

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**

<b>BEEF/VEAL MAIN MEALS \$4.20</b>	<b>Qty</b>	<b>CHICKEN MAIN MEALS \$4.20</b>	<b>Qty</b>	<b>MINI MEALS \$3.40</b>	<b>Qty</b>	<b>DESSERTS \$2.10</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 \$4.20</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 \$3.70</b>	<b>Qty</b>	<b>PREMIUM DESSERTS \$2.20</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 \$4.20</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 \$2.00</b>	<b>Qty</b>	Vanilla panna cotta w/berries*	
<b>SEAFOOD MAIN MEALS \$4.20</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>\$3.40</b>	
Crumbed fish fillets w/wedges		Pork stir fry & noodles		Pea & ham*		Chicken & tarragon pie <b>\$3.40</b>	
Salmon & vegetable pattie		Roast pork*		Potato & leek* <sup>V</sup>		Pork sausage roll <b>\$2.40</b>	
Sweet & sour fish		<b>PREMIUM MAIN MEALS \$4.50</b>	<b>Qty</b>	Pumpkin* <sup>V</sup>		Mini vegetable quiches (2) <sup>V</sup> <b>\$2.70</b>	
<b>VEGE-VEGAN MAIN MEALS \$4.20</b>	<b>Qty</b>	Barramundi w/lemon butter*		Thai roast sweet potato <sup>V</sup>		Mediterranean pasta salad <sup>V</sup> <b>\$3.10</b>	
Brown rice vegetable patties* <sup>VE</sup>		Braised steak w/onion gravy*		<b>DRINKS</b>	<b>Qty</b>	Salad* <sup>V</sup> <b>\$3.30</b> w/meat* <b>\$3.60</b>	
Coconut dahl w/rice* <sup>VE</sup>		Corned silverside & parsley sauce*		Iced Coffee 500ml <b>\$1.80</b>		Salad sandwich <sup>V</sup> <b>\$3.30</b> w/meat <b>\$3.60</b>	
Creamy vegan meatballs w/mash <sup>VE</sup>		Curry prawns*		Devondale Longlife Milk 1L <b>\$1.50</b>		Berry muffin <b>\$2.80</b>	
Spaghetti veganise <sup>VE</sup>		Lasagne		Juice Apple Mango 350ml <b>\$1.40</b>		Chocolate brownie* <b>\$2.50</b>	
Spinach & ricotta cannelloni <sup>V</sup>		Pumpkin, spinach & feta frittata* <sup>V</sup>		Juice Pineapple 350ml <b>\$1.40</b>		Orange & poppyseed cake* <b>\$2.50</b>	
Vegetable quiche <sup>V</sup>		Roast turkey*		Juice Orange 2L <b>\$2.90</b>		Scone w/jam & cream <b>\$2.50</b>	
Vegetable risotto w/mushroom* <sup>V</sup>		Steak & kidney pie		Sustagen Choc Vanilla 250ml <b>\$1.60</b>		<b>FRUIT</b> Assorted pieces (5) <b>\$3.50</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 .....