



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

SPRING MENU

	REG	LARGE
ROASTS	\$10.20	\$11.80

- 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)

	REG	LARGE
CASSEROLES	\$10.20	\$11.80

- 15 Chicken, Bacon and Leek (GF)
- 16 Beef & Vegetable Hot Pot (LS, D, GF)
- 39* Chef's Special Beef (GF, LS, D)

	REG	LARGE
PASTA	\$10.20	\$11.80

- 19* Ravioli w/ Bacon & Mushroom Sauce
- 20* Spaghetti Bolognese (LS)
- 23 Salmon Lasagne
- 29* Traditional Bolognese Lasagne (LS)

	REG	LARGE
FISH	\$10.20	\$11.80

- 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
SPRING SPECIALS	\$10.20	\$11.80

- 30 Curried Sausages (GF)
- 31* Salmon Patties
- 32* French Mustard & Wine Chicken (GF)
- 33 Lambs Fry and Bacon (GF)
- 52* Crumbed Rissoles
- 54 Chicken Parmigiana
- 57* Moussaka
- 58 Bangers & Mash (GF)

	REG	LARGE
VEGETARIAN SPECIALS	\$10.20	\$11.80

- 132 Spinach and Ricotta Cannelloni
- 134 Sweet Corn Fritters (GF)
- 135 Vegetable Lasagne

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 \$13.00
- 608 4pk Jam Donuts \$13.00
- 609 4pk Custard Donuts \$13.00
- 610 Full Cream Milk 1Ltr \$2.70
- 611 Low Fat Milk 1Ltr \$2.70
- 612 Light Milk 1Ltr \$2.70

Starts Monday 2nd September 2019

	REG	LARGE
GOURMET	\$11.20	\$13.00

- 70 Rack of Lamb & Mint Gravy (LS, GF)
- 72 Crumbed Lamb Cutlets
- 73* Asian Braised Beef Short Ribs
- 75 Slow Cooked Pork Shoulder
- 77* Garlic Prawns
- 78 Horse Radish Crusted Salmon
- 80 Braised Lamb Chops (GF)

	REG	LARGE
ASIAN CORNER	\$10.20	\$11.80

- 82* Mango Chicken Curry (LS, GF, D)
- 83* Fragrant Pork Curry
- 85* Chicken Stir Fry
- 88* Sweet & Sour Chicken (GF)

	REG	LARGE
QUICHE	\$10.20	\$11.80

- 41 Bacon & Egg (LS, D)
- 44 Smoked Salmon & Spinach (LS, D)

	REG	LARGE
PIES	\$10.20	

- 45 Beef & Vegetable Pie
- 46 Chicken, Bacon and Leek Pie

	REG	LARGE
	\$10.20	\$11.80

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

	REG	LARGE
GOURMET SALADS	\$10.20	\$11.80

Do not reheat - do not freeze

- 104 Quiche Lorraine Salad
- 105 Smoked Salmon Salad (GF)
- 106* Poached Chicken Caesar Salad
- 107 Greek Lamb Salad **\$11.20** **\$13.00** (LS, GF)

	REG	LARGE
PREMIUM	\$15.40	

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 Atlantic Salmon Saltim Bocca

	REG	LARGE
SOUPS	\$3.60	\$6.10

- 301 Pumpkin (GF)
- 302* Minestrone
- 303* Chunky Ham Chowder
- 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

	REG	LARGE
PANINI	\$8.90	

- S706 Chicken Pesto
 - 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	\$6.60	

- 50 Mushroom
- 53 Cheese
- 55 Asparagus

	REG	LARGE
WHOLE TRAY	\$13.10	

- 90 Hash Browns **\$8.00**
- 91* Traditional Bolognese Lasagne
- 92 Bacon & Egg Quiche
- 93 Mixed Vegetables (GF)
- 95 Smoked Salmon & Spinach Quiche
- 96 Spinach & Ricotta Canneloni
- 97 Roast Chicken 1/2 (GF) **\$9.10**
- 98 Shepherds Pie (LS, GF)
- 99 Egg & Bacon Pie

	REG	LARGE
YOGHURT	\$2.90	

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

	REG	XLARGE
DESSERT	\$4.80	\$11.60

- 111 Bread & Butter Pudding (LS)
- 112 Traditional Trifle (DNR, DNF)
- 113 Apple Rhubarb Crumble (LS)
- 115 Fruit Salad (LS, D, DNR, GF)
- 116 Marmalade & Brandy Pudding
- 118 Pavlova & Cream (LS, DNR, DNF, GF)
- 119 Black Forest Pudding
- 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



\$7.20 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							