



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)

	REG	LARGE
<b>CASSEROLES</b>	<b>\$13.60</b>	<b>\$14.60</b>

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

	REG	LARGE
<b>PASTA</b>	<b>\$13.60</b>	<b>\$14.60</b>

20\* Spaghetti Bolognese (LS, D)  
 22\* Ravioli with Bacon & Mushroom Sauce  
 29\* Traditional Bolognese Lasagna

	REG	LARGE
<b>FISH</b>	<b>\$13.60</b>	<b>\$14.60</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>\$13.60</b>	<b>\$14.60</b>

30 Curried Sausages (GF)  
 52 Chicken Cordon Bleu  
 53 Southern Fried Chicken  
 54 Mixed Grill  
 56 Mango Chicken Curry (LS, D, GF)

	REG	LARGE
<b>VEGETARIAN SPECIALS</b>	<b>\$13.60</b>	<b>\$14.60</b>

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



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

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

	REG	LARGE
<b>ASIAN CORNER</b>	<b>\$13.60</b>	<b>\$14.60</b>

82 Honey Soy Ginger Pork (GF)  
 84\* Thai Basil Beef (Pad Gra Prow)  
 88 Sweet & Sour Chicken (GF, LS, D)

	REG	LARGE
<b>QUICHE</b>	<b>\$13.60</b>	<b>\$14.60</b>

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

	REG	LARGE
<b>PIES</b>	<b>\$13.60</b>	

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

**\$13.60 \$14.60**

47 Shepherds Pie (GF)  
 48 Egg & Bacon Pie

	REG	LARGE
<b>GOURMET SALADS</b>	<b>\$13.60</b>	<b>\$14.60</b>

*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)

	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**

72 Crumbed Lamb Cutlets  
 144 Duck L'Orange (GF, LS, D)

	REG	LARGE
<b>SOUPS</b>	<b>\$4.90</b>	<b>\$9.00</b>

301 Pumpkin (GF)  
 302 Minestrone Soup (D, GF)  
 303 Potato Leek & Bacon (GF)  
 305 Creamy Zucchini and Coconut  
 307 Lamb & Barley

**WHOLE TRAY** **\$16.60**

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.**



## TO ORDER

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



**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 **\$60.00** (Split invoices \$65)

Please have your  
**CUSTOMER NUMBER**  
ready when ordering

**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.

## 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							