



**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>\$11.50</b>	<b>\$12.70</b>

- 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>\$11.50</b>	<b>\$12.70</b>

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

	REG	LARGE
<b>PASTA</b>	<b>\$11.50</b>	<b>\$12.70</b>

- 20\* Spaghetti Bolognese (LS, D)
- 22 Ham Hock Mac and Cheese
- 29\* Traditional Bolognese Lasagne

	REG	LARGE
<b>FISH</b>	<b>\$11.50</b>	<b>\$12.70</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>LATE SUMMER SPECIALS</b>	<b>\$11.50</b>	<b>\$12.70</b>

- 30 Curried Sausages (GF)
- 31\* Salmon Patties
- 32 Ginger Beer Drummettes (GF)
- 34 Lamb's Fry & Bacon (GF, LS, D)
- 51\* Ham & Mustard Potato Bake (GF)
- 54 Chicken Parmigiana
- 58 Bangers & Mash (GF)

	REG	LARGE
<b>VEGETARIAN SPECIALS</b>	<b>\$11.50</b>	<b>\$12.70</b>

- 132 Spinach & Ricotta Cannelloni
- 135 Zucchini Pasta Bake
- 136 Veg Mac & Cheese (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 \$12.70
- 606 4pk Nutella Donuts \$13.00
- 608 4pk Jam Donuts \$13.00
- 609 4pk Custard Donuts \$13.00
- 610 Full Cream Milk 1Ltr \$2.80
- 611 Low Fat Milk 1Ltr \$2.80

Orders Close at 4pm each day  
1pm public holidays

Starts Monday 24 January 2022

	REG	LARGE
<b>GOURMET</b>	<b>\$12.30</b>	<b>\$13.80</b>

- 70 Rack of Lamb & Mint Gravy (GF)
- 72 Crumbed Lamb Cutlets
- 75 Crispy Pork Belly (GF)
- 76\* Salmon Wellington
- 77 Slow Cooked Moroccan Lamb Shoulder (GF, LS, D)

	REG	LARGE
<b>ASIAN CORNER</b>	<b>\$11.50</b>	<b>\$12.70</b>

- 85 Mango Pork Curry (LS, D, GF)
- 86 Lemon Chicken (LS, D, GF)
- 88 Sweet & Sour Chicken (GF, LS, D)

	REG	LARGE
<b>QUICHE</b>	<b>\$11.50</b>	<b>\$12.70</b>

- 41 Bacon & Egg
- 44 Smoked Salmon & Spinach

	REG	LARGE
<b>PIES</b>	<b>\$11.50</b>	<b>\$12.70</b>

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

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

	REG	LARGE
<b>GOURMET SALADS</b>	<b>\$11.50</b>	<b>\$12.70</b>

Do not reheat - do not freeze

- 101 Balsamic Lamb (GF, LS, D)
- 102 Prawn & Mango
- 105 Smoked Salmon Salad (GF)
- 106\* Poached Chicken Caesar Salad

	REG	LARGE
<b>PREMIUM</b>	<b>\$15.90</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

- 145\* Duck L'Orange (GF, LS, D)

	REG	LARGE
<b>SOUPS</b>	<b>\$4.20</b>	<b>\$7.00</b>

- 301 Pumpkin (GF)
- 303 Potato Leek & Bacon (GF)
- 305 Creme of Mushroom (GF)
- 306 Pea and Ham (GF)
- 308\* Minestrone

## 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
- We recommend you toast your Panini in a sandwich press



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

	REG	LARGE
<b>OMELETTES</b>	<b>\$6.80</b>	

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

	REG	LARGE
<b>WHOLE TRAY</b>	<b>\$14.40</b>	

- 91\* Traditional Bolognese Lasagne
- 92 Bacon & Egg Quiche
- 93 Mixed Vegetables (GF, LS, D)
- 95 Smoked Salmon & Spinach Quiche
- 96 Spinach & Ricotta Cannelloni
- 97 Roast Chicken 1/2 (GF) **\$9.50**
- 98 Shepherds Pie (GF)
- 99 Egg & Bacon Pie

	REG	XLARGE
<b>DESSERT</b>	<b>\$4.90</b>	<b>\$12.70</b>

- 111 Bread & Butter Pudding
- 112 Traditional Trifle (DNR, DNF, GF)
- 113 Apple Rhubarb Crumble
- 114 Marmalade & Brandy Pudding (GF)
- 115 Traditional Fruit Salad (LS, D, DNR, GF)
- 116 Special Fruit Salad (LS, D, DNR, GF)
- 118 Pavlova & Cream (DNR, DNF, GF)
- 119 Pina Colada Cheesecake
- 120 Jelly Lemon Slice
- 122 Lemon Tart (LS, DNR)
- 123 Creme Caramel Slice (GF, 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

**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.

**RE-HEATING 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. If you have frozen meals, please do not defrost- reheat direct from the freezer.

**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



**\$9.00 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							