

Mosman meals order form

CHILLED MEALS – SUMMER 2025 - 2026



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**:

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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						



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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"/>
Steak & Caramelised Onion Pie <input type="checkbox"/>	Curried Pork Sausages <input type="checkbox"/> GF	Crumbed Chicken with Hawaiian Topping <input type="checkbox"/>	Roast Lamb with Mint Gravy <input type="checkbox"/> GF	Roast Pork with Apple Sauce & Gravy <input type="checkbox"/> GF
Sweet & Sour Chicken <input type="checkbox"/> GF	Spring Lamb Casserole <input type="checkbox"/> GF	Tuscan Beef <input type="checkbox"/> GF	Ham, Egg & Tomato Slice <input type="checkbox"/> GF	Creamy Seafood Mornay <input type="checkbox"/> GF
Spinach & Cheese Roll <input type="checkbox"/>	Pumpkin & Chickpea Patties <input type="checkbox"/> GF	Pan Fried Tofu with Satay Sauce <input type="checkbox"/>	Creamy Mushroom & Vegetable Pasta Bake <input type="checkbox"/>	Potato & Spinach Pie <input type="checkbox"/>
Egg with Potato Salad <input type="checkbox"/>	Ham with Pasta Salad <input type="checkbox"/>	Chicken with Pesto Pasta Salad <input type="checkbox"/>	Vegetable Frittata with Pasta Salad <input type="checkbox"/>	Roast Beef 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"/>
Fish with Creamy Lemon & Capers <input type="checkbox"/> GF	Roast Beef with Peppercorn Sauce <input type="checkbox"/> GF	Chicken & Cheese Rissoles <input type="checkbox"/> GF	Pork Steak with Mushroom Gravy <input type="checkbox"/> GF	Roast Chicken Thigh with Thyme Gravy <input type="checkbox"/> GF
Sweet Potato Shepherd's Pie <input type="checkbox"/> GF	Bacon & Macaroni Cheese Bake <input type="checkbox"/>	French Lamb Casserole <input type="checkbox"/> GF	English Beef Curry <input type="checkbox"/> GF	Crumbed Fish <input type="checkbox"/>
Moroccan Sweet Potato & Chickpeas <input type="checkbox"/> GF	Indian Butter Tofu <input type="checkbox"/>	Pumpkin & Mushroom Arancini Balls <input type="checkbox"/>	Macaroni Cheese Bake <input type="checkbox"/>	Italian Vegetable Tart <input type="checkbox"/>
Ham with Pesto Pasta Salad <input type="checkbox"/>	Tuna with Pasta Salad <input type="checkbox"/>	Corned Beef with Potato Salad <input type="checkbox"/> GF	Cheese with Pasta Salad <input type="checkbox"/>	Chicken with Potato Salad <input type="checkbox"/> GF

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	Beef Chipolatas with Onion Gravy <input type="checkbox"/> GF	Lamb Koftas with Red Pepper Sauce <input type="checkbox"/>	Roast Beef with Burgundy Gravy <input type="checkbox"/> GF	Salmon Pasta Bake <input type="checkbox"/>
Chicken Bolognese <input type="checkbox"/>	Italian Pork Casserole <input type="checkbox"/> GF	Chicken & Bacon Casserole <input type="checkbox"/> GF	Lamb & Vegetable Savoury Mince <input type="checkbox"/> GF	Roast Pork with Apple Sauce & Gravy <input type="checkbox"/> GF
Spinach Rice Balls <input type="checkbox"/>	Creamy Mushroom & Vegetable Pasta Bake <input type="checkbox"/>	Pumpkin & Chickpea Patties <input type="checkbox"/> GF	Spinach & Cheese Roll <input type="checkbox"/>	Beetroot & Lentil Burger <input type="checkbox"/>
Ham with Potato Salad <input type="checkbox"/> GF	Cheese with Potato Salad <input type="checkbox"/> GF	Roast Beef with Pasta Salad <input type="checkbox"/>	Potato & Spinach Slice with Pesto Pasta Salad <input type="checkbox"/>	Chicken 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"/>
Beef Burger with Thyme Gravy <input type="checkbox"/>	Pork Scallopini <input type="checkbox"/> GF	Chicken & Potato Pie <input type="checkbox"/> GF	Lamb & Mint Rissoles with Gravy <input type="checkbox"/> GF	Roast Chicken Thigh with Mushroom Gravy <input type="checkbox"/> GF
Chicken & Spinach Coconut Curry <input type="checkbox"/>	Braised Country Beef Casserole <input type="checkbox"/> GF	Honey Pepper Pork <input type="checkbox"/>	Salmon & Dill Frittata <input type="checkbox"/> GF	Crumbed Fish <input type="checkbox"/>
Indian Butter Tofu <input type="checkbox"/>	Vegetable Frittata <input type="checkbox"/> GF	Vegetable Spanish Omelette <input type="checkbox"/> GF	Moroccan Sweet Potato & Chickpeas <input type="checkbox"/> GF	Macaroni Cheese Bake <input type="checkbox"/>
Corned Beef with Potato Salad <input type="checkbox"/> GF	Cheese with Pesto Pasta Salad <input type="checkbox"/>	Roast Beef with Potato Salad <input type="checkbox"/> GF	Egg with Pasta Salad <input type="checkbox"/>	Tuna with Pasta Salad <input type="checkbox"/>

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 & mayo (white) <input type="checkbox"/>	Ham & cheese (white) <input type="checkbox"/>			
Cheese, salad & beetroot relish (multigrain) <input type="checkbox"/>	Cheese, salad & beetroot relish (multigrain) <input type="checkbox"/>	Cheese, salad & beetroot relish (multigrain) <input type="checkbox"/>	Cheese, salad & beetroot relish (multigrain) <input type="checkbox"/>	Silverside, cheese & pickle (white) <input type="checkbox"/>
Chicken & mayo (multigrain) <input type="checkbox"/>	Chicken, cheese & mayo (white) <input type="checkbox"/>			
Egg, lettuce & mayo (white) <input type="checkbox"/>				
Cheese & tomato (white) <input type="checkbox"/>				