

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

# Blue Mountains Food Services Inc.

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

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

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

| <b>BEEF/VEAL MAIN MEALS \$7.20</b>          | <b>Qty</b> | <b>CHICKEN MAIN MEALS \$7.20</b>               | <b>Qty</b> | <b>MINI MEALS \$5.70</b>                  | <b>Qty</b> | <b>DESSERTS \$3.60</b>   | <b>Qty</b> |
|---|------------|--|------------|---|------------|--|------------|
| Beef kebab w/gravy*                         |            | Apricot chicken*                               |            | Beef bourguignon w/mash                   |            | Apple & rhubarb crumble  |            |
| Beef stroganoff*                            |            | Chicken biryani                                |            | Butter chicken w/rice                     |            | Apple pie  |            |
| Curried sausages*                           |            | Chicken carbonara w/penne                      |            | Chicken schnitzel w/lemon                 |            | Apricot crumble  |            |
| Grilled sausages w/onion gravy*             |            | Chicken chorizo stew                           |            | Chinese chicken & vegetables*             |            | Berry crumble w/custard*                                       |            |
| Malaysian beef rendang                      |            | Chicken curry*                                 |            | Cottage pie*                              |            | Bread & butter pudding w/peaches                               |            |
| Meatloaf w/gravy                            |            | Chicken kiev w/cheese sauce                    |            | Grilled sausages w/onion gravy*           |            | Chocolate mousse   |            |
| Rissoles w/gravy*                           |            | Chicken parmigiana w/wedges                    |            | Lamb casserole w/sweet potato             |            | Fruit salad w/cream*   |            |
| Roast beef*                                 |            | Chicken schnitzel w/gravy                      |            | Roast chicken*                            |            | Lemon cheesecake mousse  |            |
| Savoury mince & vegetables*                 |            | Chicken schnitzel w/lemon                      |            | Savoury mince & vegetables*               |            | Lemon meringue pie   |            |
| Spaghetti bolognese*                        |            | Creamy chicken w/herbs                         |            | Slow cooked beef                          |            | Rice pudding   |            |
| Swedish meatballs                           |            | Honey chicken w/cashews                        |            | Spaghetti bolognese*                      |            | Sticky date pudding  |            |
| Veal schnitzel                              |            | Mango chicken                                  |            | Sweet & sour chicken noodles              |            | Tiramisu*  |            |
| <b>LAMB MAIN MEALS \$7.20</b>               | <b>Qty</b> | Roast chicken*                                 |            | Vegetable bake* <sup>V</sup>              |            | Trifle w/fruit & cream   |            |
| Lamb casserole w/sweet potato               |            | Tandoori chicken                               |            | <b>PREMIUM MINI MEALS \$6.70</b>          | <b>Qty</b> | <b>PREMIUM DESSERTS \$3.90</b>                                 | <b>Qty</b> |
| Lamb rissole w/mash                         |            | Thai green chicken curry                       |            | Barramundi w/lemon butter*                |            | Caramel custard tart   |            |
| Lamb schnitzel w/roast potatoes             |            | <b>PORK MAIN MEALS \$7.20</b>                  | <b>Qty</b> | Crumbed fish w/potato bake                |            | Chocolate bavarian   |            |
| Lambs fry & bacon*                          |            | Honey pork & pineapple casserole*              |            | Roast pork*                               |            | Pavlova*   |            |
| Roast lamb*                                 |            | Honey soy glazed pork                          |            | Roast turkey*                             |            | Raspberry cheesecake   |            |
| Shepherds pie                               |            | Meatballs w/mushroom sauce*                    |            | <b>SOUPS \$3.30</b>                       | <b>Qty</b> | Vanilla panna cotta w/berries*                                 |            |
| <b>SEAFOOD MAIN MEALS \$7.20</b>            | <b>Qty</b> | Pork sausage*                                  |            | Beef, barley & vegetable                  |            | <b>FRESH FROM OUR CAFÉ</b>                                     | <b>Qty</b> |
| Cheesy tuna bake                            |            | Pork steak diane*                              |            | Chicken stockpot                          |            | Beef & red wine pie <b>\$5.80</b>                              |            |
| Crumbed fish fillets w/wedges               |            | Pork stir fry & noodles                        |            | Pea & ham*                                |            | Chicken & tarragon pie <b>\$5.80</b>                           |            |
| Salmon & vegetable pattie                   |            | Roast pork*                                    |            | Potato & leek* <sup>V</sup>               |            | Pork sausage roll <b>\$4.20</b>                                |            |
| Sweet & sour fish                           |            | <b>PREMIUM MAIN MEALS \$8.20</b>               | <b>Qty</b> | Pumpkin* <sup>V</sup>                     |            | Mini vegetable quiches (2) <sup>V</sup> <b>\$4.50</b>          |            |
| <b>VEGE-VEGAN MAIN MEALS \$7.20</b>         | <b>Qty</b> | Barramundi w/lemon butter*                     |            | Thai roast sweet potato <sup>V</sup>      |            | Mediterranean pasta salad <sup>V</sup> <b>\$5.20</b>           |            |
| Brown rice vegetable patties* <sup>VE</sup> |            | Braised steak w/onion gravy*                   |            | <b>DRINKS</b>                             | <b>Qty</b> | Salad* <sup>V</sup> <b>\$5.60</b> w/meat* <b>\$6.20</b>        |            |
| Coconut dahl w/rice* <sup>VE</sup>          |            | Corned silverside & parsley sauce*             |            | Iced Coffee 500ml <b>\$3.00</b>           |            | Salad sandwich <sup>V</sup> <b>\$5.60</b> w/meat <b>\$6.20</b> |            |
| Creamy vegan meatballs w/mash <sup>VE</sup> |            | Curry prawns*                                  |            | Devondale Longlife Milk 1L <b>\$2.50</b>  |            | Berry muffin <b>\$4.80</b>                                     |            |
| Spaghetti veganise <sup>VE</sup>            |            | Lasagne  |            | Juice Apple 375ml <b>\$2.40</b>           |            | Chocolate brownie* <b>\$4.20</b>                               |            |
| Spinach & ricotta cannelloni <sup>V</sup>   |            | Pumpkin, spinach & feta frittata* <sup>V</sup> |            | Juice Breakfast 375ml <b>\$2.40</b>       |            | Orange & poppyseed cake* <b>\$4.20</b>                         |            |
| Vegetable quiche <sup>V</sup>               |            | Roast turkey*                                  |            | Juice Orange 2L <b>\$5.00</b>             |            | Scone w/jam & cream <b>\$4.20</b>                              |            |
| Vegetable risotto w/mushroom* <sup>V</sup>  |            | Steak & kidney pie                             |            | Sustagen Choc Vanilla 250ml <b>\$2.60</b> |            | <b>FRUIT</b> Assorted pieces (5) <b>\$6.00</b>                 |            |

2023 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.

Main ..... Mini ..... Soup ..... Drinks ..... Dessert ..... Fresh ..... Fruit .....

TOTAL .....