



ABN 28 792 550 753

1300 430 488

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www.choicerefreshmeals.com.au

WINTER MENU

	REG	LARGE
ROASTS	\$11.90	\$13.10

- 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	\$11.90	\$13.10

- 14* Creamy Mushroom & Garlic Chicken (GF, LS, D)
- 16 Beef & Vegetable Hot Pot (LS, D, GF)
- 18 Beef Stroganoff (GF)

	REG	LARGE
PASTA	\$11.90	\$13.10

- 20* Spaghetti Bolognese (LS, D)
- 22* Pesto Chicken Gnocchi
- 29* Traditional Bolognese Lasagne

	REG	LARGE
FISH	\$11.90	\$13.10

- 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
WINTER SPECIALS	\$11.90	\$13.10

- 30 Curried Sausages (GF)
- 31* Salmon Patties
- 34 Teriyaki Chicken Drumettes
- 54 Chicken Parmigiana
- 57* Chicken Diane Rissoles (GF)
- 58 Bangers & Mash (GF)

	REG	LARGE
VEGETARIAN SPECIALS	\$11.90	\$13.10

- 132 Spinach & Ricotta Cannelloni
- 135 Zucchini Pasta Bake
- 136 Veg Mac & Cheese (LS, D)

BREAD

- 601 White \$3.00
- 602 Wholemeal \$3.00
- 603 Multigrain \$3.00
- 604 Raisin Loaf \$4.00
- 605 Banana Bread \$13.10
- 606 4pk Nutella Donuts \$13.00
- 608 4pk Jam Donuts \$13.00
- 609 4pk Custard Donuts \$13.00

Bread items not available on Public Holidays
Bread items not available in Geelong/Bellarine

Orders Close at 4pm each day
1pm public holidays

Starts Monday 6th June 2022

	REG	LARGE
GOURMET	\$12.70	\$14.00

- 70 Rack of Lamb & Mint Gravy (GF)
- 72 Crumbed Lamb Cutlets
- 75 Honey Mustard Baked Salmon (GF)
- 77 Slow Cooked Moroccan Lamb Shoulder (GF, LS, D)
- 79* Smokey BBQ Pork Ribs (GF)

	REG	LARGE
ASIAN CORNER	\$11.90	\$13.10

- 86 Lemon Chicken (LS, D, GF)
- 87 San Choy Pork Noodles
- 88 Sweet & Sour Chicken (GF, LS, D)

	REG	LARGE
QUICHE	\$11.90	\$13.10

- 41 Bacon & Egg
- 44 Smoked Salmon & Spinach

	REG	LARGE
PIES	\$11.90	

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

	REG	LARGE
	\$11.90	\$13.10

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	REG	LARGE
GOURMET SALADS	\$11.90	\$13.10

- Do not reheat - do not freeze*
- 101 Balsamic Lamb (GF, LS, D)
 - 103 Greek Chicken Salad (GF)
 - 105 Smoked Salmon Salad (GF)
 - 106* Poached Chicken Caesar Salad

	REG	LARGE
PREMIUM		\$16.50

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
SOUPS	\$4.50	\$7.50

- 301 Pumpkin (GF)
- 303 Potato Leek & Bacon (GF)
- 304 Roasted Tomato (GF)
- 305 Creme of Mushroom (GF)
- 308* Minestrone

SANDWICHES

\$7.00

- 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

We recommend you toast
your Panini in a sandwich press



ORDERS CLOSE 4PM DAILY
(1PM PUBLIC HOLIDAYS)

	REG	LARGE
WHOLE TRAY		\$15.00

- 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) **\$10.00**
- 98 Shepherds Pie (GF)
- 99 Egg & Bacon Pie

	REG	XLARGE
DESSERT	\$5.10	\$13.70

- 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)
- 117 Mandarin and Ginger Pudding (GF)
- 119 Pina Colada Cheesecake
- 120 Jelly Lemon Slice
- 121 Passionfruit Tart (DNR)
- 124 Golden Syrup and Pear Sponge (GF)

* 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, 50, 55, 60, 66, 90, 91, 92, 93

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 & 9 (Bellarine)

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@choicefreshmeals.com.au

DRIVER Complete this order form and give to the driver

ONLINE www.choicefreshmeals.com.au

\$9.70 Delivery Fee applies. Minimum order value **\$55.00** (Split invoices \$65)

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							