

Mosman meals order form

CHILLED MEALS – SUMMER 2024 - 2025



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



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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"/>
Beef Burger with Smoky Tomato Sauce <input type="checkbox"/>	Pork Scallopini <input type="checkbox"/> GF	Roast Beef with Seeded Mustard Gravy <input type="checkbox"/> GF	Lamb & Rosemary Sausage with Gravy <input type="checkbox"/> GF	Roast Pork with Apple Sauce & Gravy <input type="checkbox"/> GF
Creamy Chicken & Tarragon Casserole <input type="checkbox"/> GF	Spring Lamb Casserole <input type="checkbox"/> GF	Chicken Korma <input type="checkbox"/> GF	Ham, Egg & Tomato Slice <input type="checkbox"/> GF	Fishcakes with Lemon & Caper Sauce <input type="checkbox"/>
Pumpkin Ravioli with Tuscan Vegetable Sauce <input type="checkbox"/>	Spinach & Cheese Roll <input type="checkbox"/>	Tofu Schnitzel with Sticky Plum Sauce <input type="checkbox"/>	Macaroni Cheese Bake <input type="checkbox"/>	Potato & Spinach Pie <input type="checkbox"/>
Cheese with Pesto Pasta Salad <input type="checkbox"/>	Egg with Potato Salad <input type="checkbox"/> GF	Roast Beef with Pasta Salad <input type="checkbox"/>	Ham with Pesto Pasta Salad <input type="checkbox"/>	Tuna with Potato Salad <input type="checkbox"/> GF

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"/>
Shepherd's Pie with Sweet Potato Top <input type="checkbox"/> GF	Beef Sausage with Mushroom Gravy <input type="checkbox"/> GF	Chicken Schnitzel with Gravy <input type="checkbox"/>	English Beef Curry <input type="checkbox"/> GF	Roast Beef with Burgundy Gravy <input type="checkbox"/> GF
Herb Crusted Fish with Thermidor Sauce <input type="checkbox"/>	Italian Pork Casserole <input type="checkbox"/> GF	Lamb & Vegetable Savoury Mince <input type="checkbox"/> GF	Smoky Shaved BBQ Pork <input type="checkbox"/>	Crumbed Fish <input type="checkbox"/>
Tomato & Basil Quiche <input type="checkbox"/>	Vegetable Pasta Mornay <input type="checkbox"/>	Lentil & Vegetable Pilaf <input type="checkbox"/> GF	Spinach & Almond Risotto <input type="checkbox"/> GF	Spinach Rice Balls with Tomato Sauce <input type="checkbox"/>
Egg with Pesto Pasta Salad <input type="checkbox"/>	Corned Beef with Pasta Salad <input type="checkbox"/>	Shaved BBQ Pork with Potato Salad <input type="checkbox"/>	Potato & Spinach Bake with Pasta Salad <input type="checkbox"/>	Chicken with Pesto 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"/>
Pork, Apple & Fennel Rissoles with Gravy <input type="checkbox"/> GF	Steak Diane <input type="checkbox"/> GF	Roast Lamb with Mint Gravy <input type="checkbox"/> GF	Creamy Chicken Pie <input type="checkbox"/>	Salmon Pasta Bake <input type="checkbox"/>
Chicken Korma <input type="checkbox"/> GF	Ham, Egg & Tomato Slice <input type="checkbox"/> GF	Tuscan Beef <input type="checkbox"/> GF	Portuguese Lamb <input type="checkbox"/> GF	Roast Pork with Apple Sauce & Gravy <input type="checkbox"/> GF
Pumpkin Ravioli with Tuscan Vegetable Sauce <input type="checkbox"/>	Beetroot Lentil Burger with Smoky Tomato Sauce <input type="checkbox"/>	Vegetable Frittata <input type="checkbox"/> GF	Pumpkin & Mushroom Arancini Balls <input type="checkbox"/>	Zucchini & Feta Slice <input type="checkbox"/> GF
Egg with Potato Salad <input type="checkbox"/> GF	Tuna with Pasta Salad <input type="checkbox"/>	Cheese with Potato Salad <input type="checkbox"/> GF	Ham with Pesto Pasta Salad <input type="checkbox"/>	Roast Beef with Pesto 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"/>
Beef Burger with Burgundy Gravy <input type="checkbox"/>	Smoky Shaved BBQ Pork <input type="checkbox"/>	Roast Chicken Thigh with Sage & Onion Gravy <input type="checkbox"/> GF	Lamb & Mint Rissoles with Gravy <input type="checkbox"/> GF	Roast Chicken Maryland & Mushroom Gravy <input type="checkbox"/> GF
Sweet & Sour Chicken <input type="checkbox"/> GF	Beef Bolognese <input type="checkbox"/>	Bacon Macaroni Cheese Bake <input type="checkbox"/>	Salmon & Dill Frittata <input type="checkbox"/> GF	Beef Cottage Pie <input type="checkbox"/> GF
Tofu Schnitzel with Sticky Plum Sauce <input type="checkbox"/>	Potato, Onion & Rosemary Frittata <input type="checkbox"/> GF	Lentil & Vegetable Pilaf <input type="checkbox"/> GF	Vegetable Pasta Mornay <input type="checkbox"/>	Pumpkin & Caramelised Onion Strudel <input type="checkbox"/>
Chicken with Pasta Salad <input type="checkbox"/>	Cheese with Potato Salad <input type="checkbox"/> GF	Egg with Pasta Salad <input type="checkbox"/>	Corned Beef with Potato Salad <input type="checkbox"/> GF	Roast Beef with Potato Salad <input type="checkbox"/> GF

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"/>	