

Name: _____

Suburb: _____

Delivery date: _____

NDIS

Blue Mountains Food Services Inc.

Please hand your completed order to our volunteer when your meals are delivered or phone **4759 2811** or email **meals@bmfs.org.au**

BEEF/VEAL MAIN MEALS \$4.20	Qty	CHICKEN MAIN MEALS \$4.20	Qty	MINI MEALS \$3.25	Qty	DESSERTS \$2.00	Qty
Beef Pot Roast w/ mash*		Apricot Chicken & pasta		Barramundi w/lemon butter*		Apple & Rhubarb Crumble	
BBQ Sausage w/ potato & baked beans*		Butter Chicken w/ rice*		Beef Rissoles w/ potato bake & gravy*		Apple Crumble *	
Beef Stroganoff w/ mash *		Chicken Carbonara		Beef Stroganoff w/ rice*		Berry Crumble w/ custard*	
Corned Silverside w/ parsley sauce*		Chicken Casserole w/roast potato*		Butter Chicken w/rice *		Bread & Butter Pudding w/ peaches	
Cottage Pie w/ honey glazed carrots*		Chicken Schnitzel w/mash & gravy		Creamy Chicken & Bacon Pasta		Chocolate Bavarian	
Creamy Rissoles w/mash*		Chicken Curry (mild) w/ rice*		Corned Silverside & Parsley Sauce*		Chocolate Mousse	
Curried Sausages w/mash*		Chicken Parmigiana w/roast potato		Garlic Prawns w/ rice*		Custard Danish	
Grilled Sausages w/ onion gravy*		Chinese Chicken & Vegetables w/rice*		Honey Soy Chicken w/ fried rice*		Double Choc Pudding	
Irish Beef Stew*		Honey Chicken w/ cashews & noodles		Lamb Moussaka*		Fruit Salad & Cream*	
Lasagne w/ veg		Chicken Stir Fry w/ hokkien noodles		Mince Potato Bake w/ veg*		Golden Syrup Pudding w/ custard	
Meatloaf & gravy		Honey Soy Chicken w/ fried rice*		Pulled Pork w/ Mexican rice*		Lemon Cheesecake*	
Mexican Beef & Black Bean w/ rice*		Mango Chicken w/ roast potato*		Roast Lamb w/ mint gravy*		Lemon Cheesecake Mousse*	
Rissoles & potato/sweet potato bake*		Moroccan Chicken w/couscous		Roast Pork in apple gravy*		Lemon Meringue Pie	
Roast Beef w/ roast potato & pumpkin*		Roast Chicken w/ roast veg & gravy*		Savoury Mince & Vegetables*		Pavlova*	
Smokey BBQ Brisket w/ mac & cheese		Sweet & Sour Chicken w/rice*		Salmon & Vegetable Patties		Peaches & Jelly*	
Spaghetti Bolognese w/ veg*		LAMB MAIN MEALS \$4.20	Qty	Slow Cooked Beef w/mash*		Tiramisu*	
Steak & Kidney Pie w/ mash & veg		Hungarian Goulash*		Vegetarian Stir Fry w/ tofu ^v		Trifle w/fruit & cream	
HAM/PORK MAIN MEALS \$4.20	Qty	Lambs Fry w/ bacon & gravy*		Vegetable Mornay* ^v		Vanilla Panna cotta & mixed berries*	
Honey Pork & Pineapple Casserole*		Roast Lamb w/ gravy & roast veg*		SOUPS \$2.00	Qty	FRESH FROM OUR CAFÉ	Qty
Pork Meatballs w/ sweet & sour sauce		VEGE-VEGAN MAIN MEALS \$4.20	Qty	Beef, Barley & Vegetable Soup		Beef & Guinness Pie \$3.20	
Roast Pork w/ pumpkin & apple gravy*		Brown Rice Vegetable Patties* ^{VE}		Chicken Stockpot Soup		Chicken Curry Pie \$3.05	
Pork Steak Diane w/ cream potato*		Cheesy Pumpkin Arancini ^v		Curried Cauliflower Soup* ^v		Pork, Apple & Sage Sausage Roll \$2.35	
Stuffed Baked Potato w/ pulled pork*		Crumbed Vegetable Patties* ^v		Pea & Ham Soup*		Mini Quiche Lorraines (2) \$2.55	
SEAFOOD MAIN MEALS \$4.20	Qty	Pumpkin, Spinach & Feta Frittata* ^v		Potato & Leek* ^v		Spinach, Fetta & Mushroom Frittatas* ^v \$2.50	
Barramundi w/lemon butter & rice*		Spinach & Ricotta Tortellini ^v		Pumpkin Soup* ^v		Couscous Salad ^v \$2.85	
Cheesy Tuna Bake w/ roast sweet potato		Mushroom Casserole w/ mash* ^v		DRINKS	Qty	Salad* ^v \$3.05 w/meat* \$3.35	
Crumbed Fish w/potato bake		Mushroom Risotto* ^v		Iced Coffee 500ml \$1.90		Salad Sandwich ^v \$3.05 w/meat \$3.35	
Curry Prawns w/ Asian greens & rice*		Zucchini & Corn Fritters ^v		Devondale Long-life Milk 1L \$1.50		Pumpkin, Fetta and Sage Scone ^v \$2.35	
Garlic Prawns w/ rice & veg*		PREMIUM MEALS \$4.50	Qty	Juice Apple Blackcurrant 375ml \$1.75		Banana & Date Muffin ^v \$2.55	
Salmon & Vegetable Patties w/ veg		Lamb in Red Wine *		Juice Immune Support Apple Ginger 1L \$3.00		Apple Cake * ^v \$2.65	
Seafood Crepe w/ wedges & cheese sauce		Lamb Chops w/ creamy gravy*		Juice Tropical Breakfast 1L \$2.75		FRESH FRUIT	Qty
Whiting & Wedges w/ tartare sauce		Roast Turkey w/ cranberry sauce*		Iced Chocolate + Protein & Fibre 500ml \$2.25		Assorted pieces (5) \$3.50	

2026 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.

Mains Minis Soups Drinks Desserts Fresh Fruit

TOTAL