



**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
<b>ROASTS</b>	<b>\$10.10</b>	<b>\$11.70</b>

3	Meatloaf & Rosemary Gravy (LS, D, GF)
4	Roast Pork with Apple Sauce (GF)
6	Seasoned Chicken (GF)
7	Roast Beef & Yorkshire Pudding (LS, D, GF)
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)

<b>CASSEROLES</b>	<b>\$10.10</b>	<b>\$11.70</b>
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15	Chicken, Bacon and Leek (GF)
16	Beef & Vegetable Hot Pot (LS, D, GF)
39*	Chef's Special Beef (GF, LS, D)

<b>PASTA</b>	<b>\$10.10</b>	<b>\$11.70</b>
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19*	Ravioli w/ Bacon & Mushroom Sauce
20*	Spaghetti Bolognese (LS)
23	Salmon Lasagne
29*	Traditional Bolognese Lasagne (LS)

<b>FISH</b>	<b>\$10.10</b>	<b>\$11.70</b>
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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

<b>WINTER SPECIALS</b>	<b>\$10.10</b>	<b>\$11.70</b>
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30	Curried Sausages (GF)
31*	Salmon Patties
32*	French Mustard & Wine Chicken (GF)
33	Lamb's Fry and Bacon (GF)
52*	Crumbed Rissoles
54	Chicken Parmigiana
56*	Chilli Con Carni (GF)
58	Bangers & Mash (GF)
59*	Southern Fried Chicken

<b>VEGETARIAN SPECIALS</b>	<b>\$10.10</b>	<b>\$11.70</b>
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132	Spinach and Ricotta Cannelloni
134	Sweet Corn Fritters (GF)
136	Gnocchi with Creamy Tomato Sauce

## 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	\$12.90
608	4pk Jam Donuts	\$12.90
609	4pk Custard Donuts	\$12.90
610	Full Cream Milk 1Ltr	\$2.70
611	Low Fat Milk 1Ltr	\$2.70
612	Light Milk 1Ltr	\$2.70

Starts Monday 10th June 2019

	REG	LARGE
<b>GOURMET</b>	<b>\$11.10</b>	<b>\$12.90</b>

70	Rack of Lamb & Mint Gravy (LS, GF)
72	Crumbed Lamb Cutlets
74	Miso Glazed Salmon (GF)
76	Lamb Shank (LS, GF)
77*	Garlic Prawns (GF)
79	Curried Scallops (GF)
80	Braised Lamb Chops (GF)

<b>ASIAN CORNER</b>	<b>\$10.10</b>	<b>\$11.70</b>
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82*	Mango Chicken Curry (LS, GF, D)
85*	Chicken Stir Fry
88*	Sweet & Sour Chicken (GF)

<b>QUICHE</b>	<b>\$10.10</b>	<b>\$11.70</b>
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41	Bacon & Egg (LS, D)
43	Ham & Asparagus
44	Smoked Salmon & Spinach (LS, D)

<b>PIES</b>	<b>\$10.10</b>
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45	Beef & Vegetable Pie	
46	Chicken, Bacon and Leek Pie	
	<b>\$10.10</b>	<b>\$11.70</b>

47	Shepherds Pie (LS, D, GF)
48	Egg & Bacon Pie

<b>GOURMET SALADS</b>	<b>\$10.10</b>	<b>\$11.70</b>
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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	
	<b>\$11.10</b>	<b>\$12.90</b>

<b>PREMIUM</b>	<b>\$15.30</b>
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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	
<b>SOUPS</b>	<b>\$3.50</b>	<b>\$6.00</b>

301	Pumpkin (GF)
302*	Minestrone
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 (V)
S703	Corned Beef and Pickles
S704	Curried Egg & Lettuce (V)
S705	Roast Beef & Mustard

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



<b>NEW</b>	<b>OMELETTES</b>	<b>\$6.50</b>
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50	Mushroom
51	Bacon
53	Cheese

<b>WHOLE TRAY</b>	<b>\$13.00</b>
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91*	Traditional Bolognese Lasagne	
92	Bacon & Egg Quiche	
93	Mixed Vegetables (GF)	
94	Ham & Asparagus Quiche	
95	Smoked Salmon & Spinach Quiche	
96	Spinach & Ricotta Cannelloni	
97	Roast Chicken 1/2 (GF)	<b>\$9.00</b>
98	Shepherds Pie (LS, GF)	
99	Egg & Bacon Pie	

<b>YOGHURT</b>	<b>\$2.80</b>
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681	175gms Strawberry/Mixed Berries
683	175gms Raspberry/Mixed Berries
684	175gms Mango

	REG	XLARGE
<b>DESSERT</b>	<b>\$4.70</b>	<b>\$11.50</b>

111	Bread & Butter Pudding (LS)
112	Traditional Trifle (DNR, DNF)
113	Apple Rhubarb Crumble (LS)
114	Orange Creme Brulee (GF)
115	Fruit Salad (LS, D, DNR, GF)
118	Pavlova & Cream (LS, DNR, DNF, GF)
120	Jelly Lemon Slice (DNR)
121	Mango Cheesecake
124	Ginger & Pear Pudding with Salted Caramel (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 info@choicerefreshmeals.com.au**



**FAX 1300 730 489**



**DRIVER** Complete this order form  
and give to the driver



**\$7.00 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							