

Name: _____

Suburb: _____

Delivery date: _____

HCP

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 \$4.65	Qty	CHICKEN MAIN MEALS \$4.65	Qty	MINI MEALS \$3.65	Qty	DESSERTS \$2.35	Qty
Beef goulash*		Apricot chicken*		Barramundi w/lemon butter*		Apple & rhubarb crumble	
Beef pot roast w/mash*		BBQ chicken*		Beef rissoles w/gravy*		Apple pie	
Beef stroganoff*		Chicken & leek pie		Butter chicken*		Berry crumble w/custard*	
Corned silverside & parsley sauce*		Chicken casserole*		Chicken tenders*		Butterscotch pudding	
Cottage pie*		Chicken chowmein		Creamy chicken & bacon pasta		Cheesecake*	
Creamy rissoles w/mash*		Chicken curry*		Crumbed fish*		Chocolate bavarian	
Curried sausages*		Chicken parmigiana		Crumbed vegetable patties* ^v		Chocolate fudge brownie*	
Grilled sausages w/onion gravy*		Chicken schnitzel w/gravy		Garlic prawns*		Chocolate mousse	
Lasagne		Chinese chicken & vegetables*		Lamb casserole w/mashed potato*		Fruit salad w/cream*	
Meatloaf w/gravy		Honey chicken w/cashews		Roast beef*		Lemon cheesecake mousse*	
Roast beef*		Lemon chicken*		Roast lamb w/mint gravy*		Lemon meringue pie	
Spaghetti bolognese*		Roast chicken*		Roast pork in apple gravy*		Pavlova*	
Steak & kidney pie		Roast turkey*		Savoury mince & vegetables*		Peaches w/jelly*	
Steak Diane*		Satay chicken		Shepherds pie		Sticky date pudding	
Veal schnitzel		Sweet & sour chicken w/rice*		Slow cooked beef*		Tiramisu*	
HAM/PORK MAIN MEALS \$4.65	Qty	LAMB MAIN MEALS \$4.65	Qty	Spaghetti bolognese*		Trifle w/fruit & cream	
Honey pork & pineapple casserole*		Lamb casserole w/mashed potato*		Steak & bacon casserole w/mash*		Vanilla panna cotta w/berries*	
Pork & red wine ragu*		Lamb curry		Vegetable mornay* ^v		Vanilla tea cake w/custard	
Pork sausage*		Lambs fry & bacon*		SOUPS \$2.20	Qty	FRESH FROM OUR CAFÉ	Qty
Quiche lorraine		Roast lamb w/mint gravy*		Beef, barley & vegetable		Beef bourguignon pie \$3.60	
Roast pork*		Shepherds pie		Chicken stockpot		Chicken & sage pie \$3.45	
Smothered pork steaks w/apple*		LAMB PREMIUM MEAL \$5.10	Qty	Pea & ham*		Pork apple & sage sausage roll \$2.65	
Sweet & sour pork*		Lamb chops w/creamy gravy*		Potato & leek* ^v		Mini quiche lorraines (2) \$2.85	
SEAFOOD MAIN MEALS \$4.65	Qty	VEGE-VEGAN MAIN MEALS \$4.65	Qty	Pumpkin* ^v		Spinach feta & mushroom frittatas* ^v \$2.80	
Baked fish w/cream sauce		Brown rice vegetable patties* ^{VE}		Tomato* ^v		Apple slaw* ^v \$3.25	
Barramundi w/lemon butter*		Coconut dahl* ^{VE}		DRINKS	Qty	Salad* ^v \$3.50 w/meat* \$3.85	
Cheesy tuna bake		Mushroom casserole w/mash* ^v		Iced Coffee 500ml \$2.05		Salad sandwich ^v \$3.50 w/meat \$3.85	
Curry prawns*		Pumpkin, spinach & feta frittata* ^v		Devondale Longlife Milk 1L \$1.75		Fruit scone \$2.55	
Garlic prawns*		Spinach & ricotta cannelloni ^v		Juice Apple 375ml \$1.75		Banana & date muffin \$2.85	
Salmon & vegetable pattie		Vegetable pasta bake* ^v		Juice Orange 375ml \$1.75		Sticky date pudding w/butterscotch* \$3.00	
SEAFOOD PREMIUM MEAL \$5.10	Qty	Vegetable quiche ^v		Juice Tropical Breakfast 2L \$3.80		FRESH FRUIT	Qty
Crumbed fish w/potato bake		Veggie pesto pasta ^v		Sustagen Choc / Strawb 250ml \$2.05		Assorted pieces (5) \$3.80	

2025 September 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