

Name: \_\_\_\_\_

Suburb: \_\_\_\_\_

Delivery date: \_\_\_\_\_

SAH

**Blue Mountains Food Services Inc.**

Please hand your completed order to our volunteer when your meals are delivered or phone **4759 2811** or email **meals@bmfs.org.au**

| BEEF/VEAL MAIN MEALS \$4.90            | Qty        | CHICKEN MAIN MEALS \$4.90                      | Qty        | MINI MEALS \$3.80                                    | Qty        | DESSERTS \$2.35                                                 | Qty        |
|----------------------------------------|------------|------------------------------------------------|------------|------------------------------------------------------|------------|-----------------------------------------------------------------|------------|
| Beef Pot Roast w/ mash*                |            | Apricot Chicken & pasta                        |            | Barramundi w/lemon butter*                           |            | Apple & Rhubarb Crumble                                         |            |
| BBQ Sausage w/ potato & baked beans*   |            | Butter Chicken w/ rice*                        |            | Beef Rissoles w/ potato bake & gravy*                |            | Apple Crumble *                                                 |            |
| Beef Stroganoff w/ mash *              |            | Chicken Carbonara                              |            | Beef Stroganoff w/ rice*                             |            | Berry Crumble w/ custard*                                       |            |
| Corned Silverside w/ parsley sauce*    |            | Chicken Casserole w/roast potato*              |            | Butter Chicken w/rice *                              |            | Bread & Butter Pudding w/ peaches                               |            |
| Cottage Pie w/ honey glazed carrots*   |            | Chicken Schnitzel w/mash & gravy               |            | Creamy Chicken & Bacon Pasta                         |            | Chocolate Bavarian                                              |            |
| Creamy Rissoles w/mash*                |            | Chicken Curry (mild) w/ rice*                  |            | Corned Silverside & Parsley Sauce*                   |            | Chocolate Mousse                                                |            |
| Curried Sausages w/mash*               |            | Chicken Parmigiana w/roast potato              |            | Garlic Prawns w/ rice*                               |            | Custard Danish                                                  |            |
| Grilled Sausages w/ onion gravy*       |            | Chinese Chicken & Vegetables w/rice*           |            | Honey Soy Chicken w/ fried rice*                     |            | Double Choc Pudding                                             |            |
| Irish Beef Stew*                       |            | Honey Chicken w/ cashews & noodles             |            | Lamb Moussaka*                                       |            | Fruit Salad & Cream*                                            |            |
| Lasagne w/ veg                         |            | Chicken Stir Fry w/ hokkien noodles            |            | Mince Potato Bake w/ veg*                            |            | Golden Syrup Pudding w/ custard                                 |            |
| Meatloaf & gravy                       |            | Honey Soy Chicken w/ fried rice*               |            | Pulled Pork w/ Mexican rice*                         |            | Lemon Cheesecake*                                               |            |
| Mexican Beef & Black Bean w/ rice*     |            | Mango Chicken w/ roast potato*                 |            | Roast Lamb w/ mint gravy*                            |            | Lemon Cheesecake Mousse*                                        |            |
| Rissoles & potato/sweet potato bake*   |            | Moroccan Chicken w/couscous                    |            | Roast Pork in apple gravy*                           |            | Lemon Meringue Pie                                              |            |
| Roast Beef w/ roast potato & pumpkin*  |            | Roast Chicken w/ roast veg & gravy*            |            | Savoury Mince & Vegetables*                          |            | Pavlova*                                                        |            |
| Smokey BBQ Brisket w/ mac & cheese     |            | Sweet & Sour Chicken w/rice*                   |            | Salmon & Vegetable Patties                           |            | Peaches & Jelly*                                                |            |
| Spaghetti Bolognese w/ veg*            |            | <b>LAMB MAIN MEALS \$4.90</b>                  | <b>Qty</b> | Slow Cooked Beef w/mash*                             |            | Tiramisu*                                                       |            |
| Steak & Kidney Pie w/ mash & veg       |            | Hungarian Goulash*                             |            | Vegetarian Stir Fry w/ tofu <sup>v</sup>             |            | Trifle w/fruit & cream                                          |            |
| <b>HAM/PORK MAIN MEALS \$4.90</b>      | <b>Qty</b> | Lambs Fry w/ bacon & gravy*                    |            | Vegetable Mornay* <sup>v</sup>                       |            | Vanilla Panna cotta & mixed berries*                            |            |
| Honey Pork & Pineapple Casserole*      |            | Roast Lamb w/ gravy & roast veg*               |            | <b>SOUPS \$2.35</b>                                  | <b>Qty</b> | <b>FRESH FROM OUR CAFÉ</b>                                      | <b>Qty</b> |
| Pork Meatballs w/ sweet & sour sauce   |            | <b>VEGE-VEGAN MAIN MEALS \$4.90</b>            | <b>Qty</b> | Beef, Barley & Vegetable Soup                        |            | Beef & Guinness Pie <b>\$3.75</b>                               |            |
| Roast Pork w/ pumpkin & apple gravy*   |            | Brown Rice Vegetable Patties* <sup>VE</sup>    |            | Chicken Stockpot Soup                                |            | Chicken Curry Pie <b>\$3.60</b>                                 |            |
| Pork Steak Diane w/ cream potato*      |            | Cheesy Pumpkin Arancini <sup>v</sup>           |            | Curried Cauliflower Soup* <sup>v</sup>               |            | Pork, Apple & Sage Sausage Roll <b>\$2.75</b>                   |            |
| Stuffed Baked Potato w/ pulled pork*   |            | Crumbed Vegetable Patties* <sup>v</sup>        |            | Pea & Ham Soup*                                      |            | Mini Quiche Lorraines (2) <b>\$2.75</b>                         |            |
| <b>SEAFOOD MAIN MEALS \$4.90</b>       | <b>Qty</b> | Pumpkin, Spinach & Feta Frittata* <sup>v</sup> |            | Potato & Leek* <sup>v</sup>                          |            | Spinach, Fetta & Mushroom Frittatas* <sup>v</sup> <b>\$3.00</b> |            |
| Barramundi w/lemon butter & rice*      |            | Spinach & Ricotta Tortellini <sup>v</sup>      |            | Pumpkin Soup* <sup>v</sup>                           |            | Couscous Salad <sup>v</sup> <b>\$3.35</b>                       |            |
| Cheesy Tuna Bake w/ roast sweet potato |            | Mushroom Casserole w/ mash* <sup>v</sup>       |            | <b>DRINKS</b>                                        | <b>Qty</b> | Salad* <sup>v</sup> <b>\$3.60</b> w/meat* <b>\$3.90</b>         |            |
| Crumbed Fish w/potato bake             |            | Mushroom Risotto* <sup>v</sup>                 |            | Iced Coffee 500ml <b>\$2.20</b>                      |            | Salad Sandwich <sup>v</sup> <b>\$3.60</b> w/meat <b>\$3.90</b>  |            |
| Curry Prawns w/ Asian greens & rice*   |            | Zucchini & Corn Fritters <sup>v</sup>          |            | Devondale Long-life Milk 1L <b>\$1.75</b>            |            | Pumpkin, Fetta and Sage Scone <sup>v</sup> <b>\$2.75</b>        |            |
| Garlic Prawns w/ rice & veg*           |            | <b>PREMIUM MEALS \$5.25</b>                    | <b>Qty</b> | Juice Apple Blackcurrant 375ml <b>\$2.05</b>         |            | Banana & Date Muffin <sup>v</sup> <b>\$2.95</b>                 |            |
| Salmon & Vegetable Patties w/ veg      |            | Lamb in Red Wine *                             |            | Juice Immune Support Apple Ginger 1L <b>\$3.50</b>   |            | Apple Cake * <sup>v</sup> <b>\$3.10</b>                         |            |
| Seafood Crepe w/ wedges & cheese sauce |            | Lamb Chops w/ creamy gravy*                    |            | Juice Tropical Breakfast 1L <b>\$3.20</b>            |            | <b>FRESH FRUIT</b>                                              | <b>Qty</b> |
| Whiting & Wedges w/ tartare sauce      |            | Roast Turkey w/ cranberry sauce*               |            | Iced Chocolate + Protein & Fibre 500ml <b>\$2.75</b> |            | Assorted pieces (5) <b>\$4.10</b>                               |            |

2026 July Menu -- We advise that you check the ingredients listing of items if you have any food allergies or intolerances. Items marked \* are gluten free. Items marked <sup>v</sup> are vegetarian & <sup>VE</sup> are vegan.

Mains ..... Minis ..... Soups ..... Drinks ..... Desserts ..... Fresh ..... Fruit .....

TOTAL .....