



ABN 28 792 550 753

**1300 430 488**

41 Connell Road, Oakleigh Victoria 3166

info@choicerefreshmeals.com.au

www.choicerefreshmeals.com.au

## Autumn 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)

<b>CASSEROLES</b>	<b>\$12.90</b>	<b>\$13.90</b>
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14*	Creamy Mushroom & Garlic Chicken (GF, LS, D)
16	Beef & Vegetable Hot Pot (LS, D, GF)
17	Irish Stew

<b>PASTA</b>	<b>\$12.90</b>	<b>\$13.90</b>
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20*	Spaghetti Bolognese (LS, D)
22	Ravioli with Bacon & Mushroom Sauce
29*	Traditional Bolognese Lasagna

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

<b>AUTUMN SPECIALS</b>	<b>\$12.90</b>	<b>\$13.90</b>
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30	Curried Sausages (GF)
51	Ham & Mustard Potato Bake (GF)
53*	Southern Fried Chicken
56	Rissoles with Bacon and Gravy
58	Bangers & Mash (GF)

<b>VEGETARIAN SPECIALS</b>	<b>\$12.90</b>	<b>\$13.90</b>
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133	Sweet Potato & Cheese Croquettes
134	Asparagus, Cherry Tomato & Ricotta Frittata (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 11 March 2024

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

71	Braised Lamb Chops with Rich Tomato Gravy (GF)
72	Crumbed Lamb Cutlets
76	Apple Cider & Fennel Pork (GF)
77	Salsa Verde Salmon (GF)
78*	Garlic Prawns (GF)

<b>ASIAN CORNER</b>	<b>\$12.90</b>	<b>\$13.90</b>
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82	Lemon Chicken (GF)
85	Pork & Ginger Meatballs
88	Sweet & Sour Chicken (GF, LS, D)

<b>QUICHE</b>	<b>\$12.90</b>	<b>\$13.90</b>
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41	Bacon & Egg
44	Smoked Salmon & Spinach

<b>PIES</b>	<b>\$12.90</b>
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42*	Mushroom & Garlic Chicken Pie
45	Beef & Vegetable Pie

47	Shepherds Pie (GF)
48	Egg & Bacon Pie

<b>GOURMET SALADS</b>	<b>\$12.90</b>	<b>\$13.90</b>
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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)

<b>PREMIUM</b>	<b>\$16.90</b>
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## 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)
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<b>SOUPS</b>	<b>\$4.90</b>	<b>\$8.00</b>
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301	Pumpkin (GF)
302	Crema of Celery (GF)
303	Potato Leek & Bacon (GF)
304	Mild Thai Sweet Potato (GF)
307	Creamy Mushroom with Tarragon (GF)



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

## WHOLE TRAY \$15.90

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

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

111	Bread & Butter Pudding
112	Traditional Trifle (DNR, DNF, GF)
113	Apple Rhubarb Crumble (GF)
115	Traditional Fruit Salad (LS, D, DNR, GF)
117	Exotic Fruit Salad (GF)
119	Citrus Tart
120	Jelly Lemon Slice
121	Berry Passion Cheesecake
122	Tiramisu (DNR, DNF)
124	Anzac Pudding (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



Choice Fresh Meals

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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:

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Meal Number							
Size: Reg/Large							
Quantity							