

Mosman meals order form

CHILLED MEALS – WINTER 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 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**.

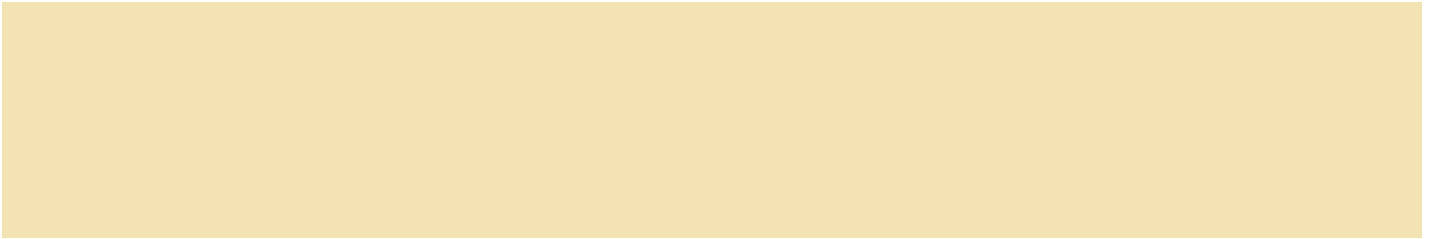
CHILLED (REFRIGERATED)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FOR WEEKEND (Delivered on Friday)
Meal						
Salad						
Sandwich						
Soup						
Dessert						
Apple Juice						
Orange Juice						



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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"/>
Chunky Beef Pie with Breadcrumb Top <input type="checkbox"/>	Pork, Bacon & Cheese Rissoles with Gravy <input type="checkbox"/> GF	Roast Beef with Gravy <input type="checkbox"/> GF	Sweet Potato Shepherd's Pie <input type="checkbox"/> GF	Roast Pork with Apple Sauce & Gravy <input type="checkbox"/> GF
Creamy Mustard Chicken <input type="checkbox"/> GF	Lamb & Rosemary Hot Pot <input type="checkbox"/> GF	Thai Green Chicken Curry <input type="checkbox"/>	Pea & Ham Frittata <input type="checkbox"/> GF	Homemade Fishcakes with Creamy Tomato Sauce <input type="checkbox"/> GF
Pumpkin Ravioli with Pesto Cream Sauce <input type="checkbox"/>	Vegetable Frittata <input type="checkbox"/> GF	Moroccan Spiced Sweet Potato & Chickpeas <input type="checkbox"/> GF	Spinach Rice Balls with Creamy Tomato Sauce <input type="checkbox"/>	Zucchini & Feta Slice <input type="checkbox"/> GF
Cheese with Potato Salad <input type="checkbox"/> GF	Egg with Pasta Salad <input type="checkbox"/>	Ham with Potato Salad <input type="checkbox"/> GF	Roast Beef 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"/>
Roast Lamb with Burgundy Gravy <input type="checkbox"/> GF	Beef Burger Pattie with Diane Sauce <input type="checkbox"/>	Chicken Parmigiana <input type="checkbox"/>	Pork Steak with Creamy Mushroom Sauce <input type="checkbox"/> GF	Roast Beef with Garlic & Thyme Gravy <input type="checkbox"/> GF
Herb Crusted Baked Fish with Mornay Sauce <input type="checkbox"/>	Smoky Pork & Bean Casserole <input type="checkbox"/> GF	Lamb & Fruit Curry <input type="checkbox"/> GF	Beef in Red Wine <input type="checkbox"/> GF	Crumbed Fish <input type="checkbox"/>
Chilli Bean Casserole <input type="checkbox"/> GF	Potato & Spinach Pie <input type="checkbox"/>	Pumpkin & Mushroom Arancini <input type="checkbox"/>	Quiche Florentine <input type="checkbox"/>	Spanish Potato & Egg Slice <input type="checkbox"/> GF
Egg with Potato Salad <input type="checkbox"/> GF	Chicken with Pasta Salad <input type="checkbox"/>	BBQ Pork with Potato Salad <input type="checkbox"/>	Vegetable Frittata with Pesto Pasta Salad <input type="checkbox"/>	Roast Beef 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"/>
Italian Pork Meatballs with Passata <input type="checkbox"/>	Corned Beef with Parsley Sauce <input type="checkbox"/> GF	Lamb & Mint Rissoles with Gravy <input type="checkbox"/> GF	Beef Sausage with Gravy <input type="checkbox"/> GF	Roast Pork with Apple Sauce & Gravy <input type="checkbox"/> GF
Creamy Mustard Chicken Pie <input type="checkbox"/> GF	Pea & Ham Frittata <input type="checkbox"/> GF	Coq au Vin <input type="checkbox"/> GF	French Lamb Casserole <input type="checkbox"/> GF	Curried Prawns <input type="checkbox"/>
Mac Cheese Bake <input type="checkbox"/>	Pumpkin & Caramelised Onion Strudel <input type="checkbox"/>	Moroccan Spiced Sweet Potato & Chickpeas <input type="checkbox"/> GF	Pumpkin Ravioli with Creamy Tomato Sauce <input type="checkbox"/>	Spinach Rice Balls with Creamy Pesto Sauce <input type="checkbox"/>
Cheese with Potato Salad <input type="checkbox"/> GF	Tuna with Pasta Salad <input type="checkbox"/>	Egg with Potato Salad <input type="checkbox"/> GF	Chicken with Pesto Pasta Salad <input type="checkbox"/>	Roast Beef with Potato Salad <input type="checkbox"/> GF

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"/>
Traditional Beef Meatloaf with Onion Gravy <input type="checkbox"/>	Pork Steak with Smoky BBQ Sauce <input type="checkbox"/>	Roast Chicken Thigh with Mushroom Sauce <input type="checkbox"/> GF	Lamb & Rosemary Sausage with Gravy <input type="checkbox"/> GF	Crumbed Fish <input type="checkbox"/>
Chicken & Leek Casserole <input type="checkbox"/> GF	Beef Chilli Con Carne <input type="checkbox"/> GF	Sweet & Sour Pork <input type="checkbox"/> GF	Salmon Patties with Parsley Sauce <input type="checkbox"/>	Roast Beef with Diane Sauce <input type="checkbox"/> GF
Pumpkin & Mushroom Arancini <input type="checkbox"/>	Potato & Spinach Pie <input type="checkbox"/>	Chilli Bean Casserole <input type="checkbox"/> GF	Spinach & Almond Risotto <input type="checkbox"/> GF	Beetroot & Lentil Burger <input type="checkbox"/>
Chicken with Pasta Salad <input type="checkbox"/>	Cheese with Potato Salad <input type="checkbox"/> GF	Egg with Pesto Pasta Salad <input type="checkbox"/>	BBQ Pork with Potato Salad <input type="checkbox"/>	Ham with Pesto 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 (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, 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"/>	
Egg & mayo (white) <input type="checkbox"/>	Egg & mayo (white) <input type="checkbox"/>	Egg & mayo (white) <input type="checkbox"/>	Egg & mayo (white) <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"/>	