



**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>\$9.90</b>	<b>\$11.50</b>

- 3 Meatloaf & Rosemary Gravy (LS, D)
- 4 Roast Pork with Apple Sauce (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>\$9.90</b>	<b>\$11.50</b>

- 14 Steak & Kidney (GF)
- 15\* Tarragon Chicken
- 16 Beef & Vegetable Hot Pot (LS, D, GF)
- 39\* Chef's Special Beef (GF, LS, D)

	REG	LARGE
<b>PASTA</b>	<b>\$9.90</b>	<b>\$11.50</b>

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

	REG	LARGE
<b>FISH</b>	<b>\$9.90</b>	<b>\$11.50</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>SPRING SPECIALS</b>	<b>\$9.90</b>	<b>\$11.50</b>

- 30 Curried Sausages (GF)
- 31\* Salmon Patties
- 52\* Crumbed Rissolis
- 54 Chicken Parmigiana
- 55\* Honey, Ginger & L'Grass Chicken Drummettes
- 57 Ham Steak & Pinapple (GF)
- 58 Bangers & Mash (GF)

	REG	LARGE
<b>VEGETARIAN SPECIALS</b>	<b>\$9.90</b>	<b>\$11.50</b>

- 132 Vegetable Croquettes
- 133\* Risotto Balls
- 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 19th November 2018

	REG	LARGE
<b>GOURMET</b>	<b>\$11.10</b>	<b>\$12.70</b>

- 70 Rack of Lamb & Mint Gravy (LS, GF)
- 72 Crumbed Lamb Cutlets
- 76 Lamb Shank (LS, GF)
- 77 Thyme Butter Salmon Parcels (LS)
- 79\* Garlic Scallops (LS, GF)
- 80 Braised Lamb Chops

	REG	LARGE
<b>ASIAN CORNER</b>	<b>\$9.90</b>	<b>\$11.50</b>

- 82\* Mango Chicken Curry (LS, GF, D)
- 84\* Coconut & Lime Chicken Stir Fry
- 85\* Chicken & Cashew Stir Fry
- 88\* Sweet & Sour Chicken (GF)

	REG	LARGE
<b>QUICHE</b>	<b>\$9.90</b>	<b>\$11.50</b>

- 41 Bacon & Egg (LS, D)
- 42\* Chorizo & Fetta Frittata (GF)
- 44 Smoked Salmon & Spinach (LS, D)

	REG	LARGE
<b>PIES</b>	<b>\$9.90</b>	<b>\$11.50</b>

- 45 Beef & Vegetable Pie
- 49 Steak & Kidney

	REG	LARGE
<b>GOURMET SALADS</b>	<b>\$9.90</b>	<b>\$11.50</b>

- 47 Shepherds Pie (LS, D, GF)
  - 48 Egg & Bacon Pie
- Do not reheat - do not freeze*
- 101\* Thai Beef
  - 105 Smoked Salmon Salad (GF)
  - 106\* Poached Chicken Caesar Salad
  - 107 Greek Lamb Salad \$11.10 \$12.70 (LS, GF)

	REG	LARGE
<b>PREMIUM</b>	<b>\$15.20</b>	

## 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)

## OTHER

- 143\* Confit Duck Maryland
- 144\* Slow Cooked Beef Brisket

	REG	LARGE
<b>SOUPS</b>	<b>\$3.50</b>	<b>\$5.40</b>

- 301 Pumpkin & Potato
- 302\* Veg Minestrone
- 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
- S705 Tuna Mayo
- S706 Smoked Salmon & Cream Cheese

	REG	LARGE
<b>PANINI</b>	<b>\$8.90</b>	

- S707 Chicken Schnitzel
  - S708 Ham, Cheese & Tomato
  - S710 Salami, Tomato & Cheese
- We recommend you toast your Panini in a sandwich press*

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



	REG	LARGE
<b>OMELETTES</b>	<b>\$7.00</b>	

- 50 Mushroom
- 51 Bacon
- 53 Cheese

	REG	LARGE
<b>WHOLE TRAY</b>	<b>\$12.80</b>	

- 91\* Traditional Bolognese Lasagne
- 92 Bacon & Egg Quiche
- 93 Mixed Vegetables (GF)
- 94\* Chorizo & Fetta Frittata (GF)
- 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
<b>YOGHURT</b>	<b>\$2.50</b>	

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

	REG	XLARGE
<b>DESSERT</b>	<b>\$4.70</b>	<b>\$10.00</b>

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



**\$6.80 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							