

# Mosman meals order form

## CHILLED MEALS – WINTER 2023



### 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](mailto: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						



**Please return your completed form to:**  
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Email: [meals@mosman.nsw.gov.au](mailto: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"/>
Corned Beef with White Sauce <input type="checkbox"/> GF	Pork, Bacon & Cheese Rissole with Gravy <input type="checkbox"/> GF	Roast Beef with Mild Pepper Gravy <input type="checkbox"/> GF	Lamb Pie with Breadcrumb Top <input type="checkbox"/>	Roast Pork with Apple Sauce & Gravy <input type="checkbox"/> GF
Coq au Vin <input type="checkbox"/> GF	French Lamb Casserole <input type="checkbox"/> GF	Chicken Tikka Masala <input type="checkbox"/>	Pork & Mushroom Casserole <input type="checkbox"/> GF	Crispy Battered Fish <input type="checkbox"/>
Zucchini Fritters <input type="checkbox"/>	Indian Butter Tofu <input type="checkbox"/>	Cauliflower Macaroni Cheese <input type="checkbox"/>	Vegetable Slice <input type="checkbox"/> GF	Spinach Rice Balls with Chunky Tomato <input type="checkbox"/>
Egg with Pasta Salad <input type="checkbox"/>	Cheese with Pesto Pasta Salad <input type="checkbox"/>	Roast Wagyu Beef with Potato Salad <input type="checkbox"/> GF	Egg with Potato Salad <input type="checkbox"/> GF	Cheese with 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 & Mint Rissoles with Gravy <input type="checkbox"/> GF	Beef & Potato Pie <input type="checkbox"/> GF	Roast Chicken Thigh & Creamy Mushroom Sauce <input type="checkbox"/> GF	Pork Steak with Satay Sauce <input type="checkbox"/>	Roast Beef with Garlic & Thyme Gravy <input type="checkbox"/> GF
Tuna Pasta Bake <input type="checkbox"/>	Pork Cassoulet <input type="checkbox"/> GF	Portuguese Lamb <input type="checkbox"/> GF	Beef Burgundy <input type="checkbox"/> GF	Crumbed Fish <input type="checkbox"/>
Potato & Spinach Pie <input type="checkbox"/>	Pumpkin & Mushroom Arancini <input type="checkbox"/>	Macaroni Cheese Bake <input type="checkbox"/>	Quiche Florentine <input type="checkbox"/>	Carrot & Zucchini Frittata <input type="checkbox"/> GF
Ham with Potato Salad <input type="checkbox"/> GF	Roast Wagyu Beef with Pasta Salad <input type="checkbox"/>	Egg with Pesto Pasta Salad <input type="checkbox"/>	Tuna with Potato Salad <input type="checkbox"/> GF	BBQ Pork with Potato 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"/>
Sweet & Sour Pork <input type="checkbox"/> <b>GF</b>	Shaved Smoky BBQ Pork <input type="checkbox"/>	Roast Lamb with Mint Gravy <input type="checkbox"/> <b>GF</b>	Country Beef Sausage with Onion Gravy <input type="checkbox"/> <b>GF</b>	Roast Pork with Apple Sauce & Gravy <input type="checkbox"/> <b>GF</b>
Chicken Parmigiana <input type="checkbox"/>	Beef Bolognese <input type="checkbox"/>	Coq au Vin <input type="checkbox"/> <b>GF</b>	Sweet Potato Shepherd's Pie <input type="checkbox"/> <b>GF</b>	Crumbed Fish <input type="checkbox"/>
Zucchini Fritters <input type="checkbox"/>	Vegetable Slice <input type="checkbox"/> <b>GF</b>	Chilli Bean Casserole <input type="checkbox"/> <b>GF</b>	Moroccan Spiced Sweet Potato & Chickpeas <input type="checkbox"/> <b>GF</b>	Quiche Florentine <input type="checkbox"/>
Egg with Potato Salad <input type="checkbox"/> <b>GF</b>	Vegetable Slice with Pesto Pasta Salad <input type="checkbox"/>	Roast Chicken with Pasta Salad <input type="checkbox"/>	Roast Wagyu Beef with Potato Salad <input type="checkbox"/> <b>GF</b>	Vegetable Frittata with Potato Salad <input type="checkbox"/> <b>GF</b>

## 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"/>
Shaved Teriyaki Beef <input type="checkbox"/>	Cottage Pie <input type="checkbox"/> <b>GF</b>	Pork Steak with Mushroom Sauce <input type="checkbox"/> <b>GF</b>	Lamb & Rosemary Sausage with Gravy <input type="checkbox"/> <b>GF</b>	Crumbed Fish <input type="checkbox"/>
Chicken, Bacon & Spinach Casserole <input type="checkbox"/> <b>GF</b>	Pork Cassoulet <input type="checkbox"/> <b>GF</b>	Chicken & Leek Casserole <input type="checkbox"/> <b>GF</b>	Tuna Pasta Bake <input type="checkbox"/>	Roast Chicken Thigh, Garlic & Thyme Gravy <input type="checkbox"/> <b>GF</b>
Pumpkin & Caramelised Onion Strudel <input type="checkbox"/>	Cauliflower Macaroni Cheese <input type="checkbox"/>	Carrot & Zucchini Frittata <input type="checkbox"/> <b>GF</b>	Potato & Spinach Bake <input type="checkbox"/> <b>GF</b>	Vegetable Frittata <input type="checkbox"/> <b>GF</b>
Roast Chicken with Pesto Pasta Salad <input type="checkbox"/>	Cheese with Potato Salad <input type="checkbox"/> <b>GF</b>	Egg with Pasta Salad <input type="checkbox"/>	Corned Beef with Pasta Salad <input type="checkbox"/>	Tuna with Potato Salad <input type="checkbox"/> <b>GF</b>

## 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"/>
Ham, cheese & pickle (white) <input type="checkbox"/>	Ham, cheese & pickle (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"/>	Egg, lettuce & mayo (multigrain) <input type="checkbox"/>
	Egg & mayo (white) <input type="checkbox"/>	Egg & mayo (white) <input type="checkbox"/>	Egg & mayo (white) <input type="checkbox"/>	Egg & mayo (white) <input type="checkbox"/>
	Cheese & tomato (white) <input type="checkbox"/>	Cheese & tomato (white) <input type="checkbox"/>	Cheese & tomato (white) <input type="checkbox"/>	Cheese & tomato (white) <input type="checkbox"/>

