

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 \$3.45	Qty	BEEF/VEAL MAIN MEALS \$3.45	Qty	MINI MEALS \$2.70	Qty	DESSERTS \$1.70	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*		PETITE DESSERTS \$1.60	Qty
Roast chicken		Swedish meatballs		Roast pork*		Carrot cake	
Satay chicken		Veal schnitzel		VEGAN Singapore noodle stir fry ^v		Chocolate mousse*	
LAMB MAIN MEALS \$3.45	Qty	SEAFOOD MAIN MEALS \$3.45	Qty	Spinach & feta omelette w/veg* ^v		Chocolate lava pudding	
Lamb casserole w/sweet potato		Baked fish w/cream sauce		SOUPS \$1.50	Qty	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		FRESH FROM OUR CAFÉ	Qty
Lambs fry & bacon		Fish cake w/parsley sauce		Chicken & vegetable*		Country style chicken pie \$2.75	
Roast lamb*		Salmon & vegetable pattie		Minestrone ^v		Beef & red wine pie \$2.75	
Shepherds pie		Seafood crepe		Pea & ham*		Mini vegetable quiches (2) ^v \$2.10	
PORK MAIN MEALS \$3.45	Qty	VEGE-VEGAN MAIN MEALS \$3.45	Qty	Potato & leek* ^v		Pork sausage roll \$2.00	
Ham & cheese omelette w/veg*		Macaroni cheese ^v		DRINKS	Qty	Creamy pasta salad ^v \$2.50	
Meatballs w/mushroom sauce*		Mexican style vegetable stew ^v		Iced Coffee 500ml \$1.45		Salad* ^v \$2.65 w/meat* \$2.95	
Pork, apple & cranberry casserole		Pumpkin, spinach & feta frittata* ^v		Devondale Longlife Milk 1L \$1.10		Salad sandwich ^v \$2.65 w/meat \$2.95	
Pork mustard stew		Spinach & ricotta cannelloni ^v		Juice Apple Mango 350ml \$1.10		Berry friand* \$2.25	
Pork ragu w/penne pasta		VEGAN meatballs w/mash ^v		Juice Pineapple 350ml \$1.10		Chocolate chip muffin \$1.75	
Pork stir fry & noodles		Vegetable & potato yellow curry ^v		Juice Orange 2L \$2.45		Lemon coconut slice \$2.00	
Roast pork*		Vegetable cottage pie* ^v		Sustagen Chocolate 250ml \$1.25		Scone w/jam & cream \$2.00	
Sweet & sour pork w/rice		Vegetable quiche ^v		Sustagen Vanilla 250ml \$1.25		FRUIT Assorted pieces (5) \$4.50	

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 ^v are vegetarian.

Main Mini Soup Drinks Dessert Fresh Fruit

TOTAL