

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 \$3.00	Qty	BEEF/VEAL MAIN MEALS \$3.00	Qty	MINI MEALS \$2.35	Qty	BREAKFAST \$2.35	Qty
Apricot chicken		Aussie meat pie meal		Beef bourguignon w/mash		Full English breakfast	
Chicken & mushroom crepe		Beef & potato hotpot*		Cheesy tuna bake		Hot breakfast bowl	
Chicken & mushroom potato pie*		Beef kebab w/onion gravy*		Chicken casserole*		DESSERTS \$1.40	Qty
Chicken cacciatore*		Beef stroganoff		Chicken schnitzel w/lemon		Apple & rhubarb crumble	
Chicken curry*		Braised steak w/onion gravy*		Cottage pie*		Apple pie	
Chicken kiev w/cheese sauce		Chilli con carne		Creamy chicken & bacon pasta		Apricot crumble	
Chicken parmigiana w/wedges		Corned silverside & parsley sauce*		Crumbed fish w/potato bake		Bread & butter pudding w/peaches	
Chicken schnitzel w/gravy		Grilled sausages w/onion gravy		Curried sausages		Caramel custard tart	
Chicken schnitzel w/lemon		Hearty beef casserole*		Grilled sausages w/onion gravy		Chocolate bavarian	
Chicken w/pesto & pasta		Lasagne		Lamb casserole		Chocolate steamed pudding	
Chicken w/pistachio & parmesan		Malaysian beef rendang		Meatloaf w/gravy		Citrus pudding	
Creamy chicken w/herbs		Rissoles w/gravy*		Pasta & vegetable bake ^v		Creamy rice w/rhubarb*	
Honey chicken w/cashews		Roast beef*		Roast beef*		Crème caramel	
Roast chicken*		Spaghetti bolognese		Roast pork*		Fruit salad w/cream*	
Roast turkey*		Steak & kidney pie		Roast turkey*		Golden syrup pudding	
Satay chicken		Veal schnitzel		Savoury mince & vegetables*		Lemon meringue pie	
LAMB MAIN MEALS \$3.00	Qty	SEAFOOD MAIN MEALS \$3.00	Qty	Vegetable & lentil cottage pie ^v		Pavlova	
Irish lamb stew*		Barramundi w/lemon sauce		Vegetable pesto penne ^v		Raspberry cheesecake	
Lamb curry		Crumbed fish fillets w/wedges		SOUPS \$1.30	Qty	Sticky date pudding	
Lamb schnitzel		Salmon pattie		Beef, barley & vegetable		Trifle w/fruit & cream	
Lambs fry & bacon		Seafood crepe		Chicken stockpot		Vanilla panna cotta w/berries*	
Roast lamb*		Smoked cod w/parsley sauce*		Cream of mushroom ^v		FRESH FROM OUR CAFÉ	Qty
Shepherds pie		Tuna mornay pasta		Hearty meatball & tomato		Housemade chunky beef pie \$2.50	
PORK MAIN MEALS \$3.00	Qty	VEGETARIAN MAIN MEALS \$3.00	Qty	Pea & ham*		Mini vegetable quiches (2) ^v \$2.00	
Ham steak & pineapple*		Crumbed vegetable patties* ^v		Potato & leek* ^v		Pork & fennel sausage roll \$1.75	
Honey pork & pineapple casserole*		Macaroni cheese ^v		Pumpkin* ^v		Pesto pasta salad ^v \$2.50	
Meatballs w/mushroom sauce*		Pumpkin, spinach & feta frittata* ^v		Sweet corn & chicken*		Salad (w/meat)* \$2.75	
Pork & red wine ragu*		Spinach & ricotta cannelloni ^v		DRINKS & FRUIT	Qty	Sandwich (salad) ^v \$2.40	
Pork vindaloo*		Spring vegetable risotto ^v		Iced Coffee 500ml \$1.30		Sandwich (w/meat) \$2.75	
Roast pork*		Vegetable casserole ^v		Juice 350ml \$1.00		Berry muffin \$1.50	
Roast pork w/apricot & prunes*		Vegetable cottage pie* ^v		Sustagen 250ml \$1.10		Chocolate brownie* \$2.00	
Sweet & sour pork*		Vegetable quiche ^v		Assorted fruit pieces (5) \$4.50		Scone w/jam & cream \$2.00	

2021 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.

Main Mini Soup Drinks Fruit Bfast Dessert Fresh TOTAL