

# Order Form

Meal selection available from Tuesday 21 May 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?<br>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<br>Wednesday<br>Thursday |
| Do you require diabetic desserts?   | Yes<br>No                        |

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 [albanymeals@chorus.org.au](mailto:albanymeals@chorus.org.au)
- Calling our Team Monday to Friday between 8am and 3pm on **9841 2168** (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 |
|---|-----------------------------|-----------------------------------|-------------------|--------------------------|--------------------------|
| <b>Apricot Chicken and Rice</b> with roasted cauliflower and steamed peas   | Fruit, Wheat                | Broccoli replaces peas            | ✓                 | ✗                        |                          |
| <b>Baked Chicken with Gravy</b> , with garlic and pepper roast potatoes, roast carrot with thyme and broccoli bake            | Dairy, Egg, Wheat, Soy      | ✓                                 | ✓                 | ✗                        |                          |
| <b>Baked Fish and Roasted Capsicum, Tomato Sauce and Polenta</b> with roasted sweet potato and green beans                    | Fish, Dairy, Capsicum       | Broccoli replaces beans           | ✓                 | ✗                        |                          |
| <b>Beef in Red Wine Casserole</b> with mashed potato, roasted pumpkin and cabbage   | Alcohol, Dairy, Wheat       | ✓                                 | ✓                 | ✗                        |                          |
| <b>Beef Lasagne</b> with spiced sweet potato and cauliflower with steamed lemon, pepper and parsley                           | Dairy, Wheat, Citrus        | ✓                                 | ✓                 | ✗                        |                          |
| <b>Butter Chicken and Saffron Rice</b> with cauliflower with roasted cumin and steamed broccoli                               | Dairy                       | ✓                                 | ✓                 | ✗                        |                          |
| <b>Creamy Mushroom Risotto</b> with roast carrots and peas  | Dairy, Alcohol, Mushroom    | Brussel sprouts replace peas      | ✓                 | ✓                        |                          |
| <b>Fisherman's Pie</b> with steamed broccoli, carrots with butter and parsley   | Dairy, Wheat, Fish          | ✓                                 | ✓                 | ✗                        |                          |
| <b>Lamb Meatloaf and Gravy</b> with mashed potato, roast carrots and peas   | Dairy, Egg, Wheat           | Brussel sprouts replaces peas     | ✓                 | ✗                        |                          |
| <b>Lentil and Vegetable Shepherd's Pie</b> with Pumpkin and balsamic brussel sprouts  | Dairy                       | ✓                                 | ✓                 | ✓                        |                          |
| <b>Macaroni Cheese</b> with steamed broccoli, carrots with butter and parsley   | Dairy, Wheat                | ✓                                 | ✓                 | ✓                        |                          |
| <b>Pork and Fennel Meatloaf and Gravy</b> , with roast potatoes, steamed cabbage and chives and roasted pumpkin               | Dairy, Fruit                | ✓                                 | ✓                 | ✗                        |                          |
| <b>Potato Curry and Rice</b> with roasted cumin Cauliflower and broccoli  | Dairy                       | ✓                                 | ✓                 | ✓                        |                          |
| <b>Pumpkin and Feta Filo Parcel</b> with roasted cauliflower and steamed peas   | Dairy, Wheat, Soy           | ✗                                 | ✓                 | ✓                        |                          |
| <b>Shepherd's Pie with Potato and Parsnip Topping</b> with pumpkin and balsamic brussel sprouts                               | Dairy, Wheat                | ✓                                 | ✓                 | ✗                        |                          |
| <b>Spinach and Ricotta Cannelloni and Tomato Sauce</b> with smashed jacket potato, roast rosemary pumpkin and steamed cabbage | Dairy, Wheat                | ✓                                 | ✓                 | ✓                        |                          |
| <b>Sweet and Sour Pork and Basmati Rice</b> , with green beans and steamed broccoli   | Fruit, Capsicum, Wheat, Soy | ✗                                 | ✓                 | ✗                        |                          |
| <b>Sweet Potato and Coriander Fritters and Tomato Salsa</b> with green beans and steamed broccoli                             | Egg, Wheat                  | Carrots replaces beans            | ✓                 | ✓                        |                          |
| <b>Vegetable Lasagne</b> 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