

Mosman meals order form

CHILLED MEALS – WINTER 2021



HOW TO USE THIS ORDER FORM

1. Complete the MEAL PLANNER

Tell us how many of each item you would like delivered on which days. We deliver every day from Monday to Friday.

2. Complete the MEAL ORDER FORM

Choose the meals you would like to receive. We offer a choice of THREE main meals and ONE salad each day. Simply tick the meal items you would like to receive for each day of the week.

3. Return this form to Mosman Meals

Email to meals@mosman.nsw.gov.au or post to PO BOX 211 Spit Junction 2088 or give this form to your friendly delivery person.

If you have any questions or would like help completing this order form, please call Mosman Meals on 9978 4130.

Your Name:Signature:

Please list any foods you dislike or are unable to eat. Clearly list any food allergies:

YOUR MEAL PLANNER

Please write how many of each item you would like for each day.

CHILLED (REFRIGERATED)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FOR WEEKEND
Meal						
Salad						
Sandwich						
Soup						
Dessert						
Apple Juice						
Orange Juice						



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 Email: meals@mosman.nsw.gov.au
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YOUR MEAL ORDER FORM

GF - suitable for people on a gluten-free

diet

WEEK 1

MONDAY <input checked="" type="checkbox"/>	TUESDAY <input checked="" type="checkbox"/>	WEDNESDAY <input checked="" type="checkbox"/>	THURSDAY <input checked="" type="checkbox"/>	FRIDAY <input checked="" type="checkbox"/>
Roast Turkey with Port Wine Sauce <input type="checkbox"/> GF <input type="checkbox"/>	Curried Sausages <input type="checkbox"/> GF <input type="checkbox"/>	Beef Rissoles with Onion Gravy <input type="checkbox"/> GF <input type="checkbox"/>	Roast Lamb with Mint Gravy <input type="checkbox"/> GF <input type="checkbox"/>	Roast Pork with Apple Sauce & Gravy <input type="checkbox"/> GF <input type="checkbox"/>
Tuscan Beef <input type="checkbox"/> GF <input type="checkbox"/>	Lamb & Rosemary Hot Pot <input type="checkbox"/> GF <input type="checkbox"/>	Chicken Cacciatore <input type="checkbox"/> GF <input type="checkbox"/>	Pork & Bean Cassoulet <input type="checkbox"/> GF <input type="checkbox"/>	Curried Prawns <input type="checkbox"/> GF <input type="checkbox"/>
Cauliflower with Chickpeas & Cous Cous <input type="checkbox"/>	Tofu & Spinach Curry <input type="checkbox"/>	Spinach & Cheese Roll <input type="checkbox"/>	Pumpkin Ravioli with Passata Sauce <input type="checkbox"/>	Beetroot Lentil Burger <input type="checkbox"/>
Roast Wagyu Beef with Potato Salad <input type="checkbox"/> GF <input type="checkbox"/>	Cheese with Pesto Pasta Salad <input type="checkbox"/>	Chicken Caesar Salad <input type="checkbox"/>	Ham with Potato Salad <input type="checkbox"/> GF <input type="checkbox"/>	Roast Chicken with Pesto Pasta Salad <input type="checkbox"/>

WEEK 2

MONDAY <input checked="" type="checkbox"/>	TUESDAY <input checked="" type="checkbox"/>	WEDNESDAY <input checked="" type="checkbox"/>	THURSDAY <input checked="" type="checkbox"/>	FRIDAY <input checked="" type="checkbox"/>
Lamb and Mint Rissoles with Gravy <input type="checkbox"/> GF <input type="checkbox"/>	Beef Cottage Pie <input type="checkbox"/> GF <input type="checkbox"/>	Chicken Thigh with Pepperonata Sauce <input type="checkbox"/> GF <input type="checkbox"/>	Pork Steak with Creamy Mustard Sauce <input type="checkbox"/> GF <input type="checkbox"/>	Roast Beef with Onion Gravy <input type="checkbox"/> GF <input type="checkbox"/>
Tuna Pasta Bake <input type="checkbox"/>	Pork & Mushroom Casserole <input type="checkbox"/> GF <input type="checkbox"/>	Lamb & Fruit Curry <input type="checkbox"/> GF <input type="checkbox"/>	Beef Chasseur <input type="checkbox"/> GF <input type="checkbox"/>	Pork, Apple & Fennel Rissoles with Gravy <input type="checkbox"/> GF <input type="checkbox"/>
Spinach Chickpea Patties with Red Pepper Sauce <input type="checkbox"/> GF <input type="checkbox"/>	Cauliflower & Macaroni Cheese Bake <input type="checkbox"/>	Cheese Arancini Balls with Passata <input type="checkbox"/>	Yellow Tofu Coconut Curry <input type="checkbox"/>	Potato & Spinach Pie <input type="checkbox"/>
Cheese with Potato Salad <input type="checkbox"/> GF <input type="checkbox"/>	Roast Wagyu Beef with Pasta Salad <input type="checkbox"/>	Egg with Pesto Pasta Salad <input type="checkbox"/>	Roast Turkey with Pasta Salad <input type="checkbox"/>	Tuna with Pasta Salad <input type="checkbox"/>

WEEK 3

MONDAY <input checked="" type="checkbox"/>	TUESDAY <input checked="" type="checkbox"/>	WEDNESDAY <input checked="" type="checkbox"/>	THURSDAY <input checked="" type="checkbox"/>	FRIDAY <input checked="" type="checkbox"/>
Smoky Shaved BBQ Pork <input type="checkbox"/>	Beef Burger with Seeded Mustard Gravy <input type="checkbox"/>	Roast Lamb with Rosemary Gravy <input type="checkbox"/> GF	Country Beef Sausage with Sage & Onion Gravy <input type="checkbox"/> GF	Crumbed Fish <input type="checkbox"/>
Chicken & Spinach Casserole <input type="checkbox"/> GF	Pork & Bean Cassoulet <input type="checkbox"/> GF	Chicken & Lentil Curry <input type="checkbox"/> GF	Greek Lamb, Spinach & Risoni Pasta <input type="checkbox"/>	Chicken Maryland with Creamy Mushroom Sauce <input type="checkbox"/> GF
Pumpkin, Lentil & Mushroom Curry <input type="checkbox"/> GF	Lentil & Vegetable Pilaf <input type="checkbox"/> GF	Tofu & Spinach Curry <input type="checkbox"/>	Vegetable Frittata <input type="checkbox"/> GF	Tofu & Vegetable Hokkien Noodles <input type="checkbox"/>
Tuna with Pesto Pasta Salad <input type="checkbox"/>	Egg with Potato Salad <input type="checkbox"/> GF	Chicken Caesar Salad <input type="checkbox"/>	Cheese with Pesto Pasta Salad <input type="checkbox"/>	Roast Wagyu Beef with Pasta Salad <input type="checkbox"/>

WEEK 4

MONDAY <input checked="" type="checkbox"/>	TUESDAY <input checked="" type="checkbox"/>	WEDNESDAY <input checked="" type="checkbox"/>	THURSDAY <input checked="" type="checkbox"/>	FRIDAY <input checked="" type="checkbox"/>
Chunky Beef Pie with Breadcrumb Top <input type="checkbox"/>	Pork with Sweet & Sour Sauce <input type="checkbox"/>	Chicken Parmigiana <input type="checkbox"/>	Lamb Shepherd's Pie <input type="checkbox"/> GF	Crispy Battered Fish <input type="checkbox"/>
Thai Green Chicken Curry <input type="checkbox"/> GF	Hearty Beef Casserole <input type="checkbox"/> GF	Yellow Pork Coconut Curry <input type="checkbox"/> GF	Salmon Patties with Creamy Lemon Sauce <input type="checkbox"/>	Roast Beef with Red Wine Gravy <input type="checkbox"/> GF
Spinach Rice Balls with Passata <input type="checkbox"/>	Macaroni Cheese Bake <input type="checkbox"/>	Italian Bean Croquettes with Red Pepper Sauce <input type="checkbox"/>	Chilli Bean Casserole <input type="checkbox"/> GF	Tofu Schnitzel with Sweet & Sour Sauce <input type="checkbox"/>
Cheese with Potato Salad <input type="checkbox"/> GF	Shaved BBQ Pork with Pasta Salad <input type="checkbox"/>	Roast Chicken with Potato Salad <input type="checkbox"/> GF	Spinach Rice Ball with Pesto Pasta Salad <input type="checkbox"/>	Corned Beef with Pasta Salad <input type="checkbox"/>

SANDWICHES

MONDAY <input checked="" type="checkbox"/>	TUESDAY <input checked="" type="checkbox"/>	WEDNESDAY <input checked="" type="checkbox"/>	THURSDAY <input checked="" type="checkbox"/>	FRIDAY <input checked="" type="checkbox"/>
Egg & chive (light rye) <input type="checkbox"/>	Egg & chive (light rye) <input type="checkbox"/>	Curried egg (white) <input type="checkbox"/>	Curried egg (white) <input type="checkbox"/>	Curried egg (white) <input type="checkbox"/>
Roast beef, cheese & onion (white) <input type="checkbox"/>	Roast beef, cheese & onion (white) <input type="checkbox"/>	Cheese & tomato (white) <input type="checkbox"/>	Cheese & tomato (white) <input type="checkbox"/>	Cheese & tomato (white) <input type="checkbox"/>
Ham & cheese (white) <input type="checkbox"/>	Ham & cheese (white) <input type="checkbox"/>	Ham & cheese (white) <input type="checkbox"/>	Ham & cheese (white) <input type="checkbox"/>	Ham & cheese (white) <input type="checkbox"/>
Silverside, cheese & pickle (white) <input type="checkbox"/>	Silverside, cheese & pickle (white) <input type="checkbox"/>	Corned beef & pickle (white) <input type="checkbox"/>	Corned beef & pickle (white) <input type="checkbox"/>	Corned beef & pickle (white) <input type="checkbox"/>
Chicken, cheese & mayo (white) <input type="checkbox"/>	Chicken, cheese & mayo (white) <input type="checkbox"/>	Chicken & mayo (wholemeal) <input type="checkbox"/>	Chicken & mayo (wholemeal) <input type="checkbox"/>	Chicken & mayo (wholemeal) <input type="checkbox"/>
		Egg, lettuce & mayo (multigrain) <input type="checkbox"/>	Egg, lettuce & mayo (multigrain) <input type="checkbox"/>	Egg, lettuce & mayo (multigrain) <input type="checkbox"/>

