

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 \$3.60	Qty	CHICKEN MAIN MEALS \$3.60	Qty	MINI MEALS \$2.85	Qty	DESSERTS \$1.80	Qty
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*	
LAMB MAIN MEALS \$3.60	Qty	Roast chicken*		Vegetable bake* ^V		Trifle w/fruit & cream	
Lamb casserole w/sweet potato		Tandoori chicken		PREMIUM MINI MEALS \$3.35	Qty	PREMIUM DESSERTS \$1.95	Qty
Lamb rissole w/mash		Thai green chicken curry		Barramundi w/lemon butter*		Caramel custard tart	
Lamb schnitzel w/roast potatoes		PORK MAIN MEALS \$3.60	Qty	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*		SOUPS \$1.65	Qty	Vanilla panna cotta w/berries*	
SEAFOOD MAIN MEALS \$3.60	Qty	Pork sausage*		Beef, barley & vegetable		FRESH FROM OUR CAFÉ	Qty
Cheesy tuna bake		Pork steak diane*		Chicken stockpot		Beef & red wine pie \$2.90	
Crumbed fish fillets w/wedges		Pork stir fry & noodles		Pea & ham*		Chicken & tarragon pie \$2.90	
Salmon & vegetable pattie		Roast pork*		Potato & leek* ^V		Pork sausage roll \$2.10	
Sweet & sour fish		PREMIUM MAIN MEALS \$4.10	Qty	Pumpkin* ^V		Mini vegetable quiches (2) ^V \$2.25	
VEGE-VEGAN MAIN MEALS \$3.60	Qty	Barramundi w/lemon butter*		Thai roast sweet potato ^V		Mediterranean pasta salad ^V \$2.60	
Brown rice vegetable patties* ^{VE}		Braised steak w/onion gravy*		DRINKS	Qty	Salad* ^V \$2.80 w/meat* \$3.10	
Coconut dahl w/rice* ^{VE}		Corned silverside & parsley sauce*		Iced Coffee 500ml \$1.50		Salad sandwich ^V \$2.80 w/meat \$3.10	
Creamy vegan meatballs w/mash ^{VE}		Curry prawns*		Devondale Longlife Milk 1L \$1.25		Berry muffin \$2.40	
Spaghetti veganise ^{VE}		Lasagne		Juice Apple 375ml \$1.20		Chocolate brownie* \$2.10	
Spinach & ricotta cannelloni ^V		Pumpkin, spinach & feta frittata* ^V		Juice Breakfast 375ml \$1.20		Orange & poppyseed cake* \$2.10	
Vegetable quiche ^V		Roast turkey*		Juice Orange 2L \$2.50		Scone w/jam & cream \$2.10	
Vegetable risotto w/mushroom* ^V		Steak & kidney pie		Sustagen Choc Vanilla 250ml \$1.30		FRUIT Assorted pieces (5) \$3.00	

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

Main Mini Soup Drinks Dessert Fresh Fruit

TOTAL