

# Mosman meals order form

## FROZEN MEALS – SUMMER 2024 - 2025



Order meals online : [care.mosman.nsw.gov.au](http://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](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**.

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:**  
 Mosman Meals, PO BOX 211 Spit Junction 2088  
 Email: [meals@mosman.nsw.gov.au](mailto:meals@mosman.nsw.gov.au)  
 or give the form to your friendly delivery person



# 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)

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

<b>CHICKEN MEALS</b>	<input checked="" type="checkbox"/>
Chicken and spinach casserole with creamy mashed potato, peas & carrots	<b>GF</b> <input type="checkbox"/>
Chicken and cheese pie with creamy mashed potato, sliced green beans & 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	<b>GF</b> <input type="checkbox"/>
Chicken & vegetable pasta bake with peas & country vegetables	<input type="checkbox"/>
Roast chicken Maryland with chicken gravy, roast potatoes, peas & carrots	<b>GF</b> <input type="checkbox"/>
Thai green chicken curry with rice & seasonal vegetables	<b>GF</b> <input type="checkbox"/>

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

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

<b>SEAFOOD MEALS</b>	<input checked="" type="checkbox"/>
Baked fish with mornay sauce, sauté potato, peas & carrots	<b>GF</b> <input type="checkbox"/>
Crumbed fish with roast diced potatoes, green beans & carrots	<input type="checkbox"/>
Curried prawns with rice and seasonal vegetables	<b>GF</b> <input type="checkbox"/>
Salmon pasta bake with beans, carrots and corn mix	<input type="checkbox"/>
Salmon patties with lemon sauce, roast potato & vegetable medley	<input type="checkbox"/>

<b>VEGETARIAN MEALS</b>	<input checked="" type="checkbox"/>
Italian bean croquette with chunky tomato & seasonal vegetables	<input 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"/>

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

<b>DESSERTS</b>	<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	<b>GF</b> <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	<b>GF</b> <input type="checkbox"/>
Jelly with peaches & custard	<b>GF</b> <input type="checkbox"/>