

Order Form

Meal selection available from Tuesday 26th March 2024

Step 1:

Please complete the information below:

Name	
Address	
Telephone	
Date of Order	
Delivery Start Date	

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 12.30pm. You may choose to have a delivery on multiple days or have all meals delivered on the same day each week.	Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/>
Do you require diabetic desserts?	Yes <input type="checkbox"/> No <input type="checkbox"/>

We are unable to 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	Number of Meals Required
Apricot Chicken and Rice with roasted cauliflower and steamed peas	Fruit, Wheat	Broccoli replaces peas	✓	✗	
Baked Fish and Roasted Capsicum, Tomato Sauce and Polenta with roasted sweet potato and green beans	Fish, Dairy, Capsicum	Broccoli replaces beans	✓	✗	
Beef in Red Wine Casserole with mashed potato, roasted pumpkin and cabbage	Alcohol, Dairy, Wheat	✓	✓	✗	
Beef Lasagne with spiced sweet potato and cauliflower with steamed lemon, pepper and parsley	Dairy, Wheat, Citrus	✓	✓	✗	
Butter Chicken and Saffron Rice with cauliflower with roasted cumin and steamed broccoli	Dairy	✓	✓	✗	
Creamy Mushroom Risotto with roast carrots and peas	Dairy, Alcohol, Mushroom	Brussel sprouts replace peas	✓	✓	
Fisherman's Pie with steamed broccoli, carrots with butter and parsley	Dairy, Wheat, Fish	✓	✓	✗	
Lamb Meatloaf and Gravy with mashed potato, roast carrots and peas	Dairy, Egg, Wheat	Brussel sprouts replaces peas	✓	✗	
Lentil and Vegetable Shepherd's Pie with Pumpkin and balsamic brussel sprouts	Dairy	✓	✓	✓	
Macaroni Cheese with steamed broccoli, carrots with butter and parsley	Dairy, Wheat	✓	✓	✓	
Potato Curry and Rice with roasted cumin Cauliflower and broccoli	Dairy	✓	✓	✓	
Pumpkin and Feta Filo Parcel with roasted cauliflower and steamed peas	Dairy, Wheat, Soy	✗	✓	✓	
Roast Beef and Gravy with garlic and pepper roast potatoes, roast carrot with thyme and broccoli bake	Dairy, Egg, Wheat, Soy	✓	✓	✗	
Roast Pork with Apple Sauce and Gravy with roast potatoes, steamed cabbage and chives and roasted pumpkin	Dairy, Wheat	✓	✓	✗	
Shepherd's Pie with Potato and Parsnip Topping with pumpkin and balsamic brussel sprouts	Dairy, Wheat	✓	✓	✗	
Spinach and Ricotta Cannelloni and Tomato Sauce with smashed jacket potato, roast rosemary pumpkin and steamed cabbage	Dairy, Wheat	✓	✓	✓	
Sweet and Sour Pork and Basmati Rice, with green beans and steamed broccoli	Fruit, Capsicum, Wheat, Soy	Carrots replaces beans	✓	✗	
Sweet Potato and Coriander Fritters and Tomato Salsa with green beans and steamed broccoli	Egg, Wheat	Carrots replaces beans	✓	✓	
Vegetable Lasagne with spiced sweet potato and steamed lemon cauliflower with pepper and parsley	Dairy, Wheat	✓	✓	✓	

Please see over the page for the Soup and Dessert Menu

Soup	Allergens	Suitable for Texture Modification	Diabetic Friendly	Suitable for Vegetarians	Number of Meals Required
Broccoli Soup	Dairy, Wheat	✓	✓	✓	
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	Number of Meals Required
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	✓	✓	✓	
Lamington with Jam and Cream	Egg, Dairy, Wheat, Sulphite	✗	✓	✓	
Rhubarb and Custard Strudel	Dairy, Wheat, Sulphite	✗	✓	✓	
Rice Pudding	Dairy, Sulphite	✓	✓	✓	
Semolina and Pear Pudding	Dairy, Wheat, Egg	✓	✓	✓	
Sticky Date Pudding	Dairy, Wheat, Egg	✓	✓	✓	
Tiramisu	Egg, Dairy, Wheat	✓	✓	✓	
Vanilla Pudding	Dairy, Wheat, Egg	✓	✓	✓	

Please see over for Main Meal Menu