



ABN 28 792 550 753

**1300 430 488**

41 Connell Road, Oakleigh Victoria 3166

info@choicefreshmeals.com.au

www.choicefreshmeals.com.au

## SUMMER MENU

	REG	LARGE
<b>ROASTS</b>	<b>\$13.60</b>	<b>\$14.60</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>\$13.60</b>	<b>\$14.60</b>
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- 14\* Creamy Mushroom & Garlic Chicken (GF, LS, D)
- 16 Beef & Vegetable Hot Pot (LS, D, GF)
- 18 Lamb Tagine

<b>PASTA</b>	<b>\$13.60</b>	<b>\$14.60</b>
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- 20\* Spaghetti Bolognese (LS, D)
- 22\* Ravioli with Bacon & Mushroom Sauce
- 29\* Traditional Bolognese Lasagna

<b>FISH</b>	<b>\$13.60</b>	<b>\$14.60</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>SUMMER SPECIALS</b>	<b>\$13.60</b>	<b>\$14.60</b>
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- 30 Curried Sausages (GF)
- 52 Chicken Cordon Bleu
- 53 Southern Fried Chicken
- 54 Mixed Grill
- 56 Mango Chicken Curry (LS, D, GF)

<b>VEGETARIAN SPECIALS</b>	<b>\$13.60</b>	<b>\$14.60</b>
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- 132 Pumpkin & Parmesan Risotto Balls (LS, D)
- 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 19th January 2026

	REG	LARGE
<b>GOURMET</b>	<b>\$13.90</b>	<b>\$15.40</b>

- 71 Braised Lamb Chops with Rich Tomato Gravy (GF)
- 73 Veal Marsala
- 75 Orange & Honey Glazed Salmon (GF)
- 74 Slow Cooked Pork Shoulder with Mustard Sauce (GF)
- 77\* Garlic Prawns

<b>ASIAN CORNER</b>	<b>\$13.60</b>	<b>\$14.60</b>
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- 82 Honey Soy Ginger Pork (GF)
- 84\* Thai Basil Beef (Pad Gra Prow)
- 88 Sweet & Sour Chicken (GF, LS, D)

<b>QUICHE</b>	<b>\$13.60</b>	<b>\$14.60</b>
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- 41 Bacon & Egg
- 43 Smoked Salmon & Asparagus (LS)

<b>PIES</b>	<b>\$13.60</b>	<b>\$14.60</b>
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- 42\* Mushroom & Garlic Chicken Pie
- 45 Beef & Vegetable Pie

**\$13.60 \$14.60**

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

<b>GOURMET SALADS</b>	<b>\$13.60</b>	<b>\$14.60</b>
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Do not reheat - do not freeze

- 102 Quiche Lorraine Salad
- 104 Greek Lamb Salad (GF, DNR)
- 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
- 144 Duck L'Orange (GF, LS, D)

<b>SOUPS</b>	<b>\$4.90</b>	<b>\$9.00</b>
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- 301 Pumpkin (GF)
- 302 Minestrone Soup (D, GF)
- 303 Potato Leek & Bacon (GF)
- 305 Creamy Zucchini and Coconut
- 307 Lamb & Barley



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

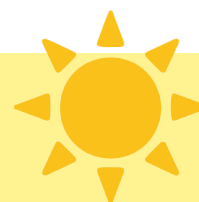
<b>WHOLE TRAY</b>	<b>\$16.60</b>
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- 91\* Traditional Bolognese Lasagne
- 92 Bacon & Egg Quiche
- 93 Mixed Vegetables (GF, LS, D)
- 94 Spinach & Ricotta Cannelloni
- 96 Smoked Salmon & Asparagus Quiche
- 97 Roast Chicken 1/2 (GF) **\$10.00**
- 98 Shepherds Pie (GF)
- 99 Egg & Bacon Pie

	REG	XLARGE
<b>DESSERT</b>	<b>\$5.60</b>	<b>\$14.60</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)
- 119 Xmas Pudding & Brandy Custard
- 120 Jelly Lemon Slice
- 121 Pina Colada Cheesecake
- 123 Steamed Sticky Date with Salted Butterscotch (GF)
- 124 Citrus Tart
- 125 Choc Ripple
- 126 Tiramisu

\* 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 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@choicerefreshmeals.com.au



**DRIVER** Complete this order form  
and give to the driver



**ONLINE** www.choicerefreshmeals.com.au



**\$10.90 Delivery** Fee applies. Minimum order  
value **\$60.00** (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							