

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 \$6.90	Qty	BEEF/VEAL MAIN MEALS \$6.90	Qty	MINI MEALS \$5.40	Qty	DESSERTS \$3.40	Qty
Apricot chicken*		Beef goulash*		Beef & bacon casserole*		Apple & rhubarb crumble	
Chicken & mushroom pasta bake		Beef stroganoff		Beef bourguignon w/mash		Apple pie	
Chicken & mushroom potato pie*		Braised beef w/eggplant*		Butter chicken w/rice		Apricot crumble	
Chicken chow mein		Corned silverside & parsley sauce*		Chicken & asparagus mornay		Bread & butter pudding w/peaches	
Chicken curry*		Curried sausages		Chicken schnitzel w/lemon		Caramel custard tart	
Chicken frittata		Grilled sausages w/onion gravy		Chicken wing in BBQ sauce*		Chocolate bavarian	
Chicken kiev w/cheese sauce		Lasagne		Cottage pie*		Fruit salad w/cream*	
Chicken parmigiana w/wedges		Malaysian beef rendang		Creamy chicken & bacon pasta		Lemon meringue pie	
Chicken scallopini w/bacon*		Meatloaf w/gravy		Crumbed fish		Pavlova	
Chicken schnitzel w/gravy		Rissoles w/gravy*		Grilled sausages w/onion gravy		Raspberry cheesecake	
Chicken schnitzel w/lemon		Roast beef*		Honey mustard chicken		Sticky date pudding	
Honey soy chicken		Savoury mince & vegetables*		Lamb casserole		Trifle w/fruit & cream	
Lemon chicken*		Spaghetti bolognese		Roast beef*		Vanilla panna cotta w/berries*	
Mango chicken		Steak & kidney pie		Roast lamb*		<b>PETITE DESSERTS \$3.20</b>	<b>Qty</b>
Roast chicken		Swedish meatballs		Roast pork*		Carrot cake	
Satay chicken		Veal schnitzel		VEGAN Singapore noodle stir fry <sup>v</sup>		Chocolate mousse*	
<b>LAMB MAIN MEALS \$6.90</b>	<b>Qty</b>	<b>SEAFOOD MAIN MEALS \$6.90</b>	<b>Qty</b>	Spinach & feta omelette w/veg* <sup>v</sup>		Chocolate lava pudding	
Lamb casserole w/sweet potato		Baked fish w/cream sauce		<b>SOUPS \$3.00</b>	<b>Qty</b>	Tiramisu	
Lamb rissole w/mash		Cheesy tuna bake		Beef, barley & vegetable		Vanilla slice	
Lamb schnitzel w/roast potatoes		Crumbed fish fillets w/wedges		Cauliflower & bacon		<b>FRESH FROM OUR CAFÉ</b>	<b>Qty</b>
Lambs fry & bacon		Fish cake w/parsley sauce		Chicken & vegetable*		Country style chicken pie <b>\$5.50</b>	
Roast lamb*		Salmon & vegetable pattie		Minestrone <sup>v</sup>		Beef & red wine pie <b>\$5.50</b>	
Shepherds pie		Seafood crepe		Pea & ham*		Mini vegetable quiches (2) <sup>v</sup> <b>\$4.20</b>	
<b>PORK MAIN MEALS \$6.90</b>	<b>Qty</b>	<b>VEGE-VEGAN MAIN MEALS \$6.90</b>	<b>Qty</b>	Potato & leek* <sup>v</sup>		Pork sausage roll <b>\$4.00</b>	
Ham & cheese omelette w/veg*		Macaroni cheese <sup>v</sup>		<b>DRINKS</b>	<b>Qty</b>	Creamy pasta salad <sup>v</sup> <b>\$5.00</b>	
Meatballs w/mushroom sauce*		Mexican style vegetable stew <sup>v</sup>		Iced Coffee 500ml <b>\$2.90</b>		Salad* <sup>v</sup> <b>\$5.30</b> w/meat* <b>\$5.90</b>	
Pork, apple & cranberry casserole		Pumpkin, spinach & feta frittata* <sup>v</sup>		Devondale Longlife Milk 1L <b>\$2.20</b>		Salad sandwich <sup>v</sup> <b>\$5.30</b> w/meat <b>\$5.90</b>	
Pork mustard stew		Spinach & ricotta cannelloni <sup>v</sup>		Juice Apple Mango 350ml <b>\$2.20</b>		Berry friand* <b>\$4.50</b>	
Pork ragu w/penne pasta		VEGAN meatballs w/mash <sup>v</sup>		Juice Pineapple 350ml <b>\$2.20</b>		Chocolate chip muffin <b>\$3.50</b>	
Pork stir fry & noodles		Vegetable & potato yellow curry <sup>v</sup>		Juice Orange 2L <b>\$4.90</b>		Lemon coconut slice <b>\$4.00</b>	
Roast pork*		Vegetable cottage pie* <sup>v</sup>		Sustagen Chocolate 250ml <b>\$2.50</b>		Scone w/jam & cream <b>\$4.00</b>	
Sweet & sour pork w/rice		Vegetable quiche <sup>v</sup>		Sustagen Vanilla 250ml <b>\$2.50</b>		<b>FRUIT Assorted pieces (5) \$5.50</b>	

2022 October 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 .....