

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 \$2.95	Qty	BEEF MAIN MEALS \$2.95	Qty	MINI MEALS \$2.30	Qty	DESSERTS \$1.35	Qty
Apricot chicken		Beef casserole*		Beef & bacon casserole*		Apple & rhubarb crumble	
Butter chicken w/rice*		Beef pie w/gravy		Beef stroganoff*		Apple pie	
Chicken & mushroom crepe		Beef schnitzel w/mushroom sauce		Cheesy tuna bake		Apricot crumble	
Chicken & vegetable pie		Braised steak & onion gravy*		Creamy chicken & bacon pasta		Bread & butter pudding w/peaches	
Chicken chow mein		Chinese imperial beef		Chicken & vegetable pie		Caramel custard tart	
Chicken curry*		Corned silverside & parsley sauce*		Chicken curry w/rice		Chocolate mousse*	
Chicken parmigiana		Cottage pie*		Chicken schnitzel w/lemon		Chocolate steamed pudding	
Chicken schnitzel w/gravy		Grilled sausages, onions w/gravy		Chicken wing in BBQ sauce*		Coconut pie	
Chicken schnitzel w/lemon		Lasagne		Cottage pie*		Creamy rice w/rhubarb*	
Chicken w/pistachio & parmesan		Rissoles w/gravy*		Crumbed fish w/potato bake		Crème caramel	
Honey chicken w/cashews		Roast beef*		Grilled sausages, onions w/gravy		Golden syrup pudding	
Honey soy chicken		Spaghetti Bolognese		Macaroni cheese w/vegetables ^v		Fruit salad w/cream*	
Red curry chicken*		Steak & kidney pie		Roast lamb*		Lemon meringue pie	
Roast chicken*		Traditional meatloaf		Roast pork*		Pavlova	
Roast turkey*		LAMB MAIN MEALS \$2.95	Qty	Roast turkey*		Sticky date pudding	
Satay chicken		Lamb in plum sauce*		Savoury mince & vegetables*		Strawberry cheesecake	
PORK MAIN MEALS \$2.95	Qty	Lamb moussaka		Spaghetti bolognese		Trifle w/fruit & cream	
Asian pork stir fry		Lambs fry & bacon		Vegetable cottage pie ^v		Vanilla panna cotta w/berries*	
Honey pork & pineapple casserole*		Satay lamb*		SOUPS \$1.25	Qty	DRINKS	Qty
Pork & apple casserole*		VEGETARIAN MAIN MEALS \$2.95	Qty	Beef, barley & vegetable		Flavoured milk 250ml \$0.80	
Pork in BBQ sauce		Crumbed vegetable patties* ^v		Chicken stockpot		Iced Coffee 500ml \$1.30	
Roast pork*		Macaroni cheese ^v		Pea & ham*		Juice 350ml \$1.00	
Roast pork w/apricot & prunes*		Mixed bean casserole* ^v		Potato & leek* ^v		Sustagen 250ml \$1.10	
Sweet & sour pork*		Pumpkin, spinach & feta frittata* ^v		Pumpkin* ^v		FRESH FROM OUR CAFÉ	Qty
SEAFOOD MAIN MEALS \$2.95	Qty	Vegetable pasta bake* ^v		Sweet corn & chicken*		Salad* ^v \$2.40	
Barramundi w/lemon sauce		Vegetable quiche ^v		SAVOURY SNACKS	Qty	Salad (w/meat) \$2.60	
Fish & chips		PREMIUM MEALS \$3.45	Qty	Meat pie (beef) \$1.25		Sandwich (salad) ^v \$2.40	
Poached fish in parsley sauce*		Lamb chop w/gravy*		Sausage roll \$1.10		Sandwich (w/meat) \$2.60	
Salmon pattie		Lamb leg w/spinach & almonds*		SWEET SNACKS	Qty	Scone w/jam & cream \$2.00	
Seafood crepe		Roast lamb*		Lamington (single) \$1.20		FRESH FRUIT	Qty
Smoked cod*		Spinach & ricotta cannelloni ^v		Muffins (assorted single) \$1.00		Assorted pieces (5) \$4.50	

January 2020

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 Sav Snk Swt Snk Dessert Drinks Fresh Fruit TOTAL