



ABN 28 792 550 753

1300 430 488

41 Connell Road, Oakleigh Victoria 3166

info@choicefreshmeals.com.au

www.choicefreshmeals.com.au

AUTUMN MENU

	REG	LARGE
ROASTS	\$13.60	\$14.80

- 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	\$13.60	\$14.80
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- 14* Creamy Mushroom & Garlic Chicken (GF, LS, D)
- 16 Beef & Vegetable Hot Pot (LS, D, GF)
- 17 Country Lamb Casserole (GF)

PASTA	\$13.60	\$14.80
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- 20* Spaghetti Bolognese (LS, D)
- 21* Chicken Pesto Gnocchi
- 22* Ravioli with Bacon & Mushroom Sauce
- 29* Traditional Bolognese Lasagna

FISH	\$13.60	\$14.80
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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

AUTUMN SPECIALS	\$13.60	\$14.80
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- 30 Curried Sausages (GF)
- 51* Crumbed Rissoles
- 52 Chicken Cordon Bleu
- 53* Southern Fried Chicken
- 54 Mixed Grill
- 56 Mango Chicken Curry (LS, D, GF)

VEGETARIAN SPECIALS	\$13.60	\$14.80
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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 16th March 2026

	REG	LARGE
GOURMET	\$13.90	\$15.40

- 71 Braised Lamb Chops with Rich Tomato Gravy (GF)
- 74 Veal Saltimbocca (GF)
- 78* Slow cooked Pork Shoulder with Pear & Port Wine Sauce (GF)
- 76 Salmon Wellington
- 77* Garlic Prawns

ASIAN CORNER	\$13.60	\$14.80
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- 82 Honey Soy Ginger Pork (GF)
- 84* Thai Basil Beef (Pad Gra Prow)
- 88 Sweet & Sour Chicken (GF, LS, D)

QUICHE	\$13.60	\$14.80
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- 41 Bacon & Egg
- 43 Smoked Salmon & Asparagus (LS)

PIES	\$13.60	\$14.80
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- 42* Mushroom & Garlic Chicken Pie
- 45 Beef & Vegetable Pie

	\$13.60	\$14.80
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- 47 Shepherds Pie (GF)
- 48 Egg & Bacon Pie

GOURMET SALADS	\$13.60	\$14.80
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- Do not reheat - do not freeze*
- 102 Quiche Lorraine Salad
- 103 Lamb, Bean & Chickpea Salad (GF, D, LS)
- 105 Smoked Salmon Salad (GF, DNR)
- 106* Poached Chicken Caesar Salad (DNR)

PREMIUM	\$16.90
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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)

SOUPS	\$4.90	\$9.00
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- 301 Pumpkin (GF)
- 302 Minestrone Soup (D, GF)
- 303 Potato Leek & Bacon (GF)
- 304* Creamy Tuscan Chicken Soup (GF, LS)
- 307 Lamb & Barley



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

WHOLE TRAY	\$16.80
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- 90 Honey Roasted Pumpkin Frittata (GF, LS)
- 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	\$5.60	\$14.80

- 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)
- 120 Jelly Lemon Slice
- 122 Anzac 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



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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.

With fuel prices doubling over the last three weeks, we regret that we need to impose a small surcharge per 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							