



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 | Tick Box | Office Use Only |
|---|----------|-----------------|
| BBQ Marinated Beef Stir Fry with Rice | | RK |
| Beef & Green Bean Casserole | | F |
| Beef & Potato Hot Pot | | F |
| Beef & Vegetable Stir Fry | | B |
| Beef Lasagne | | B |
| Beef Stroganoff with Macaroni | | MY |
| Braised Steak & Onion Gravy | | B |
| Cottage Pie & Vegetables | | B |
| Curried Sausages & Vegetables | | B |
| Fair Dinkum Aussie Meat Pie | | GMC |
| Meatballs & Penne Pasta in Napoli Sauce | | GMC |
| Meatloaf with Vegetables | | 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 | | F |
| Steak & Kidney Pie | | B |
| Steak & Mushroom Pie | | MCS |
| Steak Diane & Vegetables | | B |
| Veal Schnitzel & Gravy | | F |
| | | |
| | | |
| | | |
| Chicken - Meals - 360g | Tick Box | Office Use Only |
| Apricot Chicken & Vegetables | | B |
| Butter Chicken & Vegetables | | GMC |
| Chicken & Mushroom Pie | | F |
| Chicken Boscaiola | | F |
| Chicken Cacciatore | | F |
| Chicken Casserole | | B |
| Chicken Chow Mein | | F |
| Chicken Lasagne | | F |
| Chinese Chicken & Vegetables | | B |
| Curried Chicken Mild & Vegetables | | B |
| Honey Soy Chicken & Rice | | RK |
| Lemon Chicken & Vegetables | | F |
| Lemon Chicken Schnitzel & Vegetables | | B |
| Roast Chicken, Vegetables & Gravy | | B |
| Roast Turkey, Vegetables & Gravy | | B |
| Satay Chicken with Vegetable Rice | | GMC |

Delivery Day /s _____

Quantities _____

Start Date: _____

| Lamb - Meals - 360g | Tick Box | Office Use Only |
|--|----------|-----------------|
| Irish Lamb Stew | | F |
| Lamb & Rosemary Pie | | MCS |
| Lamb Casserole | | B |
| Lamb Fry, Bacon & Gravy | | B |
| Lamb Schnitzel with Vegetables & Gravy | | GMC |
| Lancashire Hot Pot | | B |
| Mild Lamb Curry & Vegetables | | F |
| Roast Lamb, Vegetables & Gravy | | B |
| Shepherds Pie & Vegetables | | F |
| Pork - Meals - 360g | Tick Box | Office Use Only |
| Bacon & Potato Slice | | F |
| Honey Pork & Pineapple Casserole | | B |
| Macaroni Ham & Cheese | | F |
| Pork Meatball with Creamy Mushroom Sauce | | F |
| Roast Pork, Vegetables & Gravy | | B |
| Smothered Pork in Apple Sauce | | B |
| Sweet & Sour Pork | | B |
| Seafood - Meals - 300g - | Tick Box | Office Use Only |
| Cheesy Tuna Bake | | B |
| Crumbed Fish & Wedges | | GMC |
| 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 | Tick Box | Office Use Only |
| Mixed Vegetable Curry | | F |
| Pumpkin & Spinach Frittata | | B |
| Pumpkin & Spinach Risotto | | F |
| Spinach & Ricotta Cannelloni | | B |
| Vegetable Pasta Bake | | B |
| Vegetable Patties | | B |
| Vegetable Quiche | | B |
| Premium Meal Range | Tick Box | Office Use Only |
| Braised Lamb with Fruit Chutney & Steamed Potato | | MY |
| Grilled Lamb Chump Chop with Homemade Onion Gravy | | MY |
| Grilled Barramundi Fillet with Ginger, Lime & Shallot Butter on Rice | | MY |
| Pan Grilled Chicken Breast, with Grain Mustard Cream Sauce | | MY |
| Honey Curry Chicken with Steamed Rice | | MY |
| Quiche with Bacon, Spinach & Cheese with Seasonal Vegetables | | MY |
| Pulled Pork with Potato Gratin & Seasonal Vegetable | | MY |
| Lamb Shanks with Mashed Potato & Seasonal Vegetables | | MY |
| Vegetable Lasagne with Seasonal Vegetables | | MY |

| Beef - Mini Meals - 220g | Tick Box | Office Use |
|--|----------|-----------------|
| Beef Lasagne | | B |
| Beef Stir Fry | | 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 | | B |
| Steak & Kidney Pie | | B |
| Steak & Mushroom Pie & Vegetables | | MCS |
| | | |
| Chicken - Mini Meals - 220g | Tick Box | Office Use Only |
| 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 | Tick Box | Office Use |
| Lamb Casserole | | B |
| Lamb & Rosemary Pie | | MCS |
| Lambs Fry, Bacon & Gravy | | B |
| Lancashire Hot Pot | | B |
| Roast Lamb, Vegetables & Gravy | | B |
| | | |
| Seafood - Mini Meals - 220g | 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 | Tick Box | Office Use |
| Honey Pork & Pineapple Casserole | | B |
| Roast Pork , Gravy & Vegetables | | B |
| Smothered Pork in Apple Sauce | | B |
| Sweet & Sour Pork | | B |
| | | |
| Vegetarian - Mini Meals - 220g | Tick Box | Office Use Only |
| Macaroni Cheese | | MCS |
| Pumpkin & Spinach Frittata | | B |
| Spinach & Ricotta Cannelloni | | B |
| Vegetable Patties | | B |
| Vegetable Quiche | | B |

| Desserts - 120g | 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 |
| Black Forest Cheesecake | | MCS |
| Bread & Butter Pudding | | MCS |
| Butterscotch, Sultana Pudding & Custard | | B |
| Chocolate Mousse & Cream | | MY |
| Chocolate Mud Cake & Cream | | MY |
| Chocolate Mud Cake & Custard | | MCS |
| Chocolate Steamed Pudding & Custard | | B |
| Creamy Rice | | MY |
| Creamy Rice with a Fruit Puree | | MCS |
| Frozen Fruit / Compote | | MCS |
| Fruit Salad & Cream | | B |
| Fruit Trifle & Cream | | B |
| Golden Syrup Dumpling | | MY |
| Jelly & Peaches with Custard | | MCS |
| Lemon Pudding & Custard | | MCS |
| Pavlova | | MY |
| Sticky Date with Caramel Sauce | | MCS |
| Tiramisu | | MCS |
| Vanilla Pancotta & Mixed Berries | | B |
| | | |
| | | |
| Omelette - 140g | Tick Box | Office Use |
| Three Cheeses & Black Pepper Omelette | | N |
| | | |
| | | |
| Snack Packs - 200g | Tick Box | Office Use |
| Chicken Lasagne | | PFD |
| Fried Rice | | PFD |
| Macaroni Cheese | | PFD |
| Potato Bake | | PFD |
| Spaghetti Bolognese | | PFD |
| | | |
| Soups - 220g | Tick Box | Office Use Only |
| Pumpkin | | MY |
| Chicken & Vegetable | | MY |
| Beef & Vegetable | | MY |
| Pea & Ham | | MY |
| Sandwiches | 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 | Tick Box | Office Use |
| Apple | | A |
| Apple & Blackcurrant | | A |
| Orange | | A |