



91 Queen Street, Campbelltown NSW 2560

P.O. Box 685, Campbelltown NSW 2560

Phone:4645 4523

Please Indicate, ALL Meal Preferences by marking tick box

Client Name _____

Run Number _____

Beef - Main Meals- 360g- \$6.50	Tick Box	Office Use
Beef & Potato Hot Pot		F
Beef Bourguignon & Vegetables		S
Beef Lasagne		S, B
Rissole, Vegetables & Gravy		S, B
Braised Steak & Onion Gravy		B
Cottage Pie & Vegetables		B
Curried Sausages & Vegetables		S, B
Beef & Green Bean Casserole		F
Meatballs & Spaghetti in Napoli Sauce		S
Meatloaf with Vegetables		B
Tortellini Bolognese		S
Roast Beef, Vegetables & Gravy		S, B
Sausage, Mash, Vegetables & Gravy		S, B
Savoury Mince & Vegetables		S, B
Silverside, Vegetables & Parsley sauce		S, B
Spaghetti Bolognese		F
Steak & Kidney Pie		B
Steak & Mushroom Pie		MCS
Beef & Vegetable Stir Fry		B
Chicken - Meals- 360g- \$6.50	Tick Box	Office Use
Apricot Chicken		B
Butter Chicken & Vegetables		S
Chicken Lasagne		F
Chicken Casserole		B
Chicken Fettuccine		B
Chicken Parmigiana & Vegetables		S
Chinese Chicken & Vegetables		S, B
Crumbed Chicken Tenders & Vegetables		B
Curried Chicken Mild & Vegetables		S, B
Lemon Chicken Schnitzel & Vegetables		B
Roast Chicken, Vegetables & Gravy		B
Sesame Chicken with Rice & Vegetables		B
Lemon Chicken		F
Chicken & Mushroom Pie		F

Delivery Day /s

Quantities

Lamb -Meals - 360g- \$6.50	Tick Box	Office Use Only
Lamb Casserole		B, S
Lambs Fry, Bacon & Gravy		B
Lancashire Hot Pot		B
Mild Lamb Curry & Vegetables		F
Roast Lamb, Vegetables & Gravy		S, B
Shepherds Pie & Vegetables		F
Irish Lamb Stew		F
Pork - Meals - 360g- \$6.50	Tick Box	Office Use
Honey Pork & Pineapple Casserole		B
Roast Pork, Vegetables & Gravy		S,B
Smothered pork in apple sauce		B
Sweet & Sour Pork		B
Bacon & Potato Slice		F
Pork Ragu & Vegetables		s
Macaroni Ham & Cheese		F
Pork Meatball with Creamy Mushroom Sauce		F
Pork Fennel & Sweet Potato Stew		F
Seafood - Meals- 360g- \$6.50	Tick Box	Office Use
Cheesy Tuna Bake		B
Crumbed Fish & Chips		S, B
Salmon Patties & Vegetables		B
Smoked Cod & Parsley Sauce		B
Steamed Fish & Five Willow Sauce		B
Tempura Fish Bites, Chips & Vegetables		B
Curried Prawns, Rice & Vegetables		MCS
Turkey & Veal - 360g- \$6.50	Tick Box	Office Use
Roast Turkey, Vegetables & Gravy		S, B
Veal Schnitzel & Gravy		F
Vegetarian Meals- 360g- \$6.50	Tick Box	Office Use
Pumpkin & Spinach Frittata		B
Spinach & Ricotta Cannelloni		B
Vegetable Pasta Bake		S
Vegetable Patties		B
Vegetable Quiche		B
Penne Pasta		S
Quiche Lorraine		F
Small - Soups - 180g- \$1.70	Tick Box	Office Use
Beef & Vegetable		PFD
Chicken & Corn		PFD
Pea & Ham		PFD
Pumpkin		PFD
Large - Soups - 220g- \$2.00	Tick Box	Office Use
Beef & Vegetable	Coming Soon	S
Potato & Leek	Coming Soon	S
Cream of Chicken	Coming Soon	s

Special - Main Meal & Dessert \$7.80

Beef - Mini Meals- 220g- \$5.50	Tick Box	Office Use
Beef Lasagne		B
Braised Steak , Onion Gravy		B
Silverside, Vegetables & Parsley sauce		B
Cottage Pie & Vegetables		B
Curried Sausages		B
Meatloaf, Vegetables & Gravy		B
Rissole, Vegetables & Gravy		B
Roast Beef, Vegetables & Gravy		B
Sausage, Mash, Vegetables & Gravy		B,
Savoury Mince & Vegetables		B
Spaghetti Bolognese		MCS
Steak & Mushroom Pie & Vegetables		MCS
Steak & Kidney Pie		B
Chicken - Mini Meals- 220g- \$5.50	Tick Box	Office Use
Apricot Chicken		B
Chicken Casserole		B
Chicken Fettuccini		B
Chinese Chicken & Vegetables		B
Lemon Chicken Schnitzel		B
Mild Chicken Curry		B
Roast Chicken, Vegetables & Gravy		B
Lamb - Mini Meals- 220g- \$5.50	Tick Box	Office Use
Lamb Casserole		B S
Lambs Fry, Bacon & Gravy		B
Lancashire Hot Pot		B
Roast Lamb, Vegetables & Gravy		B
Seafood - Mini Meals- 220g- \$5.50	Tick Box	Office Use
Crumbed Fish & Chips		B
Cheesy Tuna Bake		B
Salmon Patties		B
Smoked Cod With Parsley Sauce		B
Steam Fish in Five Willow Sauce		B
Pork - Mini Meals- 220g- \$5.50	Tick Box	Office Use
Honey Pork & Pineapple Casserole		B
Pork Roast , Gravy & Vegetables		B
Smothered Pork, Apple Sauce		B
Sweet & Sour Pork		B
Vegetarian - Mini Meals- 220g- \$5.50	Tick Box	Office Use
Pumpkin & Spinach Frittata		B
Spinach & Ricotta Cannelloni		B
Vegetable Patties		B
Vegetable Quiche		B
Vegetable Pasta Bake		
Italian - Mini Meals - 220g- \$5.50	Tick Box	Office Use
Fettuccini Alfredo		MCS
Macaroni Cheese		MCS

Desserts- 120g- \$1.80	Tick Box	Office Use
Apple Pie & Custard / Cream		S,
Apple Rhubarb Brown Betty & Custard		B, S
Apple, Sultana Crumble with Custard		M
Apricot Crumble & Custard		B
Bread & Butter Pudding		B,S,M
Butterscotch , Sultana Pudding & Custard		B
Blueberry Crumble with Custard		M
Chocolate Mousse		S,
Chocolate Mud Cake & Cream		S
Chocolate Mud Cake with Custard		M
Chocolate Steamed Pudding & Custard		B
Creamy Rice		B
Frozen Fruit Compote		M
Fruit Salad & Cream		B
Fruit Trifle & Cream		B
Golden Syrup Pear Cake & Custard (winter)		B
Lemon Pudding		B
Orange Syrup Cake with Custard		S
Peaches Jelly with Custard		M
Sticky date with Caramel Sauce		S,
Strawberry Mousse		S
Tiramisu		M
Vanilla Pancotta & Mixed Berries		B, S,
Creamy Rice with Peach Puree		
Breggie Bake - 140g- \$3.00	Tick Box	Office Use
Egg ,Bacon &Cheese		B
Egg Fetta & Spinach		B
Three Cheeses & Black Pepper Omelette		
Snack Packs - 200g - \$3.00	Tick Box	Office Use
Chicken Lasagne		PFD
Fried Rice		PFD
Macaroni Cheese		PFD
Potato Bake		PFD
Sweet & Sour Chicken	Coming Soon	PFD
Spaghetti Bolognese		PFD
Sandwiches - \$3.80	Tick Box	Office Use
Ham & Cheese		PFD
Silverside Cheese & Pickles		PFD
Chicken & Cheese		PFD
Roast Beef, Cheese & Onion		PFD
Egg & Chives on Rye		PFD
Juice - 250ml- \$0.50	Tick Box	Office Use
Apple & Blackcurrant		
Orange		
Apple		
Apple, Banana & Mango		

Special - Mini Meal & Dessert \$6.80