



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

AUTUMN MENU

	REG	LARGE
ROASTS	\$10.90	\$12.50

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	\$10.90	\$12.50

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

	REG	LARGE
PASTA	\$10.90	\$12.50

20* Spaghetti Bolognese (LS, D)
21 Creamy Prawn Spaghetti
29* Traditional Bolognese Lasagne

	REG	LARGE
FISH	\$10.90	\$12.50

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
AUTUMN SPECIALS	\$10.90	\$12.50

30 Curried Sausages (GF)
31* Salmon Patties
33 Honey Soy Chicken Drumettes
52* Crumbed Rissoles
54 Chicken Parmigiana
55 Crumbed Brains
56* Butter Chicken
57 Mixed Grill
58 Bangers & Mash (GF)

	REG	LARGE
VEGETARIAN SPECIALS	\$10.90	\$12.50

132 Spinach & Ricotta Cannelloni
134 Pumpkin & Parmesan Risotto Balls (LS, D)
135 Zucchini Slice (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

Starts Monday 15th March 2021

	REG	LARGE
GOURMET	\$11.80	\$13.60

70 Rack of Lamb & Mint Gravy (GF)
72 Crumbed Lamb Cutlets
74* Asian Braised Beef Short Ribs
76 Filo Parcel Salmon
77* Garlic Prawns (GF)
78 Marinated Baked Pork Chop (GF)
79* Moroccan Lamb (GF)

	REG	LARGE
ASIAN CORNER	\$10.90	\$12.50

83* Mango Chicken Curry
84* Stir Fry Beef Noodles
88 Sweet & Sour Chicken (GF, LS, D)

	REG	LARGE
QUICHE	\$10.90	\$12.50

41 Bacon & Egg
44 Smoked Salmon & Spinach

	REG	LARGE
PIES	\$10.90	

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

	REG	LARGE
	\$10.90	\$12.50

47 Shepherds Pie (GF)
48 Egg & Bacon Pie

	REG	LARGE
GOURMET SALADS	\$10.90	\$12.50

Do not reheat - do not freeze

102 Prawn & Mango
104* Asian Pork with Noodles (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)

OTHER

143* Confit Duck Maryland

	REG	LARGE
SOUPS	\$4.00	\$6.90

301 Pumpkin (GF)
302 Cream of Asparagus (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
PANINI	\$8.90	

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
OMELETTES	\$6.60	

50 Mushroom (GF)
55 Bacon

	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	\$12.30

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



\$8.30 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							