	LARGE
<b>VEGETARIAN SPECIALS</b>	<b>\$9.70</b>	<b>\$11.20</b>

- 131\* Vegetarian Roll
- 132 Miso Tofu Steaks
- 137 Spinach Vegetable Bake (D)

	REG	LARGE
<b>GOURMET</b>	<b>\$10.90</b>	<b>\$12.50</b>

- 70 Rack of Lamb & Mint Gravy (LS, GF)
- 71 BBQ Pork Ribs (LS)
- 72 Crumbed Lamb Cutlets
- 73 Slow Cooked Pork Belly (GF)
- 75\* Lemongrass, Soy & Ginger Salmon (LS, GF, D)
- 76 Lamb Shank (LS, GF) **\$12.50 \$13.50**
- 78 Duck Bacon & Onion Casserole (GF, LS, D)
- 80 Braised Lamb Chops in Rich Tomato Gravy (LS, GF)
- 81\* Garlic Prawns (LS, GF)

	REG	LARGE
<b>ASIAN CORNER</b>	<b>\$9.70</b>	<b>\$11.20</b>

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

	REG	LARGE
<b>QUICHE</b>	<b>\$9.70</b>	<b>\$11.20</b>

- 41 Bacon & Egg (LS, D)
- 43 Mushroom, Bacon & Onion (LS, D)
- 44 Smoked Salmon & Spinach (LS, D)

	REG	LARGE
<b>PIES</b>	<b>\$9.70</b>	<b>\$11.20</b>

- 45 Beef & Vegetable Pie
- 46\* Chicken & Leek Pie
- 47 Shepherds Pie (LS, D, GF)
- 48 Egg & Bacon Pie

	REG	LARGE
<b>GOURMET SALADS</b>	<b>\$9.70</b>	<b>\$11.20</b>

- Do not reheat - do not freeze*
- 103 Roast Chicken Garden Salad (LS, GF)
  - 106 Chicken Caesar Salad

	REG	LARGE
<b>STEAK LOVERS CORNER</b>	<b>\$15.10</b>	

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

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

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

- 301 Pumpkin & Potato (GF)
- 303 Potato Leek & Bacon
- 304\* Veg Minestrone
- 305 Chicken & Mushroom (GF, LS, D)

	REG	LARGE
<b>WHOLE TRAY</b>	<b>\$12.50</b>	

- 90\* Roasted Vegetable Lasagne (LS)
- 91\* Traditional Bolognaise Lasagne
- 92 Bacon & Egg Quiche
- 93 Mixed Vegetables (GF)
- 95 Smoked Salmon & Spinach Quiche
- 96 Mushroom, Bacon & Onion Quiche
- 98 Shepherds Pie (LS, GF)
- 99 Egg & Bacon Pie
- 97 Roast Chicken 1/2 (GF) \$7.80

	REG	LARGE	XLARGE
<b>BREAKFAST / DAIRY</b>			

- 681 175gms Strawberry Yoghurt \$2.50
- 683 175gms Raspberry Yoghurt \$2.50
- 684 175gms Mango Yoghurt \$2.50

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

- 110 Lemon, Lime & Coco Pudding (GF, LS, D)
- 111 Bread & Butter Pudding (LS)
- 112 Traditional Trifle (DNR, DNF)
- 113 Apple Rhubarb Crumble (LS)
- 115 Fruit Salad (LS, D, DNR, GF)
- 116 Mixed Berry Sago Pudding (D, GF, LS)
- 118 Pavlova & Cream (LS, DNR, DNF, GF)
- 119 Sticky Date Pudding
- 120 Flourless Orange Cake (GF, LS)
- 121 Mango Cheesecake (DNR, LS)

\* 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 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



**\$6.20 Delivery Fee** applies. Minimum order  
value **\$40.00**

### ROUTES 1, 3, 7 & 9

Order by Friday for Wednesday delivery.

Order by Tuesday for Friday delivery.

Order by Wednesday for following Monday delivery.

**Note:** Bellarine - Order by Thursday for Tuesday delivery.

### ROUTE 2 & 4

Order by Friday for Wednesday delivery.

### ROUTE 15

Order by Wednesday for following Monday delivery.

Order by Monday for Thursday delivery.

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

Order by Monday for Thursday delivery.

Order by Thursday for Tuesday delivery.

**Notes:** **Route 8** can also order by Tuesday for Friday delivery.

### 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							