

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

Name: _____

Suburb: _____

Delivery date: _____

CHICKEN MAIN MEALS \$5.75	Qty	BEEF MAIN MEALS \$5.75	Qty	MINI MEALS \$4.45	Qty	DESSERTS \$2.60	Qty
Apricot chicken		Aussie meat pie meal*		Bangers & mash w/onion gravy*		Apple & rhubarb crumble	
Butter chicken w/rice*		Beef bourguignon w/mash*		Beef & bacon casserole*		Apple pie	
Chicken & bacon bearnaise		Beef diane		Beef stroganoff*		Apricot crumble	
Chicken & mushroom crepe		Braised steak & onion gravy*		Butter chicken w/rice*		Bread & butter pudding w/peaches	
Chicken & vegetable pie		Corned silverside & parsley sauce*		Cheesy tuna bake		Butterscotch pudding	
Chicken chow mein		Cottage pie*		Chicken schnitzel w/lemon		Caramel custard tart	
Chicken curry*		Grilled sausages, onions w/gravy		Chicken wings in BBQ sauce*		Chocolate mousse*	
Chicken schnitzel w/gravy		Korean beef w/vegetables & rice*		Chilli con carne w/Mexican rice*		Chocolate steamed pudding	
Chicken schnitzel w/lemon		Lasagne		Cottage pie*		Creamy rice w/rhubarb*	
Chicken w/pistachio & parmesan		Rissoles w/gravy*		Crumbed fish w/potato bake		Fruit salad w/cream*	
Honey chicken w/cashews		Roast beef*		Macaroni cheese w/vegetables		Lemon meringue pie	
Honey soy chicken w/fried rice*		Spaghetti bolognese		Meat pie w/mashed potato		Pavlova	
Roast chicken*		Steak & kidney pie		Penne napoletana w/meatballs*		Peaches w/jelly*	
Roast turkey*		Traditional meatloaf		Pesto chicken w/chargrilled veg*		Profiteroles	
Satay chicken*		SEAFOOD MAIN MEALS \$5.75	Qty	Roast lamb*		Sticky date pudding	
Thai green chicken curry w/rice*		Fish & chips		Roast pork*		Trifle w/fruit & cream	
LAMB MAIN MEALS \$5.75	Qty	Poached fish in parsley sauce*		Roast turkey*		Vanilla panna cotta w/berries*	
Lamb casserole*		Salmon pattie		Savoury mince & vegetables*		SWEET SNACKS	Qty
Lamb schnitzel		Seafood crepe		SOUPS \$2.40	Qty		
Lamb leg w/spinach & almonds*		Smoked cod*		Beef, barley & vegetable		Lemon cream tarts (pack 3)* \$5.20	
Lamb fry & bacon		VEGETARIAN MAIN MEALS \$5.75	Qty	Chicken stockpot		Muffins (assorted single) \$2.00	
Moroccan lamb tagine w/couscous*		Coconut vegetable korma		Pea & ham*			
Roast lamb*		Crumbed vegetable patties*		Potato & leek*		DRINKS	Qty
PORK MAIN MEALS \$5.75	Qty	Macaroni cheese		Pumpkin*		Flavoured milk 250ml \$1.50	
Honey pork & pineapple casserole*		Pumpkin, spinach & feta frittata*		Sweet corn & chicken*		Iced Espresso Coffee 500ml \$2.50	
Pork & apple casserole*		Spinach & ricotta cannelloni		BREAKFAST \$4.45	Qty	Juice 350ml \$1.70	
Roast pork*		Vegetable quiche		Full English breakfast*		Sustagen 250ml \$2.10	
Roast pork w/apricot & prunes*				Homestyle porridge w/fruit			
Smothered pork steaks w/apple*		VEGETARIAN MINI MEALS \$4.45	Qty	SAVOURY SNACKS	Qty	FRESH FRUIT	Qty
Sweet & sour pork*		Spring vegetable risotto*		Meat pie (beef) \$2.40		Assorted pieces (5) \$5.00	
		Vegetable & lentil cottage pie*		Sausage roll \$2.10			

1 October 2018 Office use only:

Please note that we advise that you check the ingredients listing if you have any food allergies or intolerances. Items marked * are gluten free.

Main Mini Soup BFast Sav Snk Dessert Swt Snk Drinks Fruit **TOTAL**