

Order Form

Meal selection available from Tuesday 14 November 2023

Step 1:

Please complete the information below:

Name	
Address	
Telephone	
Date of Order	

How many meals per week would you like?	
Which days would you like delivery? You must be home to receive your meals between 8.30am and 12pm. You may choose to have a delivery on multiple days or have all meals delivered on the same day each week.	Tuesday Wednesday Thursday Friday (No deliveries to Mandurah area or Baldivis on Fridays)
Do you require diabetic desserts?	Yes No

Note: We cannot provide Wheat/Lactose free meals and we are unable to exclude any ingredients from the meal.

Please only select meals from the menu that meet your dietary needs. If you have any serious food allergies or require Texture Modified Food, please contact our staff to discuss prior to ordering.

Step 2:

Select the items you would like to have delivered each week from the attached menu. Known allergens have been stated next to each meal item on the menu. **Please note - Your order will become a recurring service and will remain the same each week unless otherwise advised.** If you would like to change a meal, we require 5 days' notice for any change to come into effect.

Step 3:

Return the completed form to the office for processing. Forms can be returned by:

- Emailing meals@chorus.org.au
- Calling our Team Monday to Friday between 8am and 2pm on **9435 1379** (please note we are closed on public holidays)
- Handing the form to your delivery driver

Main Meal	Allergens	Suitable for Texture Modification	Diabetic Friendly	Suitable for Vegetarians	Please put in number of meals required below
Apricot Chicken with Rice , roasted cauliflower and steamed peas	Fruit, Wheat	Broccoli replaces Peas	✓	✗	
Baked Lemon and Herb Fish with Parsley Sauce , smashed jacket potato, roasted rosemary pumpkin and steamed cabbage	Dairy, Wheat, Fish	✓	✓	✗	
Beef Lasagne with spiced sweet potato, steamed lemon, pepper and parsley cauliflower	Dairy, Wheat, Citrus	✓	✓	✗	
Butter Chicken with saffron rice , roasted cumin cauliflower and steamed broccoli	Dairy, Wheat	✓	✓	✗	
Fisherman's Pie with steamed broccoli, carrots with butter and parsley	Dairy, Wheat, Fish	✓	✓	✗	
Lamb Meatloaf with Gravy , mashed potato, roast carrots and peas	Dairy, Egg, Wheat	Brussels sprouts replace Peas	✓	✗	
Roast Beef with Gravy and Horseradish , garlic and pepper roast potatoes, roast carrot with thyme and broccoli bake	Dairy, Egg, Wheat, Soy	✓	✓	✗	
Roast Pork with Apple Sauce and Gravy , creamy potato bake, steamed cabbage and chives, roast pumpkin	Dairy	✓	✓	✗	
Shepherd's Pie with Potato and Parsnip Topping , pumpkin and balsamic Brussels sprouts	Dairy, Wheat	✓	✓	✗	
Sweet & Sour Pork with Basmati Rice , green beans and steamed broccoli	Fruit, Capsicum, Wheat, Soy	Carrots replace Green Beans	✓	✗	

Vegetarian meals	Allergens	Suitable for Texture Modification	Diabetic Friendly	Suitable for Vegetarians	Please put in number of meals required below
Creamy Mushroom Risotto with roast carrots and peas	Dairy, Alcohol, Mushroom	Brussels sprouts replace Peas	✓	✓	
Lentil and Vegetable Shepherd's Pie with pumpkin and balsamic Brussels sprouts	Dairy, Wheat	✓	✓	✓	
Macaroni Cheese with steamed broccoli and carrots with butter and parsley	Dairy, Wheat	✓	✓	✓	
Pumpkin and Feta Filo Parcel with roasted cauliflower and steamed peas	Dairy, Wheat, Soy	✗	✓	✓	
Spinach and Ricotta Cannelloni with Tomato Sauce , smashed jacket potato, roasted rosemary pumpkin and steamed cabbage	Dairy, Wheat	✓	✓	✓	
Sweet Potato and Coriander Fritters with Tomato Salsa , green beans and steamed broccoli	Egg, Wheat	Carrots replace Green Beans	✓	✓	
Vegetarian Lasagne with spiced sweet potato, steamed lemon, pepper and parsley cauliflower	Dairy, Wheat	✓	✓	✓	

Please see over the page for the Soup and Dessert Menu

Soup	Allergens	Suitable for Texture Modification	Diabetic Friendly	Suitable for Vegetarians	Please put in number of meals required below
Barley Soup	Barley	✗	✓	✓	
Cauliflower Soup	Dairy	✓	✓	✓	
Coconut and Lemongrass Soup	Dairy	✓	✓	✓	
Cream of Mushroom Soup	Dairy, Wheat, Mushroom	✓	✓	✓	
Creamy Potato Soup	Dairy, Wheat	✓	✓	✓	
Mixed Vegetable Soup	Dairy, Wheat	✓	✓	✓	
Pea and Ham Soup	Dairy, Wheat, Sulphite	✓	✓	✗	
Pumpkin Soup	Dairy, Wheat	✓	✓	✓	
Tomato Soup		✓	✓	✓	
Tomato and Sweet Potato Soup	Dairy, Wheat	✓	✓	✓	

Desserts	Allergens	Suitable for Texture Modification	Diabetic Friendly	Suitable for Vegetarians	Please put in number of meals required below
Banana Ginger Pudding	Dairy, Wheat, Egg, Sulphite	✓	✓	✓	
Blackberry Cheesecake	Dairy, Wheat, Sulphite	✓	✓	✓	
Blueberry and Lemon Bread Pudding	Dairy, Wheat, Egg	✓	✓	✓	
Date and Apple Crumble	Dairy, Wheat, Oats, Sulphite	✗	✓	✓	
Italian Apple Cake	Dairy, Wheat, Egg, Sulphite, Seeds	✓	✓	✓	
Rhubarb and Custard Strudel	Dairy, Wheat, Sulphite	✗	✓	✓	
Rice Pudding	Dairy, Sulphite	✓	✓	✓	
Semolina and Pear Pudding	Dairy, Wheat, Egg	✓	✓	✓	
Sticky Date Pudding	Dairy, Wheat, Egg	✓	✓	✓	
Sticky Vanilla Pudding	Dairy, Wheat, Egg	✓	✓	✓	

Please see over for Main Meal Menu