

Menu and Order Form

Meal selection available commencing April 2025

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? <i>You can choose multiple days or have all meals delivered on one day. You must be home to receive your meals between 8.30am & 12.30pm.</i>	Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/>
Is this order a once off delivery or a recurring weekly/fortnightly order? If you tick recurring, you can change this at any time however, we require 3 working day's notice.	Recurring Order <input type="checkbox"/> Once Off Delivery <input type="checkbox"/>
Do you require diabetic desserts?	Yes <input type="checkbox"/> No <input type="checkbox"/>

We can provide a limited selection of Wheat/Gluten meals. Known allergens have been stated next to each meal item on the menu. We are unable to modify any meals.

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. **If you would like to change your order, we request 3 working days' notice for any change to come into effect.** If you would like a weekly rotating menu, please indicate the meals you would like to receive and note Week 1 and Week 2.

Step 3:-

Orders can be placed by:

- Emailing albanymeals@chorus.org.au
- Calling our Team Tuesday to Thursday between 8am & 3pm on **9841 2168** (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 broccoli ALLERGENS: MILK, EGG, WHEAT, GLUTEN (MAY CONTAIN SOY)	
Beef in Red Wine Casserole with mashed potato, roasted pumpkin & steamed broccoli ALLERGENS: WHEAT, GLUTEN, MILK, ALCOHOL, SULPHITES	
Beef Lasagne with spiced roasted sweet potato & steamed broccoli ALLERGENS: WHEAT, GLUTEN, SOY, MILK	
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	
Fish Cakes with Herb Caper Sauce with roast sweet potato & green beans* ALLERGENS: FISH, MILK, WHEAT, GLUTEN, EGG	
Fisherman's Pie with steamed broccoli, carrots with butter & parsley ALLERGENS: MILK, WHEAT, GLUTEN, FISH	
Lamb Curry with Turmeric rice, roast cumin cauliflower & broccoli (GF) ALLERGENS: NONE	
Lamb Irish Stew with roast carrots and cabbage ALLERGENS: WHEAT, GLUTEN, MILK, BARLEY	
Lentil Shepherd's Pie with roast pumpkin & steamed broccoli (V) <i>(not suitable for texture modification)</i> ALLERGENS: MILK, WHEAT, GLUTEN	
Macaroni Cheese with steamed broccoli, carrots with butter & parsley (V) ALLERGENS: MILK, WHEAT, GLUTEN	
Pork Sausages & Onion Gravy with mashed potato, roast carrots & steamed peas* ALLERGENS: MILK, WHEAT, GLUTEN, SULPHITES, SOY	
Potato Curry & Turmeric Rice with roasted cumin cauliflower & steamed broccoli (V) (GF) ALLERGENS: NONE	
Pumpkin & Spinach Pasta with roast sweet potato & cabbage (V) ALLERGENS: MILK, WHEAT, GLUTEN	
Roast Beef with Gravy with cauliflower bake & steamed peas ALLERGENS: MILK, WHEAT, GLUTEN, SOY	
Roast Pork with Apple Sauce & Gravy with roast potatoes, green beans & roast pumpkin* (GF) ALLERGENS: MILK, (MAY CONTAIN SOY, SESAME)	
Spinach & Feta Filo (Spanakopita) with roast cauliflower & steamed peas (V) ALLERGENS: MILK, WHEAT, GLUTEN, EGG (not suitable for texture modification)	
Spinach & Ricotta Lasagne with spiced roast sweet potato & cabbage (V) ALLERGENS: MILK, WHEAT, GLUTEN	
Three Bean Stew with steamed cabbage & roast carrots (V) (GF) <i>(not suitable for texture modification)</i> ALLERGENS: NONE	
Zucchini & Corn Fritters with Tomato Chutney, roast sweet potato and steamed green beans (V) * ALLERGENS: EGG, WHEAT, GLUTEN (not suitable for texture modification)	

(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
Carrot & Parsnip Soup (V) (GF) ALLERGENS: MILK	
Cauliflower Soup (V) (GF) ALLERGENS: MILK	
Chicken & Vegetable Soup (GF) ALLERGENS: NONE	
Creamy Corn Soup (V) (GF) <i>(not suitable for texture modification)</i> ALLERGENS: MILK	
Mixed Vegetable Soup (V) (GF) ALLERGENS: NONE	
Mushroom Soup (V) (GF) ALLERGENS: MILK	
Pea & Ham Soup (GF) ALLERGENS: MILK, SULPHITE	
Potato & Leek Soup (V) (GF) ALLERGENS: MILK	
Pumpkin Soup (V) (GF) ALLERGENS: MILK	
Tomato & Sweet Potato Soup (V) (GF) ALLERGENS: NONE	

Desserts	Number of Desserts Required
Apple Strudel <i>(not suitable for texture modification)</i> ALLERGENS: MILK, WHEAT GLUTEN, SULPHITES	
Blueberry & Peach Teacake ALLERGENS: EGG, MILK, WHEAT, GLUTEN	
Chocolate Pudding ALLERGENS: MILK, WHEAT, GLUTEN	
Lamington with Jam & Cream <i>(not suitable for texture modification)</i> ALLERGENS, EGG, MILK, WHEAT, GLUTEN, SULPHITES	
Lemon Cheesecake ALLERGENS: MILK, WHEAT, GLUTEN, SULPHITES	
Orange Cake (GF) ALLERGENS: MILK, EGG	
Pineapple Impossible Pie <i>(not suitable for texture modification)</i> ALLERGENS: MILK, EGG, WHEAT, GLUTEN	
Rhubarb & Apple Crumble <i>(not suitable for texture modification)</i> ALLERGENS: MILK, WHEAT, GLUTEN, OAT, SULPHITE	
Rice Pudding (GF) ALLERGENS: MILK, SULPHITES	
Spiced Bread Pudding ALLERGENS: MILK, WHEAT, GLUTEN, EGG	
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