



Monthly Newsletter



As the end of the year approaches, it is an appropriate time to acknowledge the hard work that has gone into the provision of services to our Blue Mountains community during 2019. It's been a year of big changes at Blue Mountains Food Services. We welcomed our new General Manager Martin Gardiner, who, with the support of our wonderful team of staff & volunteers, has ushered in changes that have put our organisation on to a sound footing for 2020 so we can continue to provide services to you, our valued clients!

Thank you for trusting us to provide support to you this year. We look forward to another year of working together to enable you to remain healthy & connected to our community. On behalf of the BMFS Board, we wish you & your families a Happy Christmas & New Year.

Christine Mifsud, Chair, BMFS Board

The Christmas season can be a difficult time for many people for a range of reasons, from strained or broken family relationships, to loneliness, financial pressures or even just a "Christmas grouch" mentality. We recognise that some of our clients may fall into these categories but our hope at Blue Mountains Food Services is that we have assisted you, our clients, to engage that little bit more with your family & the wider community.

To us, supporting you this year has been an honour & a pleasure, & all of us at Blue Mountains Food Services wish our clients, volunteers, family & friends a very safe & joyful Christmas celebrating this wonderful time of the year with family & friends. We look forward to working with you again next year.

Martin Gardiner, General Manager, BMFS

CHRISTMAS MEAL PACKAGES

Available now until stocks last: \$12 each

From Master Catering Services

Main Meal: Leg ham, marinated turkey breast filled with whole juicy cranberries & spiced stewed apples, cranberry gravy, roast herb potatoes, roast pumpkin and baby green beans

Dessert: Plum pudding with brandy custard



Our **office** will be closed from 2pm on Tuesday December 24, 2019 until Thursday January 2, 2020, 8am.

If you are a client who receives frozen meals, please take this closure period into account & order extra meals in the weeks prior. If you need help with this, please don't hesitate to contact Lauren in the office.

For those clients who attend our community restaurants, please note that they will be closed over the following periods:

Blaxland restaurant: Last day Tuesday December 17 & reopening Tuesday January 14

Springwood restaurant: Last day Thursday December 19 & reopening Tuesday January 14

Lawson restaurant: Last day Wednesday December 18 & reopening Wednesday January 15

Katoomba restaurant: Last day Friday December 20 & reopening Monday January 13

Blackheath restaurant: Last day Wednesday December 18 & reopening Wednesday January 15.



Christmas Party dates!

Blaxland restaurant:

Tuesday December 17

Springwood restaurant:

Tuesday December 10

Lawson restaurant:

Wednesday December 11

Katoomba restaurant:

Friday December 13

Blackheath restaurant:

Wednesday December 18

New items

We are so excited to be able to offer a host of new items which we are confident that you will enjoy, especially our new selection of salads, sandwiches & scones which will be prepared fresh in our café. Here are the items we will be adding to the menu:

- Chicken parmigiana
- Red curry chicken*
- Asian pork stir fry
- Pork in BBQ sauce
- Barramundi w/lemon sauce
- Beef casserole*
- Beef schnitzel w/mushroom sauce
- Chinese imperial beef
- Lamb in plum sauce*
- Lamb moussaka
- Satay lamb*
- Mixed bean casserole*^V
- Vegetable pasta bake*^V
- Lamb chop w/gravy*
- Creamy chicken & bacon pasta (mini)
- Chicken & vegetable pie (mini)
- Chicken curry w/rice (mini)
- Spaghetti bolognese (mini)
- Vegetable cottage pie^V (mini)
- Coconut pie
- Crème caramel
- Golden syrup pudding
- Strawberry cheesecake
- Salads, sandwiches & scones!

The following items will now be sourced from alternative suppliers:

- Butter chicken w/rice*
 - Honey soy chicken
 - Satay chicken
 - Beef pie w/gravy
 - Grilled sausages, onions w/gravy (mini)
 - Roast lamb* (mini)
- *Gluten free ^VVegetarian

Items being replaced

Some items have been removed from our menu for a variety of reasons: based on your feedback, due to lack of popularity, or because of suppliers issues, item discontinuation & increased cost prices. The following items are being removed & will only be available until stocks last:

- Chicken & bacon bearnaise
- Thai green chicken curry w/rice
- Lamb casserole
- Lamb schnitzel
- Moroccan lamb tagine w/couscous
- Smothered pork steaks w/apple
- Beef bourguignon w/mash
- Beef diane
- Korean beef w/vegetables & rice
- Coconut vegetable korma
- Spring vegetable risotto (mini)
- Vegetable & lentil cottage pie (mini)
- Butter chicken w/rice (mini)
- Chilli con carne w/Mexican rice (mini)
- Meat pie w/mashed potato (mini)
- Penne napoletana w/meatballs (mini)
- Pesto chicken w/chargrilled veg (mini)
- Full English breakfast
- Homestyle porridge w/fruit
- Butterscotch pudding
- Peaches w/jelly
- Profiteroles

Price changes

All of our suppliers increased their prices during 2019, & while we have absorbed these for a good part of the year, we now need to pass on a small price increase to you. Some items were discontinued due to substantial price increases & we have had to change suppliers of other items to keep cost prices down. Our main & mini meals will now cost \$5.90 (a 15c increase) & we have had to introduce a premium meal section at a cost of \$6.90 (mostly consisting of lamb meals which have increased greatly in price due to the drought). Most other items have been increased by 10c. Some items still cost us more than we charge, but it is important to us that our meals remain affordable for you.

A taste of some of the new items on our menu



We are very excited to be adding these new items to our menu in 2020, prepared freshly in our café. You will now be able to order salads (\$4.80 or \$5.20 with meat), sandwiches (\$4.80 for salad or \$5.20 with meat) and scones w/jam & cream (\$4.00 per serve). We can't wait to hear your feedback on these new menu additions!



Chicken parmigiana



Red curry chicken*



Asian pork stir fry



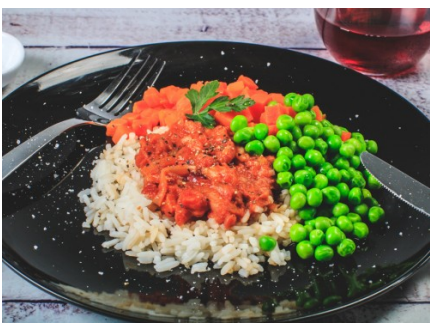
Beef casserole*



Beef schnitzel w/mushroom sauce



Satay lamb*



Mixed bean casserole*^v



Lamb chop w/gravy*



Chicken & vegetable pie (mini)



Chicken curry w/rice (mini)



Spaghetti Bolognese (mini)



Crème caramel



Nippy's have discontinued the supply of their Iced Espresso Coffee. Instead we will now be offering Iced Coffee in a

During November, Blue Mountains Food Services' NDIS programs & processes were audited against the National Disability Insurance Scheme Practice Standards. It is with great pleasure that we advise that we were successful in the audit & that we will be recommended to the NDIS Safeguards & Quality Commission to be approved to continue providing our NDIS Cook + Connect programs & other supports to Participants.

Staying Healthy – Beat the Heat & Smoke!

As we have experienced over the past weeks, hot & dry conditions are likely to continue across NSW for the foreseeable future.

Take precautions to protect the health of you & your family with four simple steps:

- Drink plenty of water
- Keep cool
- Have your asthma medication on hand
- Help others.

And don't forget to make sure your pets have plenty of water!

If you see unattended fire (not just smoke) call 000 immediately.

Personal preparedness & self-reliance will be critical over this coming fire season. Make sure you & your family have a plan.

In addition, prepare an emergency kit, which should include critical medications/scripts & pet supplies. Keep your personal identification, mobile phone & bank cards on you.

Look out for your neighbours, especially anyone particularly vulnerable.

For trusted sources of information:

- Fires Near Me app
- NSW RFS website
- Your local RFS Brigade Facebook page
- ABC 702 (our emergency broadcaster)
- If you do not have access to the internet or radio, contact the Bushfire Information Line on 1800 679 737 for up-to-date information.

Please stay safe this summer!



Melbourne Cup fun & festivities at our Blaxland community restaurant



**blue mountains
food services**