

February 2020



Client Newsletter



Seniors Festival



The NSW Seniors Festival is an opportunity to promote a better understanding within the community about seniors & the value they add to our lives. It is also an opportunity to encourage older people to lead active lifestyles & participate at all levels in our community.

NSW Seniors Festival (formerly Seniors Week) is the largest festival for seniors in the Southern Hemisphere. To acknowledge the remarkable contributions our local seniors make to our Blue Mountains community, a program of events for the month of February has been put together.

The theme for 2020 focuses on *Love To Celebrate*. It is about promoting inclusive communities, & providing an opportunity to promote a better understanding about seniors & the value they add to our lives.

A copy of the Seniors Week Program can be downloaded from www.bmcc.nsw.gov.au & hardcopies are available via Council's Library branches & Customer Service Centres in Katoomba & Springwood.

Blue Mountains Food Services is hosting a number of events during the Seniors Festival. Dotted in numerous locations across the mountains, there is guaranteed to be one close to you.

Take a look overleaf & please call us on 4759 2811 with any questions or to reserve your place.

We hope that you had a wonderful Australia Day weekend, & that you enjoyed the complimentary lamington that you would have received with any meal orders close to that weekend. The lamingtons are one of our new items & can be found in the 'sweet snack' section of the menu.



RUN OUT SALE

We have some discontinued items left in stock & are offering them at a discount!

- ❖ **SALE** Chilli Con Carne w/ Mexican Rice (Mini) - \$2.25
- ❖ **SALE** Meat Pie w/Mashed Potato (Mini) - \$2.25
- ❖ **SALE** Penne Napolitana w/ Meatballs (Mini) - \$2.25
- ❖ **SALE** Beef Diane - \$3.00
- ❖ **SALE** Korean Beef w/ Vegetables & Rice - \$3.00
- ❖ **SALE** Moroccan Lamb Tagine w/ Couscous - \$3.00
- ❖ **SALE** Thai Green Chicken Curry w/Rice - \$3.00

Handwrite these discounted items on your order form or call 4759 2811 to order today. But hurry as they are only available while stocks last!

Seniors Festival: BMFS Events



'Bring a Friend' lunches

Bring a friend who hasn't attended our restaurant before & you can both enjoy a 3 course meal for only \$5 each! Please join us at 11.30 for lunch from 11.45am.

- Katoomba restaurant: Monday 17 February
- Blaxland restaurant: Tuesday 18 February
- Lawson restaurant: Wednesday 19 February
- Blackheath restaurant: Wednesday 19 February
- Springwood restaurant: Thursday 20 February

Please call 4759 2811 to RSVP at least two days before.

PUZZLER!

All you need to do is solve the 7 clues below by matching together the tiles on the right to make *7 Little Words!*

You can only use each tile once.

RAC	ES	WOR	ETS
EC	MPI	NG	ER
DU	NG	WR	CUR
QU	OR	TA	GGI
MOT	NG	KI	KI

Clues...

- Travel by car (5 letters)
- Remedies (5 letters)
- Putting labels on (7 letters)
- Toiling away (7 letters)
- Badminton needs (8 letters)
- Destroying (8 letters)
- Shorter & stouter (7 letters)

Good luck!

BR

Ben Roberts Café

Seniors \$15 Meal & Coffee deal

Tuesday 18 - Friday 21 February, from 11am-2pm

Choose from one of our Chef's Special Seniors Meals:

- Soup of the Day
- Roast Veg Salad
- Quiche Lorraine & Salad
- Fish, Chips & Salad
- Ham, Cheese & Tomato Toasted Turkish Sandwich & Salad

Pair one of these meals with a small barista made coffee or tea. Simply show your Seniors Card!

Seniors 20% Discount

Tuesday 25 - Friday 28 February, from 8am-2pm

Show your Seniors Card to receive 20% off the total price of any order over \$30. Discount applies to full priced menu items only.

We serve great food & great coffee. And remember, when you visit Ben Roberts you're more than a customer. You're part of a social enterprise supporting people with a disability.

10 Benang St, Lawson, 0434 314 254



**blue mountains
food services**

[Www.bmfs.org.au](http://www.bmfs.org.au)

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