

Mosman meals order form

FROZEN MEALS – SUMMER 2025 - 2026

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						



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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	☒
Beef burgundy with creamy mashed potato, broccoli & carrots	GF ☐
Beef and black bean with jasmine rice & country vegetable mix	☐
Beef curry with rice, sliced green beans & sweet potato	GF ☐
Beef rissoles with onion gravy, creamy mashed potato & mixed vegetables	GF ☐
Beef stroganoff with pasta, peas & vegetable medley	☐
Cottage pie with mashed potato top, peas & country vegetables	GF ☐
Country beef sausages with onion gravy, diced roast potatoes, green beans & carrots	GF ☐
Roast beef with burgundy gravy, roast potatoes, sliced green beans & pumpkin	GF ☐
Steak and mushroom pie with creamy mashed potato, peas & carrots	☐
Steak Diane with chat potatoes & vegetable medley	GF ☐

CHICKEN MEALS	☒
Chicken and spinach casserole with creamy mashed potato, peas & carrots	GF ☐
Chicken and cheese pie with creamy mashed potato, sliced green beans & carrots	☐
Chicken schnitzel with gravy, creamy mashed potato & country vegetables	☐
Chicken & coriander rissoles with tomato sauce, sauté potato, broccoli & sweet potato	GF ☐
Chicken bosciola spaghetti with peas & sweet potato	☐
Roast chicken Maryland with chicken gravy, roast potatoes, peas & carrots	GF ☐

LAMB MEALS	☒
Balsamic lamb with red wine, creamy mashed potato, sliced green beans & sweet potato	GF ☐
Lamb & fruit curry with rice & vegetable medley	GF ☐
Lamb & mint rissoles with gravy, creamy mashed potato, Aussie beans & vegetable mix	GF ☐
Lamb & rosemary pie with breadcrumb top, creamy mashed potato & mixed vegetables	☐
Roast lamb with mint gravy, roast potatoes, sliced green beans & roast pumpkin	GF ☐
Shepherd's pie with mashed potato top, peas & pumpkin	GF ☐

PORK MEALS	☒
Sweet & sour pork with jasmine rice & country vegetables	☐
Pork & mushroom casserole with diced roast potatoes & vegetable medley	GF ☐
Pork steak with honey soy sauce, sauté potato, green beans & carrots	☐
Roast pork with apple sauce, gravy, roast chat potatoes, baby beans & roast pumpkin	GF ☐

SEAFOOD MEALS	☒
Baked fish with mornay sauce, sauté potato, peas & carrots	GF ☐
Crumbed fish with roast diced potatoes, green beans & carrots	☐
Curried prawns with rice and seasonal vegetables	GF ☐
Salmon pasta bake with beans, carrots and corn mix	☐
Salmon patties with lemon sauce, roast potato & vegetable medley	☐

VEGETARIAN MEALS	☒
Pumpkin ravioli with passata sauce and mixed vegetables	☐
Lentil bolognese with pasta and mixed vegetables	☐
Macaroni cheese with peas and carrots	☐
Potato & spinach pie with green beans and sweet potato	☐
Other assorted vegetarian meals in stock - please ask our friendly staff!	☐

SOUPS	☒
Beef & barley soup	☐
Broccoli & cheese soup	GF ☐
Country chicken & vegetable soup	☐
Cream of chicken soup	GF ☐
Cream of tomato soup	GF ☐
Hearty vegetable soup	GF ☐
Pea & ham soup	GF ☐
Pumpkin soup	GF ☐

DESSERTS	☒
Apple & sultana crumble with custard	☐
Black forest cheesecake	☐
Bread & butter pudding	☐
Butterscotch pudding with custard	☐
Chocolate mud cake with custard	☐
Creamy rice with peach puree	GF ☐
Sticky date pudding with caramel sauce	☐
Lemon pudding with custard	☐
Tiramisu	☐
Fruit with custard	GF ☐
Jelly with peaches & custard	GF ☐