



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	\$10.70	\$12.30

- 3 Meatloaf & Rosemary Gravy
- 4 Roast Pork with Apple Sauce (GF)
- 6 Seasoned Chicken (GF, LS, D)
- 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, LS, D)
- 11 Pork & Plum Sauce (GF)
- 13 Silverside & Parsley Sauce (GF, LS, D)

	REG	LARGE
CASSEROLES	\$10.70	\$12.30

- 14* Creamy Mushroom & Garlic Chicken (LS, D)
- 16 Beef & Vegetable Hot Pot (LS, D, GF)
- 39* Chef's Special Beef (GF)

	REG	LARGE
PASTA	\$10.70	\$12.30

- 19* Ravioli with Bacon & Mushroom Sauce
- 20* Spaghetti Bolognese (LS, D)
- 29* Traditional Bolognese Lasagne

	REG	LARGE
FISH	\$10.70	\$12.30

- 24 Smoked Cod in Parsley Sauce (GF)
- 25 Steamed Barramundi & Citrus Butter (LS,GF, D)
- 26 Battered Fish & Chips (LS, D)
- 27* Crumbed Barramundi & Tartare Sauce (LS,D)

	REG	LARGE
SPRING SPECIALS	\$10.70	\$12.30

- 30 Curried Sausages (GF)
- 31* Salmon Patties
- 32* Coq au vin (GF)
- 52* Crumbed Rissolos
- 54 Chicken Parmigiana
- 58 Bangers & Mash (GF)

	REG	LARGE
VEGETARIAN SPECIALS	\$10.70	\$12.30

- 131 Eggplant Parma
- 132 Spinach & Ricotta Cannelloni
- 133 Veg Paella (GF)

SLICED BREAD & MILK

- 601 White \$3.00
- 602 Wholemeal \$3.00
- 603 Multigrain \$3.00
- 604 Raisin Loaf \$4.00
- 605 Banana Bread \$12.50
- 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

Orders Close at 4pm each day
1pm public holidays

SANDWICHES

\$6.70

- S701 Ham Salad with Cheese
- S702 Egg Lettuce and Mayo (V)
- S703 Corned Beef and Pickles
- S704 Curried Egg & Lettuce (V)
- S709 Smoked Salmon & Cream Cheese

PANINI

\$8.90

- S708 Ham, Cheese & Tomato
 - S710 Salami Olive & Cheese
- We recommend you toast
your Panini in a sandwich press



ORDERS CLOSE 4PM DAILY
(1PM PUBLIC HOLIDAYS)

Starts Monday 31st August 2020

	REG	LARGE
GOURMET	\$11.70	\$13.50

- 70 Rack of Lamb & Mint Gravy (GF)
- 71* 5 Spice Pulled Lamb Shoulder (LS, D)
- 72 Crumbed Lamb Cutlets
- 73* Beef Ragu with Parmesan Gnocchi
- 75* Red Wine Lamb Neck (GF, LS, D)
- 77* Garlic Prawns (GF)
- 78 Marinated Baked Pork Chop (GF)

	REG	LARGE
ASIAN CORNER	\$10.70	\$12.30

- 85 Chicken Stir Fry
- 88 Sweet & Sour Chicken (GF, LS, D)

	REG	LARGE
QUICHE	\$10.70	\$12.30

- 41 Bacon & Egg
- 44 Smoked Salmon & Spinach

	REG	LARGE
PIES	\$10.70	

- 42* Mushroom & Garlic Chicken Pie
- 45 Beef & Vegetable Pie

	REG	LARGE
	\$10.70	\$12.30

- 47 Shepherds Pie (GF)
- 48 Egg & Bacon Pie

	REG	LARGE
GOURMET SALADS	\$10.70	\$12.30

Do not reheat - do not freeze

- 103 Roast Beef Salad with Potato
- 105 Smoked Salmon Salad (GF)
- 106* Poached Chicken Caesar Salad

	REG	LARGE
PREMIUM		\$15.80

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)
- (weights are pre-cooked)

OTHER

- 143* Confit Duck Maryland

	REG	LARGE
SOUPS	\$4.00	\$6.80

- 301 Pumpkin (GF)
- 302 Irish Leek Chowder (LS, D)
- 305 Chicken & Mushroom (GF)
- 306 Pea and Ham (GF)
- 307* Sweet Potato with a hint of Sambal (GF)

	REG	LARGE
OMELETTES		\$6.60

- 50 Mushroom (GF)
- 53 Cheese (GF)

	REG	LARGE
WHOLE TRAY		\$13.80

- 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 Cannelloni
- 97 Roast Chicken 1/2 (GF) **\$9.20**
- 98 Shepherds Pie (GF)
- 99 Egg & Bacon Pie

	REG	LARGE
YOGHURT (SIX PACK)		\$10.00

- 685 2 x S'Berry, 2 x R'Berry, 2 x XD Berry
- 686 2 x Vanilla, 2 x S'Berry, 2 x Mango

	REG	XLARGE
DESSERT	\$4.90	\$12.20

- 111 Bread & Butter Pudding
- 112 Traditional Trifle (DNR, DNF, GF)
- 113 Apple Rhubarb Crumble
- 114 Baked Ricotta with Berry Couli (GF, LS, D, DNR)
- 115 Fruit Salad (LS, D, DNR, GF)
- 118 Pavlova & Cream (DNR, DNF, GF)
- 120 Jelly Lemon Slice (DNR)
- 121 Mango Cheesecake (DNR)
- 122 Lemon Tart (LS, DNR)
- 123 Lemon and Blueberry Tart (DNR)

* 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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Please note: During peak periods (Easter/Xmas), we may have to close orders earlier than noted below

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@choicefreshmeals.com.au



DRIVER Complete this order form and give to the driver



\$8.00 Delivery Fee applies. Minimum order value **\$50.00** (Split invoices \$60)

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							