

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**

CHICKEN MAIN MEALS \$3.30	Qty	BEEF/VEAL MAIN MEALS \$3.30	Qty	MINI MEALS \$2.65	Qty	DESSERTS \$1.65	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 ^v		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 \$3.30	Qty	SEAFOOD MAIN MEALS \$3.30	Qty	Spring vegetable risotto ^v		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 \$1.45	Qty	FRESH FROM OUR CAFÉ	Qty
Lamb rissole w/mash		Crumbed fish fillets w/wedges		Beef, barley & vegetable		Chicken, mushroom & leek pie \$2.65	
Lambs fry & bacon		Salmon & vegetable pattie		Chicken stockpot		Housemade chunky beef pie \$2.65	
Roast lamb*		Seafood crepe		Pea & ham*		Mini vegetable quiches (2) ^v \$2.00	
Shepherds pie		Tuna patties w/sweet chilli sauce		Potato & leek* ^v		Pork sausage roll \$1.90	
PORK MAIN MEALS \$3.30	Qty	VEGE-VEGAN MAIN MEALS \$3.30	Qty	Pumpkin* ^v		Pesto pasta salad ^v \$2.50	
Honey pork & pineapple casserole*		Crumbed vegetable patties* ^v		DRINKS	Qty	Salad* ^v \$2.55 w/meat* \$2.90	
Honey soy glazed pork		Macaroni cheese ^v		Iced Coffee 500ml \$1.45		Salad sandwich ^v \$2.55 w/meat \$2.90	
Meatballs w/mushroom sauce*		Pumpkin, spinach & feta frittata* ^v		Juice Apple Mango 350ml \$1.10		Banana bread (1) \$1.65	
Pork sausages & stew*		Spinach & ricotta cannelloni ^v		Juice Pineapple 350ml \$1.10		Berry muffin \$1.65	
Pork stir fry & noodles		VEGAN meatballs w/mash ^v		Juice Orange Mango 2L \$2.45		Chocolate brownie* \$2.15	
Roast pork*		VEGAN parmigiana w/wedges ^v		Juice Pineapple Crush 2L \$2.45		Scone w/jam & cream \$2.00	
Roast pork w/apricot & prunes*		Vegetable quiche ^v		Sustagen Chocolate 250ml \$1.20		FRESH FRUIT	
Sweet & sour pork*		Vegetable stir fry ^v		Sustagen Vanilla 250ml \$1.20		Assorted pieces (5) \$4.50	

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 ^v are vegetarian.

Main Mini Soup Drinks Dessert Fresh Fruit

TOTAL