



ABN 28 792 550 753

**1300 430 488**

41 Connell Road, Oakleigh Victoria 3166

info@choicefreshmeals.com.au

www.choicefreshmeals.com.au

## Spring MENU

	REG	LARGE
<b>ROASTS</b>	<b>\$13.40</b>	<b>\$14.20</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>\$13.40</b>	<b>\$14.20</b>
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- 14\* Creamy Mushroom & Garlic Chicken (GF, LS, D)
- 16 Beef & Vegetable Hot Pot (LS, D, GF)
- 17 Lamb Bourguignon (GF)

<b>PASTA</b>	<b>\$13.40</b>	<b>\$14.20</b>
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- 20\* Spaghetti Bolognese (LS, D)
- 22\* Ravioli with Bacon & Mushroom Sauce
- 23 Spaghetti & Meatballs
- 29\* Traditional Bolognese Lasagna

<b>FISH</b>	<b>\$13.40</b>	<b>\$14.20</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>SPRING SPECIALS</b>	<b>\$13.40</b>	<b>\$14.20</b>
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- 30 Curried Sausages (GF)
- 51 Honey Soy Chicken Drumettes
- 52 Chicken Cordon Bleu
- 54 Mixed Grill
- 56 Mango Chicken Curry (LS, D, GF)

<b>VEGETARIAN SPECIALS</b>	<b>\$13.40</b>	<b>\$14.20</b>
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- 133 Sweet Potato & Cheese Croquettes
- 135 Roasted Veg & Fetta Frittata (LS, GF)
- 136 Spinach & Ricotta Cannelloni

<b>SANDWICHES</b>	<b>\$7.80</b>
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- 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 8th September 2025

	REG	LARGE
<b>GOURMET</b>	<b>\$13.70</b>	<b>\$15.20</b>

- 70 Sirloin with Bacon & Mushroom Sauce (GF)
- 71 Braised Lamb Chops with Rich Tomato Gravy (GF)
- 74 Atlantic Salmon Lasagna
- 76\* Slow Cooked Pork Shoulder & Creamy Mustard Sauce (GF)
- 77\* Garlic Prawns

<b>ASIAN CORNER</b>	<b>\$13.40</b>	<b>\$14.20</b>
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- 81\* Pork Noodles
- 84\* Thai Basil Beef (Pad Gra Prow)
- 88 Sweet & Sour Chicken (GF, LS, D)

<b>QUICHE</b>	<b>\$13.40</b>	<b>\$14.20</b>
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- 41 Bacon & Egg
- 43 Smoked Salmon & Asparagus (LS)

<b>PIES</b>	<b>\$13.40</b>
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- 42\* Mushroom & Garlic Chicken Pie
- 45 Beef & Vegetable Pie

<b>\$13.40</b>	<b>\$14.20</b>
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- 47 Shepherd's Pie (GF)
- 48 Egg & Bacon Pie

<b>GOURMET SALADS</b>	<b>\$13.40</b>	<b>\$14.20</b>
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Do not reheat - do not freeze

- 103 Smoked Chicken with Tuscan Salad (GF)
- 105 Smoked Salmon Salad (GF, DNR)
- 106\* Poached Chicken Caesar 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

- 72 Crumbed Lamb Cutlets
- 143 Honey Soy Duck

<b>SOUPS</b>	<b>\$4.90</b>	<b>\$8.50</b>
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- 301 Pumpkin (GF)
- 302 Minestrone Soup (D, GF)
- 303 Potato Leek & Bacon (GF)
- 305 French Onion & Potato
- 307 Lamb & Barley



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

<b>WHOLE TRAY</b>	<b>\$16.20</b>
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- 91\* Traditional Bolognese Lasagne
- 92 Bacon & Egg Quiche
- 93 Mixed Vegetables (GF, LS, D)
- 94 Spinach & Ricotta Cannelloni
- 96 Smoked Salmon & Asparagus Quiche
- 97 Roast Chicken 1/2 (GF) **\$10.00**
- 98 Shepherd's Pie (GF)
- 99 Egg & Bacon Pie

	REG	XLARGE
<b>DESSERT</b>	<b>\$5.50</b>	<b>\$14.20</b>

- 111 Bread & Butter Pudding
- 112 Traditional Trifle (DNR, DNF, GF)
- 113 Apple & Pear Crumble (LS)
- 115 Traditional Fruit Salad (LS, D, DNR, GF)
- 117 Exotic Fruit Salad (GF)
- 118 Caramel Cheesecake Brownie (GF)
- 120 Jelly Lemon Slice
- 122 Passionfruit Tart
- 123 Steamed Sticky Date with Salted Butterscotch (GF)
- 124 Upside Down Pineapple Delight (GF, LS)
- 125 Mango Cheesecake

\* 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

ABN 28 792 550 753

**1300 430 488**

info@choicefreshmeals.com.au  
www.choicefreshmeals.com.au

**Please note:** During peak periods (Easter/Xmas), we may have to close orders earlier than noted below

### ROUTES 7, 50, 55, 60, 66, 70, 71, 90, 91, 92, 93

Order by Friday for Wednesday delivery.  
Order by Tuesday for Friday delivery.  
Order by Wednesday for following Monday delivery.

**NB:** Bellarine -  
Please contact  
office.

### ROUTE 4

Order by Thursday for Tuesday delivery.

### ROUTE 15

Order by Monday for Thursday delivery.

### ROUTES 3, 5, 6, 8, 10, 20 & 9

Order by Monday for Thursday delivery.  
Order by Thursday for Tuesday delivery.

## 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



**\$10.90 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.

## 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**

## YOUR ORDER

Customer Number:

Delivery Day: / /

Meal Number							
Size: Reg/Large							
Quantity							