

Mosman meals order form

FROZEN MEALS – WINTER 2023



Order meals online : care.mosman.nsw.gov.au

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
Tick the meals you like.
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**.

FROZEN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FOR WEEKEND (delivered on Friday)
Frozen Meal						
Frozen Soup						
Frozen Dessert						
Frozen Fruit Dessert						
Frozen Apple Juice						
Frozen Orange Juice						



Please return your completed form to:
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YOUR MEAL ORDER FORM GF - suitable for people on a gluten-free diet

Please tick everything that you like and we will pack a variety of meals from your selection each week. Availability of certain meals may vary. Texture modified meals available on request – minced & pureed)

BEEF MEALS	<input checked="" type="checkbox"/>
Beef burgundy with creamy mashed potato, broccoli & baby carrots	GF <input type="checkbox"/>
Beef and black bean with jasmine rice & country vegetable mix	<input type="checkbox"/>
Beef curry with rice, roast diced zucchini & sweet potato	GF <input type="checkbox"/>
Beef rissoles with onion gravy, creamy mashed potato, beans & julienne carrots	GF <input type="checkbox"/>
Beef stroganoff with pasta, broccoli and vegetable medley	<input type="checkbox"/>
Cottage pie with mashed potato top, Aussie beans and country vegetables	GF <input type="checkbox"/>
Country beef sausages with onion gravy, diced roast potatoes, green beans & pumpkin	GF <input type="checkbox"/>
Roast beef with burgundy gravy, roast potatoes, baby beans & cauliflower	GF <input type="checkbox"/>
Steak and mushroom pie with creamy mashed potato, peas and carrots	<input type="checkbox"/>
Steak Diane with chat potatoes and vegetable medley	GF <input type="checkbox"/>

CHICKEN MEALS	<input checked="" type="checkbox"/>
Chicken and spinach casserole with creamy mashed potato, peas & baby carrots	GF <input type="checkbox"/>
Chicken and cheese pie with creamy mashed potato, green beans & baby carrots	<input type="checkbox"/>
Chicken schnitzel with gravy, creamy mashed potato & country vegetables	<input type="checkbox"/>
Chicken & coriander rissoles with tomato sauce, sauté potato, broccoli & sweet potato	GF <input type="checkbox"/>
Chicken & vegetable pasta bake with peas & country vegetables	<input type="checkbox"/>
Roast chicken Maryland with chicken gravy, roast potatoes, peas & carrots	GF <input type="checkbox"/>

LAMB MEALS	<input checked="" type="checkbox"/>
Balsamic lamb with red wine, creamy mashed potato, whole baby beans & sweet potato	GF <input type="checkbox"/>
Lamb & fruit curry with rice & vegetable medley	GF <input type="checkbox"/>
Lamb & mint rissoles with gravy, creamy mashed potato, Aussie beans & vegetable mix	GF <input type="checkbox"/>
Lamb & rosemary pie with creamy mashed potato, roast zucchini & carrots	<input type="checkbox"/>
Roast lamb with mint gravy, roast potatoes, broccoli & roast pumpkin	GF <input type="checkbox"/>
Shepherd's pie with mashed potato top, peas & pumpkin	GF <input type="checkbox"/>

PORK MEALS	<input checked="" type="checkbox"/>
Sweet & sour pork with jasmine rice & country vegetables	<input type="checkbox"/>
Pork & mushroom casserole with diced roast potatoes & vegetable medley	GF <input type="checkbox"/>
Pork steak with honey soy sauce, sauté potato, broccoli & carrots	<input type="checkbox"/>
Roast pork with apple sauce, gravy, roast chat potatoes, baby beans & roast pumpkin	GF <input type="checkbox"/>
Spiced pork & sweet potato casserole with rice, peas & carrots	GF <input type="checkbox"/>

SEAFOOD MEALS	<input checked="" type="checkbox"/>
Baked fish with mornay sauce, sauté potato, peas & baby carrots	GF <input type="checkbox"/>
Crispy battered hoki fillet with roast potato wedges, Aussie beans & pumpkin	<input type="checkbox"/>
Crumbed fish with roast diced potatoes, green beans & carrots	<input type="checkbox"/>
Salmon pasta bake with beans, carrots and corn mix	<input type="checkbox"/>
Salmon patties with lemon sauce, roast potato, baby beans & vegetable medley	<input type="checkbox"/>

VEGETARIAN MEALS	<input checked="" type="checkbox"/>
Pumpkin ravioli with passata sauce, roast diced zucchini & baby carrots	<input type="checkbox"/>
Macaroni cheese with peas and carrots	<input type="checkbox"/>
Potato & spinach pie with green beans and sweet potato	<input type="checkbox"/>
Other assorted vegetarian meals in stock - please ask our friendly staff!	<input type="checkbox"/>

SOUPS	<input checked="" type="checkbox"/>
Beef & barley soup	<input type="checkbox"/>
Chicken & sweetcorn soup	<input type="checkbox"/>
Country chicken & vegetable soup	<input type="checkbox"/>
Cream of mushroom soup	<input type="checkbox"/>
Cream of tomato soup	GF <input type="checkbox"/>
Pea and ham soup	GF <input type="checkbox"/>
Potato & leek soup	GF <input type="checkbox"/>
Pumpkin soup	GF <input type="checkbox"/>

DESSERTS	<input checked="" type="checkbox"/>
Apple & sultana crumble with custard	<input type="checkbox"/>
Black forest cheesecake	<input type="checkbox"/>
Bread & butter pudding	<input type="checkbox"/>
Butterscotch pudding with custard	<input type="checkbox"/>
Chocolate mud cake with custard	<input type="checkbox"/>
Creamy rice with strawberry compote	GF <input type="checkbox"/>
Sticky date pudding with caramel sauce	<input type="checkbox"/>
Lemon pudding with custard	<input type="checkbox"/>
Tiramisu	<input type="checkbox"/>
Fruit with custard (assorted)	GF <input type="checkbox"/>
Jelly with peaches & custard	GF <input type="checkbox"/>