



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

WINTER MENU

	REG	LARGE
ROASTS	\$9.80	\$11.40

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
CASSEROLES	\$9.80	\$11.40

12*	Coq au Vin (GF)	
14	Steak & Kidney (GF)	
16	Beef & Vegetable Hot Pot (LS, D, GF)	
39*	Chef's Special Beef (GF, LS, D)	

	REG	LARGE
PASTA	\$9.80	\$11.40

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

	REG	LARGE
FISH	\$9.80	\$11.40

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
WINTER SPECIALS	\$9.80	\$11.40

30	Curried Sausages (GF)	
31*	Salmon Patties	
37*	Southern Fried Chicken	
52*	Crumbed Rissoles	
54	Chicken Parmigiana	
56*	Jamaican Pork Curry	
58	Bangers & Mash (GF)	
59*	Honey Mustard Chicken Drummetts	

	REG	LARGE
VEGETARIAN SPECIALS	\$9.80	\$11.40

132*	Vegetarian Tagine with Cous Cous (LS, D)	
134*	Sweet Corn Fritters	
135	Vegetarian Mac n Cheese	

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 18th June 2018

	REG	LARGE
GOURMET	\$11.10	\$12.70

70	Rack of Lamb & Mint Gravy (LS, GF)	
72	Crumbed Lamb Cutlets	
75*	Teriyaki Salmon	
76	Lamb Shank (LS, GF)	
78	Slow Cooked Lamb Shoulder	
81*	Garlic Prawns (LS, GF)	

	REG	LARGE
ASIAN CORNER	\$9.80	\$11.40

82*	Mango Chicken Curry (LS, GF, D)	
83	Lemon Chicken	
85*	Chicken & Cashew Stir Fry	
86	Orange & Soy Chicken	
88*	Sweet & Sour Chicken (GF)	

	REG	LARGE
QUICHE	\$9.80	\$11.40

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

	REG	LARGE
PIES	\$9.80	\$11.40

45	Beef & Vegetable Pie	
49	Steak & Kidney	

	REG	LARGE
	\$9.80	\$11.40

47	Shepherds Pie (LS, D, GF)	
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48	Egg & Bacon Pie	
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	REG	LARGE
GOURMET SALADS	\$9.80	\$11.40

Do not reheat - do not freeze

102	Chicken Beetroot & Orange Salad (GF, LS, D)	
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105	Smoked Salmon Salad (GF)	
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106*	Poached Chicken Caesar Salad	
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	REG	LARGE
PREMIUM	\$15.20	

STEAK

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

140	200gm Aged Porterhouse Steak (GF)	
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141	150gm Eye Fillet Steak (GF)	
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OTHER

142*	Beef Wellington	
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143*	Confit Duck Maryland	
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	REG	LARGE
SOUPS	\$3.50	\$5.30

301	Pumpkin & Potato	
303	Potato, Leek & Bacon	
305	Chicken & Mushroom (GF, LS, D)	
306	Pea and Ham	

SANDWICHES

\$6.50

S701	Ham Salad with Cheese	
S702	Egg Lettuce and Mayo	
S704	Turkey Salad with Cranberry	

	REG	LARGE
PANINI	\$8.90	

S705	Roast Beef Salad + Onion Jam	
S706	Salami with Roast Vegetables	
S707	Chicken Schnitzel	
S708	Ham, Cheese + Tomato	

We recommend you toast your Panini in a sandwich press

Sandwiches and Panini
Deliveries Tuesday to
Friday Only



	REG	LARGE
NEW OMELETTES	\$7.00	

50	Mushroom	
51	Bacon	
53	Cheese	

	REG	LARGE
WHOLE TRAY	\$12.70	

91*	Traditional Bolognese Lasagne	
92	Bacon & Egg Quiche	
93	Mixed Vegetables (GF)	
94	Pumpkin, Fetta & Leek Quiche	
95	Smoked Salmon & Spinach Quiche	
96	Spinach & Ricotta Canneloni	
97	Roast Chicken 1/2 (GF)	\$9.00
98	Shepherds Pie (LS, GF)	
99	Egg & Bacon Pie	

	REG	LARGE
YOGHURT	\$2.50	

681	175gms Strawberry/Mixed Berries	
683	175gms Raspberry/Mixed Berries	
684	175gms Mango	

	REG	XLARGE
DESSERT	\$4.70	\$10.00

111	Bread & Butter Pudding (LS)	
112	Traditional Trifle (DNR, DNF)	
113	Apple Rhubarb Crumble (LS)	
114	Lemon Curd Pie	
115	Fruit Salad (LS, D, DNR, GF)	
117	Chocolate Berry Pie	
118	Pavlova & Cream (LS, DNR, DNF, GF)	
119	Steamed Ginger Pudding	
120	Jelly Lemon Slice (DNR)	
121	Mango Cheesecake	

Regular is our **NEW Large Dessert**
"More Sweetness for Less"

* 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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1300 430 488

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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



FAX 1300 730 489



DRIVER Complete this order form
and give to the driver



\$6.40 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							