

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: \_\_\_\_\_

CHICKEN MAIN MEALS \$6.60	Qty	BEEF/VEAL MAIN MEALS \$6.60	Qty	MINI MEALS \$5.25	Qty	DESSERTS \$3.25	Qty
Apricot chicken		Beef korma w/rice		Beef bourguignon w/mash		Apple & rhubarb crumble	
Chicken & mushroom crepe		Beef ravioli		Butter chicken w/rice		Apple pie	
Chicken & mushroom potato pie*		Beef stroganoff		Cheesy tuna bake		Apricot crumble	
Chicken casserole w/almonds		Braised steak w/onion gravy*		Chicken casserole*		Bread & butter pudding w/peaches	
Chicken curry*		Corned silverside & parsley sauce*		Chicken schnitzel w/lemon		Caramel custard tart	
Chicken kiev w/cheese sauce		Grilled sausages w/onion gravy		Cottage pie*		Chocolate bavarian	
Chicken parmigiana w/wedges		Hearty beef casserole*		Creamy chicken & bacon pasta		Chocolate steamed pudding	
Chicken schnitzel w/gravy		Lasagne		Crumbed fish w/potato bake		Creamy rice w/rhubarb*	
Chicken schnitzel w/lemon		Malaysian beef rendang		Curried sausages		Crème caramel	
Honey chicken w/cashews		Meatloaf w/gravy		Grilled sausages w/onion gravy		Fruit salad w/cream*	
Lemon mustard chicken*		Rissoles w/gravy*		Lamb casserole		Golden syrup pudding	
Mango chicken		Roast beef*		Pasta & vegetable bake <sup>v</sup>		Lemon meringue pie	
Roast chicken*		Spaghetti bolognese		Roast beef		Pavlova	
Roast turkey*		Steak & kidney pie		Roast chicken*		Peaches & jelly*	
Satay chicken		Steak diane*		Roast pork*		Raspberry cheesecake	
Teriyaki chicken*		Veal schnitzel		Savoury mince & vegetables*		Sticky date pudding	
LAMB MAIN MEALS \$6.60	Qty	SEAFOOD MAIN MEALS \$6.60	Qty	Spring vegetable risotto <sup>v</sup>		Trifle w/fruit & cream	
Irish lamb stew*		Baked fish w/cream sauce		Sweet & sour chicken w/noodles		Vanilla panna cotta w/berries*	
Lamb curry		Barramundi w/lemon sauce		SOUPS \$2.90	Qty	FRESH FROM OUR CAFÉ	Qty
Lamb rissole w/mash		Crumbed fish fillets w/wedges		Beef, barley & vegetable		Chicken, mushroom & leek pie <b>\$5.30</b>	
Lambs fry & bacon		Salmon & vegetable pattie		Chicken stockpot		Housemade chunky beef pie <b>\$5.30</b>	
Roast lamb*		Seafood crepe		Pea & ham*		Mini vegetable quiches (2) <sup>v</sup> <b>\$4.00</b>	
Shepherds pie		Tuna patties w/sweet chilli sauce		Potato & leek* <sup>v</sup>		Pork sausage roll <b>\$3.80</b>	
PORK MAIN MEALS \$6.60	Qty	VEGE-VEGAN MAIN MEALS \$6.60	Qty	Pumpkin* <sup>v</sup>		Pesto pasta salad <sup>v</sup> <b>\$5.00</b>	
Honey pork & pineapple casserole*		Crumbed vegetable patties* <sup>v</sup>		DRINKS	Qty	Salad* <sup>v</sup> <b>\$5.10</b> w/meat* <b>\$5.80</b>	
Honey soy glazed pork		Macaroni cheese <sup>v</sup>		Iced Coffee 500ml <b>\$2.90</b>		Salad sandwich <sup>v</sup> <b>\$5.10</b> w/meat <b>\$5.80</b>	
Meatballs w/mushroom sauce*		Pumpkin, spinach & feta frittata* <sup>v</sup>		Juice Apple Mango 350ml <b>\$2.20</b>		Banana bread (1) <b>\$3.30</b>	
Pork sausages & stew*		Spinach & ricotta cannelloni <sup>v</sup>		Juice Pineapple 350ml <b>\$2.20</b>		Berry muffin <b>\$3.30</b>	
Pork stir fry & noodles		VEGAN meatballs w/mash <sup>v</sup>		Juice Orange Mango 2L <b>\$4.90</b>		Chocolate brownie* <b>\$4.30</b>	
Roast pork*		VEGAN parmigiana w/wedges <sup>v</sup>		Juice Pineapple Crush 2L <b>\$4.90</b>		Scone w/jam & cream <b>\$4.00</b>	
Roast pork w/apricot & prunes*		Vegetable quiche <sup>v</sup>		Sustagen Chocolate 250ml <b>\$2.40</b>		FRESH FRUIT	
Sweet & sour pork*		Vegetable stir fry <sup>v</sup>		Sustagen Vanilla 250ml <b>\$2.40</b>		Assorted pieces (5) <b>\$5.00</b>	

2022 June 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.

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

TOTAL .....