



ABN 28 792 550 753

1300 430 488

41 Connell Road, Oakleigh Victoria 3166

info@choicefreshmeals.com.au

www.choicefreshmeals.com.au

XMAS MENU

	REG	LARGE
ROASTS	\$13.40	\$14.60

- 1 Medley Xmas Roasts (GF)
- 2 Glazed Baked Ham & Mustard Sauce (GF)
- 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)

CASSEROLES	\$13.40	\$14.60
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- 14* Creamy Mushroom & Garlic Chicken (GF, LS, D)
- 16 Beef & Vegetable Hot Pot (LS, D, GF)
- 17 Lamb Bourguignon (GF)

PASTA	\$13.40	\$14.60
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- 20* Spaghetti Bolognese (LS, D)
- 22* Ravioli with Bacon & Mushroom Sauce
- 23 Spaghetti & Meatballs
- 29* Traditional Bolognese Lasagna

FISH	\$13.40	\$14.60
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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

XMAS SPECIALS	\$13.40	\$14.60
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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)

VEGETARIAN SPECIALS	\$13.40	\$14.60
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- 133 Sweet Potato & Cheese Croquettes
- 134 Honey Roasted Pumpkin Frittata (GF, LS)
- 136 Spinach & Ricotta Cannelloni

SANDWICHES \$7.90

- 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 24th November 2025

	REG	LARGE
GOURMET	\$13.90	\$15.40

- 70 Sirloin with Bacon & Mushroom Sauce (GF)
- 71 Braised Lamb Chops with Rich Tomato Gravy (GF)
- 75 Orange & Honey Glazed Salmon (GF)
- 77* Garlic Prawns
- 78 BBQ Pork Ribs (LS)

ASIAN CORNER \$13.40 \$14.60

- 81* Pork Noodles
- 84* Thai Basil Beef (Pad Gra Prow)
- 88 Sweet & Sour Chicken (GF, LS, D)

QUICHE \$13.40 \$14.60

- 41 Bacon & Egg
- 43 Smoked Salmon & Asparagus (LS)

PIES \$13.40

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

\$13.40 \$14.60

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

GOURMET SALADS \$13.40 \$14.60

Do not reheat - do not freeze

- 104 Greek Lamb Salad (GF, DNR)
- 105 Smoked Salmon Salad (GF, DNR)
- 106* Poached Chicken Caesar Salad (DNR)

PREMIUM \$16.90

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

SOUPS \$4.90 \$8.90

- 301 Pumpkin (GF)
- 302 Minestrone Soup (D, GF)
- 303 Potato Leek & Bacon (GF)
- 304 Cream of Carrot & Parsnip (GF)
- 307 Lamb & Barley



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

WHOLE TRAY \$16.40

- 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 Shepherds Pie (GF)
- 99 Egg & Bacon Pie

	REG	XLARGE
DESSERT	\$5.50	\$14.60

- 111 Bread & Butter Pudding
- 112 Traditional Trifle (DNR, DNF, GF)
- 113 Apple & Pear Crumble (LS)
- 114 Choc Banana Buttermilk Loaf (GF)
- 115 Traditional Fruit Salad (LS, D, DNR, GF)
- 116 Choc Chip Biscuit Cake (GF, LS)
- 117 Exotic Fruit Salad (GF)
- 119 Xmas Pudding & Brandy Custard
- 120 Jelly Lemon Slice
- 121 Pina Colada Cheesecake
- 122 Passionfruit Tart
- 123 Steamed Sticky Date with Salted Butterscotch (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 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:

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Meal Number							
Size: Reg/Large							
Quantity							