

Name: _____

Suburb: _____

Delivery date: _____



Blue Mountains Food Services Inc.

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

BEEF/VEAL MAIN MEALS \$3.70		Qty	CHICKEN MAIN MEALS \$3.70		Qty	MINI MEALS \$2.90		Qty	DESSERTS \$1.85		Qty
Beef stroganoff*			Almond chicken casserole		Beef bourguignon w/mash		Apple & rhubarb crumble				
Corned beef in white sauce*			Apricot chicken*		Butter chicken w/rice		Apple pie				
Curried sausages*			Butter chicken w/rice*		Chicken schnitzel w/lemon		Apricot crumble				
Grilled sausages w/onion gravy*			Chicken breast mango*		Cottage pie*		Berry crumble w/custard*				
Lasagne			Chicken chowmein		Crumbed fish*		Caramel custard tart				
Malaysian beef rendang			Chicken curry*		Farmers pie (pork & chicken)*		Chocolate mousse				
Meatloaf w/gravy			Chicken kiev w/cheese sauce		Garlic prawns*		Double chocolate pudding				
Rissoles w/gravy*			Chicken mushroom roast*		Grilled sausages w/onion gravy*		Fruit salad w/cream*				
Roast beef*			Chicken parmigiana w/wedges		Lamb casserole w/sweet potato		Lemon cheesecake mousse*				
Savoury mince & vegetables*			Chicken schnitzel w/gravy		Roast chicken*		Lemon meringue pie				
Spaghetti bolognese*			Chicken schnitzel w/lemon		Slow cooked beef*		Sticky date pudding				
Steak & kidney pie			Chicken w/tomato & capers*		Sweet & sour chicken noodles		Tiramisu*				
Veal schnitzel			Honey chicken w/cashews		Vegetable bake* ^V		Trifle w/fruit & cream				
LAMB MAIN MEALS \$3.70		Qty	Roast chicken w/cream potatoes*			PREMIUM MINI MEALS \$3.40		Qty	Vanilla tea cake w/custard		
Lamb casserole w/mashed potato*			Satay chicken*		Barramundi w/lemon butter*		PREMIUM DESSERTS \$2.00		Qty		
Lamb rissole w/mash*			Thai green chicken curry		Chinese chicken & vegetables*		Chocolate bavarian				
Lamb schnitzel w/roast potatoes			VEGE-VEGAN MAIN MEALS \$3.70		Qty	Roast lamb w/mint gravy*		Pavlova*			
Lambs fry & bacon*			Brown rice vegetable patties* ^{VE}		Roast turkey*		Raspberry cheesecake				
Roast lamb w/mint gravy*			Macaroni & cheese ^V		SOUPS \$1.70		Qty	Vanilla panna cotta w/berries*			
Shepherds pie			Mushroom casserole w/mash* ^V		Beef, barley & vegetable		FRESH FROM OUR CAFÉ		Qty		
PORK MAIN MEALS \$3.70		Qty	Spinach & ricotta cannelloni ^V		Chicken stockpot		Beef & red wine pie \$3.05				
Honey pork & pineapple casserole*			Vegetable quiche ^V		Pea & ham*		Vegetable pie ^V \$2.90				
Meatballs w/mushroom sauce*			Vegetable risotto w/mushroom* ^V		Potato & leek* ^V		Pork & thyme sausage roll \$2.20				
Pork sausage*			Vegetable stir fry ^V		Pumpkin* ^V		Mini quiche lorraines (2) \$2.40				
Pork steak diane*			Vegetarian parmigiana roast ^V		Thai roast sweet potato* ^V		Mini vegetable frittatas (2)* ^V \$2.35				
Pork vindaloo*			PREMIUM MAIN MEALS \$4.20		Qty	DRINKS		Qty	Cheese & chive scone ^V \$2.15		
Roast pork*			Barramundi w/lemon butter*		Iced Coffee 500ml \$1.60		White bean tabouli salad* ^V \$2.75				
SEAFOOD MAIN MEALS \$3.70		Qty	Braised steak w/onion gravy*		Devondale Longlife Milk 1L \$1.35		Salad* ^V \$2.95 w/meat* \$3.25				
Cheesy tuna bake			Chinese chicken & vegetables*		Juice Apple B/currant 375ml \$1.35		Salad sandwich ^V \$2.95 w/meat \$3.25				
Crumbed fish fillets w/wedges			Curry prawns*		Juice Breakfast 375ml \$1.35		Apple & cinnamon muffin \$2.50				
Salmon & vegetable pattie			Lamb chops w/creamy gravy*		Juice Orange Passionfruit 2L \$2.80		Carrot cake* \$2.40 Brownie* \$2.20				
White fish w/mustard sauce			Roast turkey*		Sustagen Choc Vanilla 250ml \$1.45		FRUIT Assorted pieces (5) \$3.00				

2024 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 ^V are vegetarian & ^{VE} are vegan.

Main Mini Soup Drinks Dessert Fresh Fruit TOTAL