

Name: _____

Blue Mountains Food Services Inc.

Suburb: _____

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

Delivery date: _____

BEEF/VEAL MAIN MEALS \$7.40	Qty	CHICKEN MAIN MEALS \$7.40	Qty	MINI MEALS \$5.80	Qty	DESSERTS \$3.70	Qty
Beef stroganoff*		Almond chicken casserole		Beef bourguignon w/mash		Apple & rhubarb crumble	
Corned beef in white sauce*		Apricot chicken*		Butter chicken w/rice		Apple pie	
Curried sausages*		Butter chicken w/rice*		Chicken schnitzel w/lemon		Apricot crumble	
Grilled sausages w/onion gravy*		Chicken breast mango*		Cottage pie*		Berry crumble w/custard*	
Lasagne		Chicken chowmein		Crumbed fish*		Caramel custard tart	
Malaysian beef rendang		Chicken curry*		Farmers pie (pork & chicken)*		Chocolate mousse	
Meatloaf w/gravy		Chicken kiev w/cheese sauce		Garlic prawns*		Double chocolate pudding	
Rissoles w/gravy*		Chicken mushroom roast*		Grilled sausages w/onion gravy*		Fruit salad w/cream*	
Roast beef*		Chicken parmigiana w/wedges		Lamb casserole w/sweet potato		Lemon cheesecake mousse*	
Savoury mince & vegetables*		Chicken schnitzel w/gravy		Roast chicken*		Lemon meringue pie	
Spaghetti bolognese*		Chicken schnitzel w/lemon		Slow cooked beef*		Sticky date pudding	
Steak & kidney pie		Chicken w/tomato & capers*		Sweet & sour chicken noodles		Tiramisu*	
Veal schnitzel		Honey chicken w/cashews		Vegetable bake* ^V		Trifle w/fruit & cream	
LAMB MAIN MEALS \$7.40	Qty	Roast chicken w/cream potatoes*		PREMIUM MINI MEALS \$6.80	Qty	Vanilla tea cake w/custard	
Lamb casserole w/mashed potato*		Satay chicken*		Barramundi w/lemon butter*		PREMIUM DESSERTS \$4.00	Qty
Lamb rissole w/mash*		Thai green chicken curry		Chinese chicken & vegetables*		Chocolate bavarian	
Lamb schnitzel w/roast potatoes		VEGE-VEGAN MAIN MEALS \$7.40	Qty	Roast lamb w/mint gravy*		Pavlova*	
Lambs fry & bacon*		Brown rice vegetable patties* ^{VE}		Roast turkey*		Raspberry cheesecake	
Roast lamb w/mint gravy*		Macaroni & cheese ^V		SOUPS \$3.40	Qty	Vanilla panna cotta w/berries*	
Shepherds pie		Mushroom casserole w/mash* ^V		Beef, barley & vegetable		FRESH FROM OUR CAFÉ	Qty
PORK MAIN MEALS \$7.40	Qty	Spinach & ricotta cannelloni ^V		Chicken stockpot		Beef & red wine pie \$6.10	
Honey pork & pineapple casserole*		Vegetable quiche ^V		Pea & ham*		Vegetable pie ^V \$5.80	
Meatballs w/mushroom sauce*		Vegetable risotto w/mushroom* ^V		Potato & leek* ^V		Pork & thyme sausage roll \$4.40	
Pork sausage*		Vegetable stir fry ^V		Pumpkin* ^V		Mini quiche lorraines (2) \$4.80	
Pork steak diane*		Vegetarian parmigiana roast ^V		Thai roast sweet potato* ^V		Mini vegetable frittatas (2)* ^V \$4.70	
Pork vindaloo*		PREMIUM MAIN MEALS \$8.40	Qty	DRINKS	Qty	Cheese & chive scone ^V \$4.30	
Roast pork*		Barramundi w/lemon butter*		Iced Coffee 500ml \$3.20		White bean tabouli salad* ^V \$5.45	
SEAFOOD MAIN MEALS \$7.40	Qty	Braised steak w/onion gravy*		Devondale Longlife Milk 1L \$2.70		Salad* ^V \$5.90 w/meat* \$6.50	
Cheesy tuna bake		Chinese chicken & vegetables*		Juice Apple B/currant 375ml \$2.70		Salad sandwich ^V \$5.90 w/meat \$6.50	
Crumbed fish fillets w/wedges		Curry prawns*		Juice Breakfast 375ml \$2.70		Apple & cinnamon muffin \$5.00	
Salmon & vegetable pattie		Lamb chops w/creamy gravy*		Juice Orange Passionfruit 2L \$5.60		Carrot cake* \$4.80 Brownie* \$4.40	
White fish w/mustard sauce		Roast turkey*		Sustagen Choc Vanilla 250ml \$2.90		FRUIT Assorted pieces (5) \$6.00	

2024 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