



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 _____

Special - Main Meal & Dessert \$7.80

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

Delivery Day /s

Quantities

Start Date:

Lamb -Meals - 360g- \$6.50	Tick Box	Office Use Only
Irish Lamb Stew		F
Lamb & Rosemary Pie		MCS
Lamb Casserole		B
Lambs Fry, Bacon & Gravy		B
Lancashire Hot Pot		B
Mild Lamb Curry & Vegetables		F
Roast Lamb, Vegetables & Gravy		S, B
Shepherds Pie & Vegetables		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
Seafood - Meals- 360g- \$6.50	Tick Box	Office Use
Cheesy Tuna Bake		B
Crumbed Fish & Chips		S,
Crumbed Fish & Potato Bake		B
Curried Prawns, Rice & Vegetables		RK
Salmon Patties & Vegetables		B
Smoked Cod & Parsley Sauce		B
Steamed Fish & Lemon Sauce		B
Tempura Fish Bites, Chips & Vegetables		B
Vegetarian Meals- 360g- \$6.50	Tick Box	Office Use
Mixed Vegetable Curry	COMING SOON	F
Pumpkin & Spinach Frittata		B
Pumpkin & Spinach Risotto	COMING SOON	F
Spinach & Ricotta Cannelloni		B
Vegetable Pasta Bake		B
Vegetable Patties		B
Vegetable Quiche		B
Premium Meal Range - \$7.50	Tick Box	Office Use Only
Braised Lamb with Fruit Chutney & Steamed Potato		
Grilled Lamb Chump Chop with Homemade Onion Gravy		
Grilled Barramundi Fillet with Ginger, Lime & Shallot Butter on Rice		
Tasmanian Smoked Salmon Patty with Caper Cream Sauce		
Pan Grilled Chicken Breast, with Grain mustard Cream Sauce		
Honey Curry Chicken With Steamed Rice		
Quiche with Bacon, Spinach & Cheese with Seasonal Vegetables		
Vegetable Lasagne with Seasonal Vegetables		

Special - Mini Meal & Dessert \$6.80

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

Desserts- 120g- \$1.80	Tick Box	Office Use
Apple Pie & Cream		B
Apple Rhubarb Brown Betty & Custard		B,
Apple, Sultana Crumble with Custard		MCS
Apricot Crumble & Custard		B
Banana Pudding & Caramel Sauce		MY
Blackforest Cheesecake		MCS
Blueberry Crumble with Custard		M
Bread & Butter Pudding		B,M
Butterscotch, Sultana Pudding & Custard		B
Chocolate Mousse		S,
Chocolate Mud Cake & Cream		S
Chocolate Mud Cake & Custard		M
Chocolate Steamed Pudding & Custard		B
Creamy Rice		B
Creamy Rice with a Fruit Puree		MCS
Frozen Fruit Compote		M
Fruit Salad & Cream		B
Fruit Trifle & Cream		B
Golden Syrup Dumpling		MY
Lemon Pudding & Custard		MCS
Peaches Jelly with Custard		MCS
Sticky Date with Caramel Sauce		MCS
Strawberry Mousse		S
Tiramisu		MCS
Vanilla Pancotta & Mixed Berries		B,
Breggie Bake - 140g- \$3.00	Tick Box	Office Use
Egg ,Bacon & Cheese		N
Egg Fetta & Spinach		N
Three Cheeses & Black Pepper Omelette		N
Snack Packs - 200g - \$3.00	Tick Box	Office Use
Beef Lasagne		PFD
Chicken Lasagne		PFD
Fried Rice		PFD
Macaroni Cheese		PFD
Potato Bake		PFD
Spaghetti Bolognese		PFD
Sweet & Sour Chicken		PFD
Soups - 220g - \$2.30	Tick Box	Office Use
Pumpkin		MY
Chicken & Vegetable		MY
Beef & Vegetable		MY
Small - Soups - 180g- \$1.70	Tick Box	Office Use
Chicken & Corn		PFD
Pea & Ham		PFD
Sandwiches - \$3.80	Tick Box	Office Use
Chicken & Cheese		PFD
Egg & Chives on Rye		PFD
Ham & Cheese		PFD
Roast Beef, Cheese & Onion		PFD
Silverside Cheese & Pickles		PFD
Juice - 250ml- \$0.50	Tick Box	Office Use
Apple & Blackcurrant		A
Orange		A
Apple		A