



ABN 28 792 550 753

**1300 430 488**

41 Connell Road, Oakleigh Victoria 3166

info@choicerefreshmeals.com.au

www.choicerefreshmeals.com.au

## Summer MENU

	REG	LARGE
<b>ROASTS</b>	<b>\$12.90</b>	<b>\$13.90</b>

- 3 Meatloaf with 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>\$12.90</b>	<b>\$13.90</b>

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

	REG	LARGE
<b>PASTA</b>	<b>\$12.90</b>	<b>\$13.90</b>

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

	REG	LARGE
<b>FISH</b>	<b>\$12.90</b>	<b>\$13.90</b>

- 24 Smoked Cod in Parsley Sauce (GF)
- 25 Steamed Barramundi & Citrus Butter (LS,GF, D)
- 27\* Crumbed Barramundi & Tartare Sauce (LS,D)
- 31\* Salmon Patties

	REG	LARGE
<b>SUMMER SPECIALS</b>	<b>\$12.90</b>	<b>\$13.90</b>

- 30 Curried Sausages (GF)
- 53\* Southern Fried Chicken
- 55 Ham Steak & Pineapple (GF)
- 56 Rissoles with Bacon and Gravy
- 58 Bangers & Mash (GF)

	REG	LARGE
<b>VEGETARIAN SPECIALS</b>	<b>\$12.90</b>	<b>\$13.90</b>

- 133 Sweet Potato & Cheese Croquettes
- 135\* Veg Paella (GF)
- 136 Spinach & Ricotta Cannelloni

## SANDWICHES \$7.80

- S701 Ham Salad with Cheese
- S702 Egg Lettuce and Mayo (V)
- S703 Corned Beef and Pickles
- S704 Curried Egg & Lettuce (V)
- S705 Turkey, Cranberry and Salad
- S706 Roast Beef, Mustard & Mayo
- S709 Smoked Salmon & Cream Cheese

Starts Monday 22nd January 2024

	REG	LARGE
<b>GOURMET</b>	<b>\$13.30</b>	<b>\$14.80</b>

- 70 Pork Belly (GF)
- 72 Crumbed Lamb Cutlets
- 74 Braised Beef Short Ribs (GF)
- 75 Slow Cooked Moroccan Lamb (GF)
- 78\* Garlic Prawns (GF)
- 79 Horseradish Crusted Salmon

	REG	LARGE
<b>ASIAN CORNER</b>	<b>\$12.90</b>	<b>\$13.90</b>

- 82 Lemon Chicken (GF)
- 84\* Honey & Ginger Pork Stirfry (GF)
- 88 Sweet & Sour Chicken (GF, LS, D)

	REG	LARGE
<b>QUICHE</b>	<b>\$12.90</b>	<b>\$13.90</b>

- 41 Bacon & Egg
- 44 Smoked Salmon & Spinach

	REG	LARGE
<b>PIES</b>	<b>\$12.90</b>	

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

	REG	LARGE
	<b>\$12.90</b>	<b>\$13.90</b>

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

	REG	LARGE
<b>GOURMET SALADS</b>	<b>\$12.90</b>	<b>\$13.90</b>

- Do not reheat - do not freeze*
- 103 Thai Beef Salad (DNR, GF)
  - 105 Smoked Salmon Salad (GF, DNR)
  - 106\* Poached Chicken Caesar Salad (DNR)
  - 107 Greek Lamb Salad (DNR)

	REG	LARGE
<b>PREMIUM</b>		<b>\$16.90</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>\$4.90</b>	<b>\$8.00</b>

- 301 Pumpkin (GF)
- 302 Creme of Celery (GF)
- 303 Potato Leek & Bacon (GF)
- 305 Carrot & Lentil Soup (GF)
- 306\* Roasted Tomato & Basil



Orders Close at:  
4pm on Monday  
3:30pm Tuesday to Friday  
1pm public holidays

	REG	LARGE
<b>WHOLE TRAY</b>		<b>\$15.90</b>

- 91\* Traditional Bolognese Lasagne
- 92 Bacon & Egg Quiche
- 93 Mixed Vegetables (GF, LS, D)
- 95 Smoked Salmon & Spinach Quiche
- 97 Roast Chicken 1/2 (GF) **\$10.00**
- 98 Shepherds Pie (GF)
- 99 Egg & Bacon Pie

	REG	XLARGE
<b>DESSERT</b>	<b>\$5.40</b>	<b>\$14.00</b>

- 110 Xmas Pudding with Brandy Custard
- 111 Bread & Butter Pudding
- 112 Traditional Trifle (DNR, DNF, GF)
- 113 Apple Rhubarb Crumble (GF)
- 114 Chocolate Xmas Pudding
- 115 Traditional Fruit Salad (LS, D, DNR, GF)
- 116 Date & Fig Pudding with Caramel Sauce (GF)
- 117 Exotic Fruit Salad (GF)
- 118 Mango Cheesecake (DNR)
- 120 Jelly Lemon Slice
- 122 Tiramisu (DNR, DNF)

\* 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, 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 - Please contact office.

**ROUTE 2**

Order by Friday for Wednesday delivery.

**ROUTE 4**

Order by Monday for Thursday delivery.

**ROUTE 7**

Order by Thursday for Tuesday delivery. Order by Tuesday for a Friday Delivery.

**ROUTE 15**

Order by Wednesday for following Monday delivery.  
Order by Monday for Thursday delivery.

**ROUTES 5, 6, 8, 10, 20 & 9**

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 placed by 4pm Monday, Tuesday to Friday by 3.30pm, and 1pm on public holidays.

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
- \$10.30 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							