

# Mosman meals order form

## CHILLED MEALS – SUMMER 2023 - 2024



### 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**:

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### 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 (Delivered on Friday)
Meal						
Salad						
Sandwich						
Soup						
Dessert						
Apple Juice						
Orange Juice						



**Please return your completed form to:**  
Mosman Meals, PO BOX 211 Spit Junction 2088  
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"/>
Roast Beef with Port Wine Gravy <input type="checkbox"/> GF <input type="checkbox"/>	Pork Bratwurst Sausage with Gravy <input type="checkbox"/> GF <input type="checkbox"/>	Garlic Oregano Chicken Thigh (skin on) <input type="checkbox"/> GF <input type="checkbox"/>	Lamb Koftas with Red Pepper Sauce <input type="checkbox"/>	Roast Pork with Apple Sauce & Gravy <input type="checkbox"/> GF <input type="checkbox"/>
Chicken & Spinach Coconut Curry <input type="checkbox"/>	Moroccan Lamb <input type="checkbox"/> GF <input type="checkbox"/>	Beef Stroganoff <input type="checkbox"/>	Ham, Egg & Tomato Slice <input type="checkbox"/> GF <input type="checkbox"/>	Tuna Patties with Mornay Sauce <input type="checkbox"/>
Spinach & Cheese Roll <input type="checkbox"/>	Italian Vegetable Tart <input type="checkbox"/>	Macaroni Cheese Bake <input type="checkbox"/>	Pumpkin, Lentil & Mushroom Curry <input type="checkbox"/> GF <input type="checkbox"/>	Spanish Omelette <input type="checkbox"/> GF <input type="checkbox"/>
Egg with Pasta Salad <input type="checkbox"/>	Ham with Potato Salad <input type="checkbox"/> GF <input type="checkbox"/>	Tuna with Pasta Salad <input type="checkbox"/>	Cheese with Pesto Pasta Salad (contains cashews) <input type="checkbox"/>	Roast Chicken with Potato Salad <input type="checkbox"/> GF <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 Burger Pattie with Gravy <input type="checkbox"/> GF <input type="checkbox"/>	Smoky Beef & Potato Pie <input type="checkbox"/> GF <input type="checkbox"/>	Roast Chicken Thigh with Peppercorn Sauce <input type="checkbox"/> GF <input type="checkbox"/>	Pork Chilindron (Spicy Pork Casserole with Capsicum and Tomatoes) <input type="checkbox"/> GF <input type="checkbox"/>	Roast Beef with Seeded Mustard Gravy <input type="checkbox"/> GF <input type="checkbox"/>
Baked Fish Coconut Curry <input type="checkbox"/>	Pork & Mustard Casserole <input type="checkbox"/> GF <input type="checkbox"/>	Slow Cooked Lamb Casserole <input type="checkbox"/> GF <input type="checkbox"/>	Beef Bolognese <input type="checkbox"/>	Crumbed Fish <input type="checkbox"/>
Spinach & Almond Risotto <input type="checkbox"/> GF <input type="checkbox"/>	Beetroot Lentil Burger with Red Pepper Sauce <input type="checkbox"/>	Vegetable Slice <input type="checkbox"/> GF <input type="checkbox"/>	Potato & Spinach Pie <input type="checkbox"/>	Spinach Rice Balls with Red Pepper Sauce <input type="checkbox"/>
Roast Turkey with Pasta Salad <input type="checkbox"/>	Shaved BBQ Pork with Potato Salad <input type="checkbox"/>	Cheese with Pasta Salad <input type="checkbox"/>	Vegetable Frittata with Potato Salad <input type="checkbox"/> GF <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"/>
Chicken Schnitzel with Mushroom Gravy <input type="checkbox"/>	Pork Steak with Red Pepper Sauce <input type="checkbox"/> <b>GF</b>	Roast Lamb with Gravy <input type="checkbox"/> <b>GF</b>	Beef Rissoles with Port Wine Gravy <input type="checkbox"/> <b>GF</b>	Tuna Pasta Bake <input type="checkbox"/>
Curried Pork Sausages <input type="checkbox"/> <b>GF</b>	Beef Burgundy <input type="checkbox"/> <b>GF</b>	Chicken & White Bean Casserole (contains cashews) <input type="checkbox"/> <b>GF</b>	Moroccan Lamb <input type="checkbox"/> <b>GF</b>	Roast Pork with Apple Sauce & Gravy <input type="checkbox"/> <b>GF</b>
Vegetable Pesto Pasta Bake (contains cashews) <input type="checkbox"/>	Spinach & Cheese Roll <input type="checkbox"/>	Spanish Omelette <input type="checkbox"/> <b>GF</b>	Pumpkin & Mushroom Arancini <input type="checkbox"/>	Macaroni Cheese Bake <input type="checkbox"/>
Cheese with Potato Salad <input type="checkbox"/> <b>GF</b>	Egg with Pasta Salad <input type="checkbox"/>	Roast Chicken with Pesto Pasta Salad (contains cashews) <input type="checkbox"/>	Corned Beef with Pasta Salad <input type="checkbox"/>	Roast 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"/>
Roast Beef with Seeded Mustard Gravy <input type="checkbox"/> <b>GF</b>	Bacon & Macaroni Cheese Bake <input type="checkbox"/>	Roast Turkey with Sage & Onion Gravy <input type="checkbox"/> <b>GF</b>	Lamb & Rosemary Sausage with Gravy <input type="checkbox"/> <b>GF</b>	Roast Chicken Thigh with Mushroom Gravy <input type="checkbox"/> <b>GF</b>
Sweet & Sour Chicken <input type="checkbox"/> <b>GF</b>	Steak & Onion Casserole <input type="checkbox"/> <b>GF</b>	Thai Pork Rissoles with Coconut Curry Sauce <input type="checkbox"/>	Salmon Pasta Bake <input type="checkbox"/>	Crumbed Fish <input type="checkbox"/>
Mediterranean Vegetable Tart <input type="checkbox"/>	Pumpkin, Lentil & Mushroom Curry <input type="checkbox"/> <b>GF</b>	Spinach Rice Balls with Red Pepper Sauce <input type="checkbox"/>	Vegetable Slice <input type="checkbox"/> <b>GF</b>	Pumpkin & Mushroom Arancini <input type="checkbox"/>
Egg with Pesto Pasta Salad (contains cashews) <input type="checkbox"/>	Cheese with Pasta Salad <input type="checkbox"/>	Shaved BBQ Pork with Potato Salad <input type="checkbox"/>	Tuna with Pasta Salad <input type="checkbox"/>	Vegetable Slice 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 (white) <input type="checkbox"/>	Ham & cheese (white) <input type="checkbox"/>	Ham & cheese (white) <input type="checkbox"/>	Ham & cheese (white) <input type="checkbox"/>	Ham, 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"/>	Corned beef & pickle (white) <input type="checkbox"/>	Silverside, cheese & pickle (white) <input type="checkbox"/>
Chicken & mayo (wholemeal) <input type="checkbox"/>	Chicken & mayo (wholemeal) <input type="checkbox"/>	Chicken & mayo (wholemeal) <input type="checkbox"/>	Chicken & mayo (wholemeal) <input type="checkbox"/>	Chicken, cheese & mayo (white) <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"/>	
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"/>	
Cheese & tomato (white) <input type="checkbox"/>	Cheese & tomato (white) <input type="checkbox"/>	Cheese & tomato (white) <input type="checkbox"/>	Cheese & tomato (white) <input type="checkbox"/>	