

Menu and Order Form

Meal selection available commencing October 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 & 12.30pm. You may choose to have a delivery on multiple days or have all meals delivered on the same day each week.	Tuesday Wednesday Thursday
Do you require diabetic desserts?	Yes No

We are unable to provide Wheat/Gluten or Lactose free meals & 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 & will remain the same each week unless otherwise advised.** If you would like to change your order, we request 5 days' notice for any change to come into effect. Salads must be ordered by Thursday of the week before. If you would like a fortnightly rotating menu, please indicate the meals you would like to receive on Week 1 and Week 2.

Step 3:

Orders can be placed by:

- Emailing meals@chorus.org.au
- Calling our Team Monday to Friday between 8am & 2pm on **08 9435 1379** (please note we are closed on public holidays)
- Handing the form to your delivery driver

Main Meal	Number of Meals Required
Apricot Chicken & Rice with roasted cauliflower & peas* ALLERGENS: FRUIT, WHEAT, GLUTEN	
Baked Chicken with Gravy with stuffing, roast potatoes, roast carrots & steamed peas* ALLERGENS: MILK, EGG, WHEAT, GLUTEN (MAY CONTAIN SOY)	
Baked Fish with Roast Capsicum & Tomato Sauce, Polenta with roast sweet potato & green beans* ALLERGENS: FISH, MILK, CAPSICUM (GF)	
Beef in Red Wine Casserole with mashed potato, roasted pumpkin & steamed broccoli ALLERGENS: WHEAT, GLUTEN, MILK, ALCOHOL, SULPHITES	
Beef Pasta Bolognese with spiced roasted sweet potato & steamed cabbage ALLERGENS: WHEAT, GLUTEN, SOY	
Chicken Cacciatore with Pasta, roast sweet potato & steamed cabbage ALLERGENS: WHEAT, GLUTEN, SOY	
Creamy Mushroom Risotto with roast carrots & steamed peas* (V) (GF) ALLERGENS: MILK, SULPHITES	
Fisherman's Pie with steamed broccoli, carrots with butter & parsley ALLERGENS: MILK, WHEAT, GLUTEN, FISH	
Lamb Curry with saffron rice, roast cumin cauliflower & broccoli (GF) ALLERGENS:	
Lamb Meatloaf & Gravy with mashed potato, roast carrots & steamed peas* ALLERGENS: MILK, EGG, WHEAT, GLUTEN (MAY CONTAIN SOY, SESAME)	
Lentil Moussaka with roast sweet potato & cabbage (V) ALLERGENS: MILK, WHEAT, GLUTEN (<i>not suitable for texture modification</i>)	
Macaroni Cheese with steamed broccoli, carrots with butter & parsley (V) ALLERGENS: MILK, WHEAT, GLUTEN	
Potato Curry & Rice with roasted cumin cauliflower & steamed broccoli (V) (GF) ALLERGENS:	
Pumpkin & Spinach Pasta with roasted cauliflower & steamed peas* (V) ALLERGENS: MILK, WHEAT, GLUTEN	
Roast Pork with Apple Sauce & Gravy with roast potatoes, green beans & roast pumpkin* (GF) ALLERGENS: MILK, (MAY CONTAIN SOY, SESAME)	
Spinach & Ricotta Lasagne with spiced roast sweet potato & cabbage (V) ALLERGENS: MILK, WHEAT, GLUTEN	
Sweet & Sour Pork & Basmati Rice with green beans & steamed broccoli ALLERGENS: WHEAT, GLUTEN, SOY (<i>not suitable for texture modification</i>)	
Sweet Potato & Coriander Fritters & Tomato Salsa with green beans & steamed broccoli* (V) ALLERGENS: EGG, WHEAT, GLUTEN	
Vegetable Ratatouille with roasted pumpkin & steamed broccoli (V) (GF) ALLERGENS: MILK (<i>not suitable for texture modification</i>)	

FRESH SUMMER SALADS PLEASE – SALAD ORDERS REQUIRED BY THURSDAY OF THE WEEK BEFORE

Bacon & Zucchini Slice with Greek salad (GF) ALLERGENS: EGG, MILK, SULPHITE (<i>not suitable for texture modification</i>)	
Chicken Roll with pumpkin, rocket, pearl couscous ALLERGENS: MILK, EGG, SOY (<i>not suitable for texture modification</i>)	
Egg Salad with pasta salad with tomato, basil & olive oil (V) ALLERGENS: MILK, EGG, SOY (<i>not suitable for texture modification</i>)	

(V) Vegetarian (GF) Gluten Free

*Peas will be replaced with brussel sprouts or broccoli, beans will be replaced with carrot or broccoli in texture modified meals.

Soup	Number of Soups Required
Cauliflower Soup (V) (GF) ALLERGENS: MILK	
Coconut & Lemongrass Soup (V) (GF) ALLERGENS: MILK	
Cream of Mushroom Soup (V) (GF) ALLERGENS: MILK	
Creamy Potato Soup (V) (GF) ALLERGENS: MILK	
Mixed Vegetable Soup (V) (GF) ALLERGENS:	
Pea & Ham Soup (GF) ALLERGENS: MILK, SULPHITE	
Pumpkin Soup (V) (GF) ALLERGENS: MILK	
Tomato & Sweet Potato Soup (V) (GF) ALLERGENS:	

Note: Broccoli and Tomato soup have been discontinued.

Desserts	Number of Desserts Required
Blackberry Cheesecake ALLERGENS: MILK, WHEAT, GLUTEN, SULPHITES	
Blueberry & Peach Teacake ALLERGENS: EGG, MILK, WHEAT, GLUTEN	
Date & Apple Crumble (<i>not suitable for texture modification</i>) ALLERGENS: MILK, WHEAT, GLUTEN, OAT, SULPHITE	
Italian Apple Cake ALLERGENS: MILK, WHEAT, GLUTEN, EGG, SULPHITES	
Lamington with Jam & Cream (<i>not suitable for texture modification</i>) ALLERGENS: EGG, MILK, WHEAT, GLUTEN, SULPHITES	
Marmalade Bread Pudding ALLERGENS: MILK, WHEAT, GLUTEN, EGG, CITRUS	
Mocha Crumble Cake ALLERGENS: EGG, MILK, WHEAT, GLUTEN	
Pana Cotta (GF) ALLERGENS: MILK, SULPHITES	
Rhubarb & Custard Strudel (<i>not suitable for texture modification</i>) ALLERGENS: MILK, WHEAT GLUTEN, SULPHITES	
Rice Pudding (GF) ALLERGENS: MILK, SULPHITES	
Sticky Date Pudding ALLERGENS: MILK, WHEAT, GLUTEN, EGG	
Tiramisu ALLERGENS: EGG, MILK, WHEAT, GLUTEN	

Please advise our staff if you require diabetic friendly desserts

Please see over for Main Meal Menu