



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

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*



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 Rissoles
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)

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

\$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

104	Quinoa & Broccoli Salad (GF)
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 Canneloni	
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



Choice Fresh Meals
ABN 28 792 550 753

1300 430 488

info@choicerefreshmeals.com.au
www.choicerefreshmeals.com.au

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

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.

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



DRIVER Complete this order form and give to the driver



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

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							