



**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

## LATE SUMMER MENU

	REG	LARGE
<b>ROASTS</b>	<b>\$10.90</b>	<b>\$12.50</b>

- 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
<b>CASSEROLES</b>	<b>\$10.90</b>	<b>\$12.50</b>

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

	REG	LARGE
<b>PASTA</b>	<b>\$10.90</b>	<b>\$12.50</b>

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

	REG	LARGE
<b>FISH</b>	<b>\$10.90</b>	<b>\$12.50</b>

- 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
<b>SUMMER SPECIALS</b>	<b>\$10.90</b>	<b>\$12.50</b>

- 30 Curried Sausages (GF)
- 31\* Salmon Patties
- 33 Honey Soy Chicken Drumettes
- 52\* Crumbed Rissoles
- 54 Chicken Parmigiana
- 56\* Butter Chicken
- 58 Bangers & Mash (GF)

	REG	LARGE
<b>VEGETARIAN SPECIALS</b>	<b>\$10.90</b>	<b>\$12.50</b>

- 132 Spinach & Ricotta Cannelloni
- 133 Veg Paella (GF)
- 134 Pumpkin & Parmesan Risotto Balls (LS, D)

## 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

Starts Monday 25th January 2021

	REG	LARGE
<b>GOURMET</b>	<b>\$11.80</b>	<b>\$13.60</b>

- 70 Rack of Lamb & Mint Gravy (GF)
- 72 Crumbed Lamb Cutlets
- 74\* Asian Braised Beef Short Ribs
- 75\* Red Wine Lamb Neck (GF, LS, D)
- 77\* Garlic Prawns (GF)
- 78 Marinated Baked Pork Chop (GF)

	REG	LARGE
<b>ASIAN CORNER</b>	<b>\$10.90</b>	<b>\$12.50</b>

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

	REG	LARGE
<b>QUICHE</b>	<b>\$10.90</b>	<b>\$12.50</b>

- 41 Bacon & Egg
- 44 Smoked Salmon & Spinach

	REG	LARGE
<b>PIES</b>	<b>\$10.90</b>	

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

	REG	LARGE
	<b>\$10.90</b>	<b>\$12.50</b>

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

	REG	LARGE
<b>GOURMET SALADS</b>	<b>\$10.90</b>	<b>\$12.50</b>

Do not reheat - do not freeze

- 102 Prawn & Mango
- 103 Roast Beef Salad with Potato (GF, LS, D)
- 105 Smoked Salmon Salad (GF)
- 106\* Poached Chicken Caesar Salad

	REG	LARGE
<b>PREMIUM</b>	<b>\$15.80</b>	

### 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
<b>SOUPS</b>	<b>\$4.00</b>	<b>\$6.90</b>

- 301 Pumpkin (GF)
- 303\* Minted Green Pea (GF)
- 304\* Roasted Tomato (GF)
- 306 Pea and Ham (GF)
- 307 Cream of Celery

## 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

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

- S708 Ham, Cheese & Tomato
- S711 Roast Beef and Chutney

We recommend you toast  
your Panini in a sandwich press



**ORDERS CLOSE 4PM DAILY**  
**(1PM PUBLIC HOLIDAYS)**

	REG	LARGE
<b>OMELETTES</b>	<b>\$6.60</b>	

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

	REG	LARGE
<b>WHOLE TRAY</b>	<b>\$13.80</b>	

- 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
<b>YOGHURT (SIX PACK)</b>	<b>\$10.00</b>	

- 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
<b>DESSERT</b>	<b>\$4.90</b>	<b>\$12.30</b>

- 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)
- 124 Golden Syrup & Custard Slice

\* 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

**ROUTES 3, 7, 9, 50, 55, 60 and 66**

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.

**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

To warm up frozen meals, as per above but add approximately 2 minutes for microwave and 10 minutes for oven. Do not thaw meals before reheating.

**Do not overheat meals as this may affect their quality.  
Reheat to a minimum 75°C**

**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.

**YOUR ORDER**

Customer Number:

Delivery Day:

/ /

Meal Number							
Size: Reg/Large							
Quantity							