

October 2021



Client Newsletter



NEW MENU

Our new menu is just about here - thank you for your patience while we have been finalising the details.

We have some exciting new meals to offer you (some are featured to the right) & these will be available to order for deliveries arriving after November 1.

We have had to incorporate a small price rise due to supplier cost increases, but have kept this as low as we could by choosing the most cost-effective options from each supplier. As a general guide, main meals will now be \$6.20, mini meals \$4.90, soups \$2.80 & desserts \$3.00.

Some items have been removed from the menu for a few reasons - they have been discontinued by suppliers, their prices have risen too much or you have told us that you are not that keen on them! We may have a small stock of these left when we change over the menu, so if you are after something in particular, write it on your menu or call & ask!

Keep a look out for your new menu in the coming weeks - we hope you enjoy the new & exciting options that are on offer.



New chicken meals include (from left above) Chicken casserole w/almonds, Lemon mustard chicken and Mango chicken, as well as Teriyaki chicken (not pictured).



We will also be introducing (from above left) Honey soy glazed pork, Pork stir fry & noodles and Pork sausages & stew, plus Lamb rissole with mash, Beef ravioli and Meatloaf w/gravy (not pictured). Below, from left: Beef Korma w/rice, Steak Diane, Baked fish w/cream sauce and Tuna patties w/sweet chilli sauce.



New to the mini meal range are (from below left) Butter chicken w/rice and Stir fry chicken noodles, as well as Roast Chicken and Spring vegetable risotto (not pictured).



Please turn over for our new vegan, drink & café options!

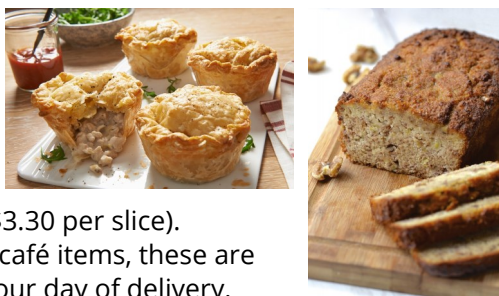


For your peace of mind, we can advise that every single one of our meal delivery volunteers is fully vaccinated.



We are pleased to introduce the Vegetable stir fry (above left) to our vegetarian range. And even more pleased to introduce our **first ever VEGAN meals:** Vegan meatballs w/mash and Vegan parmigiana w/wedges (above middle & right).

New to the 'Fresh from Our Café' range, we bring to you the housemade Chicken, mushroom & leek pie (\$5.30) and Banana bread (\$3.30 per slice). Along with all of our café items, these are prepared fresh for your day of delivery.



Some of our suppliers are having trouble supplying certain products at this time. Thank you for your patience if we have had to substitute something you have ordered for an alternate product. If you would prefer us not to do this, please call the office & let us know, & we will always be sure to check with you before making any future substitutions.

A number of clients have indicated that they would be interested in seeing bread & milk added to the menu. This is something we will investigate offering in the new year (which is surprisingly not far away!).



Due to overwhelming praise for our complimentary 2L juices given away earlier this year, we have decided to add two 2L juices to our menu: Orange & Mango and Pineapple Crush (\$4.80 each). We will still be offering the Apple, Mango & Banana juice (350ml) and have introduced a Pineapple Juice (350ml) to replace the Orange. You can now indicate the flavour you would like to order on our menu & can specify if you require chocolate or vanilla Sustagen.



Last month's puzzle answers

- Where a hike begins **TRAILHEAD**
- Unending **LIMITLESS**
- Royal staff **SCEPTRE**
- Bowlers & boaters **HATS**
- Cleaned clothes or money **LAUNDERED**
- Obscured **HIDDEN**
- On the level **HORIZONTAL**



Scones from Ben Roberts Cafe

To enjoy our scones the best way possible, we recommend that you place the scone in the microwave for 20 seconds to heat through. For best results then place the scone in a preheated oven (180°C) for 3 minutes.



Blue Mountains Food Services
Supporting our community

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