



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
ROASTS	\$9.90	\$11.60

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)

CASSEROLES	\$9.90	\$11.60
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14	Steak & Kidney (GF)
16	Beef & Vegetable Hot Pot (LS, D, GF)
39*	Chef's Special Beef (GF, LS, D)

PASTA	\$9.90	\$11.60
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18	Spinach & Ricotta Canneloni
19*	Ravioli w/ Bacon & Mushroom Sauce
20*	Spaghetti Bolognese (LS)
21	Gnocchi with Creamy Tomato Sauce
29*	Traditional Bolognese Lasagne (LS)

FISH	\$9.90	\$11.60
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24	Smoked Cod in parsley Sauce (D, GF)
25	Steamed Barramundi & Citrus Butter (LS, GF)
26	Battered Fish & Chips
27*	Crumbed Barramundi & Tartare Sauce

SUMMER SPECIALS	\$9.90	\$11.60
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30	Curried Sausages (GF)
31*	Salmon Patties
52*	Crumbed Rissoles
54	Chicken Parmigiana
55*	Honey, Ginger & L'Grass Chicken Drummettes
56	Crumbed Brains
57	Ham Steak & Pineapple (GF)
58	Bangers & Mash (GF)

VEGETARIAN SPECIALS	\$9.90	\$11.60
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133*	Risotto Balls
134	Roast Vegetable Lasagna
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 21st January 2019

	REG	LARGE
GOURMET	\$11.10	\$12.80

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

ASIAN CORNER	\$9.90	\$11.60
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82*	Mango Chicken Curry (LS, GF, D)
85*	Chicken & Cashew Stir Fry
87*	Green Curry Pork
88*	Sweet & Sour Chicken (GF)

QUICHE	\$9.90	\$11.60
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41	Bacon & Egg (LS, D)
43	Ham & Asparagus
44	Smoked Salmon & Spinach (LS, D)

PIES	\$9.90
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45	Beef & Vegetable Pie
49	Steak & Kidney

\$9.90	\$11.60
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47	Shepherds Pie (LS, D, GF)
48	Egg & Bacon Pie

GOURMET SALADS	\$9.90	\$11.60
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Do not reheat - do not freeze

104	Quiche Lorraine Salad
105	Smoked Salmon Salad (GF)
106*	Poached Chicken Caesar Salad
107	Greek Lamb Salad (LS, GF)

PREMIUM	\$15.20
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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
145	Herb Crusted Lamb Backstrap

SOUPS	\$3.50	\$5.50
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301	Pumpkin & Potato
303	Potato, Leek & Bacon
304	Cream of Asparagus (GF)
305	Chicken & Mushroom (GF, LS, D)
306	Pea and Ham

SANDWICHES

\$6.70

S701	Ham Salad with Cheese
S702	Egg Lettuce and Mayo
S704	Curried Egg & Lettuce
S706	Smoked Salmon & Cream Cheese

PANINI	\$8.90
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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



NEW

OMELETTES

\$7.00

50	Mushroom
51	Bacon
53	Cheese

WHOLE TRAY	\$13.00
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90	Roasted Vegetable Lasagna	
91*	Traditional Bolognese Lasagne	
92	Bacon & Egg Quiche	
93	Mixed Vegetables (GF)	
94	Ham & Asparagus 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	

YOGHURT	\$2.70
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681	175gms Strawberry/Mixed Berries
683	175gms Raspberry/Mixed Berries
684	175gms Mango

	REG	XLARGE
DESSERT	\$4.70	\$11.00

111	Bread & Butter Pudding (LS)
112	Traditional Trifle (DNR, DNF)
113	Apple Rhubarb Crumble (LS)
115	Fruit Salad (LS, D, DNR, GF)
116	Chocolate Raspberry Tart
118	Pavlova & Cream (LS, DNR, DNF, GF)
120	Jelly Lemon Slice (DNR)
121	Mango Cheesecake
122	Flourless Orange Cake (GF)

* 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



\$6.90 Delivery Fee applies. Minimum order
value **\$45.00**

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

Order by Friday for Wednesday delivery.

ROUTE 4

Order by Monday for Thursday 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							