



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

ABN 28 792 550 753

**1300 430 488**

41 Connell Road, Oakleigh Victoria 3166

info@choicefreshmeals.com.au

www.choicefreshmeals.com.au

## SUMMER MENU

	REG	LARGE
<b>ROASTS</b>	<b>\$9.70</b>	<b>\$11.30</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>\$11.30</b>

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>\$11.30</b>

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

	REG	LARGE
<b>FISH</b>	<b>\$9.70</b>	<b>\$11.30</b>

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

	REG	LARGE
<b>SUMMER SPECIALS</b>	<b>\$9.70</b>	<b>\$11.30</b>

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

	REG	LARGE
<b>GRILLS</b>	<b>\$9.70</b>	<b>\$11.30</b>

52* Crumbed Rissoles
54* Chicken Parmigiana
56 Chicken Schnitzel (LS)
57 Honey Soy Chicken Drumettes
58 Bangers & Mash

	REG	LARGE
<b>VEGETARIAN SPECIALS</b>	<b>\$9.70</b>	<b>\$11.30</b>

131* Vegetarian Paella (D, GF)
133 Chick Pea Curry (LS, D, GF)
134* Sweet Corn Fritters
137 Spinach Vegetable Bake (D)

## 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

Starts Monday 1st January 2018

	REG	LARGE
<b>GOURMET</b>	<b>\$10.90</b>	<b>\$12.60</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)
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>\$11.30</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>\$11.30</b>

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

	REG	LARGE
<b>PIES</b>	<b>\$9.70</b>	<b>\$11.30</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>\$11.30</b>

Do not reheat - do not freeze

102 Bean Medley (GF)
103 Roast Chicken Garden Salad (LS, GF)
104 Beetroot & Fetta (GF)
106 Chicken Caesar Salad
107 Salad Nicoise (Fresh Tuna) (LS, D GF)

	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)
302* Creamy Thai Sweet Potato (LS, GF)
304* Veg Minestrone
305 Chicken & Mushroom (GF, LS, D)

## SANDWICHES

\$6.50

701 Ham Salad with Cheese
702 Egg Lettuce and Mayo
703 Chicken Rocket and Mayo

## PANINI

\$8.90

705 Roast Beef Salad + Onion Jam
706 Vegetarian

We recommend you toast your Panini in a sandwich press

**Sandwiches and Panini Deliveries Tuesday to Friday Only**



## WHOLE TRAY

\$12.60

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

## YOGHURT

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

## DESSERT

REG LARGE XLARGE  
\$4.50 \$5.20 \$10.00

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)
118 Pavlova & Cream (LS, DNR, DNF, GF)
119 Sticky Date Pudding
120 Jelly Lemon Slice (DNR)
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 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



**\$6.30 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							