Menu and Order Form

Meal selection available commencing June 2026

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 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.*	☐ Tuesday ☐ Wednesday ☐ Thursday
Please tick your preferred delivery option. You can change your order at any time, however we require 3 working day's notice.	☐ Weekly ☐ Fortnightly ☐ Monthly (4 x Weekly)

We can provide a limited selection of Wheat/Gluten free meals. However, we can't guarantee these are suitable for people with Coeliac disease. 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, dietary requirements 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 meals@chorus.org.au
- Calling our Team Monday to Friday between 8.00am & 2.30pm on **9435 1379** (please note we are closed on public holidays)
- Handing the form to your delivery driver

Main Meal	Number Required
Baked Chicken, Gravy & Stuffing with roast potatoes, roast pumpkin, green beans* **ALLERGENS: EGG, GLUTEN, WHEAT (MAY CONTAIN MILK, SOY, SULPHITES)**	
Baked Lemon & Herb Fish with jacket potatoes, cabbage, peas* **(GF)** **ALLERGENS: FISH**	
Beef in Red Wine Casserole with mashed potatoes, roast pumpkin, Brussels sprouts **(GF)** **ALLERGENS: MILK, SULPHITES (MAY CONTAIN SOY)**	
Beef Lasagne with roast pumpkin, green beans* **ALLERGENS: GLUTEN, MILK, WHEAT**	
Chicken & Broccoli Casserole with basmati rice, roast sweet potato, green beans* **ALLERGENS: GLUTEN, MILK, WHEAT**	
Creamy Mushroom Pasta with carrots, Brussels sprouts **(V)** **ALLERGENS: GLUTEN, MILK, WHEAT, SULPHITES**	
Honey Soy Chicken & Hokkien Noodles with roast cauliflower, Thai vegetable mix* **ALLERGENS: GLUTEN, SESAME, SOY, WHEAT**	
Leek, Potato & Feta Tart with cabbage, peas* **(V)** **ALLERGENS: GLUTEN, MILK, SOY, WHEAT**	
Lentil Shepherd's Pie with roast pumpkin, Brussels sprouts **(V)** **(GF)** **ALLERGENS: MILK** ***(not suitable for texture modification)***	
Pork Sausages & Onion Gravy with mashed potato, roast carrots, peas* **(GF)** **ALLERGENS: MILK, SULPHITES (MAY CONTAIN SOY)**	
Pumpkin Risotto with carrots, peas* **(V)** **(GF)** **ALLERGENS: MILK, SULPHITES**	
Roast Beef & Gravy with roast potatoes, roast carrots, green beans* **(GF)** **ALLERGENS: (MAY CONTAIN MILK, SOY, SULPHITES)**	
Roast Lamb, Gravy & Mint Jelly with roast potatoes, roast carrots, peas* **(GF)** **ALLERGENS: (MAY CONTAIN MILK, SOY, SULPHITES)**	
Roast Pork, Gravy & Apple Sauce with roast potatoes, roast pumpkin, peas* **(GF)** **ALLERGENS: (MAY CONTAIN MILK, SOY, SULPHITES)**	
Shepherd's Pie with roast pumpkin, Brussels sprouts **(GF)** **ALLERGENS: MILK (MAY CONTAIN SOY, SULPHITES)**	
Spinach & Ricotta Lasagne with carrot, green beans* **(V)** **ALLERGENS: GLUTEN, MILK, WHEAT**	
Sweet & Sour Vegetables with basmati rice, sweet potato, green beans* **(V)** **(GF)** **ALLERGENS: SESAME, SOY** ***(not suitable for texture modification)***	
Tomato & Mushroom Gnocchi with roast sweet potato, Brussels sprouts **(V)** **ALLERGENS: GLUTEN, MILK, WHEAT**	
Tuna Mornay with pasta, roast sweet potato, green beans* **ALLERGENS: FISH, GLUTEN, MILK, WHEAT**	
Vegetable Con 'Carne' with basmati rice, roast sweet potato, green beans* **(V)** **(GF)** **ALLERGENS: NONE** ***(not suitable for texture modification)***	
Vegetable Frittata with carrots, peas* **(V)** **ALLERGENS: EGG, MILK**	

(V) Vegetarian **(GF)** Gluten Free

** Peas will be replaced with Brussels sprouts or broccoli, green beans will be replaced with carrot or broccoli and Thai vegetable mix will be replaced with broccoli in texture modified meals.*

Soup	Number Required
Chicken & Vegetable Soup (GF) *(not suitable for texture modification)* ALLERGENS: NONE	
Creamy Corn Soup (V) (GF) *(not suitable for texture modification)* ALLERGENS: MILK	
Mixed Vegetable Soup (V) (GF) ALLERGENS: NONE	
Mushroom Soup (V) (GF) ALLERGENS: MILK	
Pea & Ham Soup (GF) ALLERGENS: MILK	
Potato & Leek Soup (V) (GF) ALLERGENS: MILK	
Pumpkin Soup (V) (GF) ALLERGENS: MILK	
Sweet Potato & Tomato Soup (V) (GF) ALLERGENS: NONE	

Desserts	Number Required
Apple Strudel *(not suitable for texture modification)* ALLERGENS: GLUTEN, MILK, SOY, WHEAT	
Blueberry & Peach Teacake *(not suitable for texture modification)* ALLERGENS: EGG, GLUTEN, MILK, WHEAT	
Chocolate Pudding with Custard *(not suitable for texture modification)* ALLERGENS: GLUTEN, MILK, SULPHITES, WHEAT	
Golden Syrup Dumplings *(not suitable for texture modification)* ALLERGENS: GLUTEN, MILK, SULPHITES, WHEAT	
Lamington with Jam & Cream *(not suitable for texture modification)* ALLERGENS: EGG, GLUTEN, MILK, SULPHITES, WHEAT	
Lemon Cheesecake ALLERGENS: EGG, GLUTEN, MILK, SULPHITES, WHEAT	
Lime Yoghurt Cake (GF) ALLERGENS: EGG, MILK	
Panna Cotta with Berry Sauce (GF) ALLERGENS: MILK, SULPHITES	
Rhubarb & Apple Crumble with Custard *(not suitable for texture modification)* ALLERGENS: GLUTEN, MILK, OATS, SULPHITES, WHEAT	
Rice Pudding (GF) ALLERGENS: MILK	
Semolina Pudding ALLERGENS: EGG, GLUTEN, MILK	
Tiramisu ALLERGENS: EGG, GLUTEN, MILK, WHEAT	