



Healthy meals delivered to your door by our friendly volunteers.

We cater to most dietary needs. Texture modified meals available. Main meals served with vegetables.

BEEF MEALS \$3.50	
Bangers & mash	F
Beef lasagna	F
Beef pot roast	G
Beef rendang	GM
Beef rissoles	G
Beef stroganoff	G
Corned beef	G
Cottage pie	GM
Curried sausages	G
Korean beef	GM
Meatloaf & gravy	F
Roast beef & gravy	F
Savoury mince	F
Spaghetti bolognese	G
Steak & mushroom pie	F
Veal schnitzel & gravy	F



PORK MEALS \$3.50	
Bacon & potato slice	F
Honey soy glazed pork	F
Pork steak diane	G
Quiche lorraine	F
Roast pork & gravy	F

LAMB MEALS \$3.50	
Irish lamb stew	F
Lamb casserole	G
Lamb rissole	GM
Lamb schnitzel	GM
Roast lamb & gravy	F
Shepherds pie	F



CHICKEN MEALS \$3.50	
Butter chicken	GM
Chicken casserole	G
Chicken chow mein	F
Chicken curry	G
Chicken Kiev	GM
Chicken parmigiana	GM
Chicken schnitzel & gravy	F
Honey soy chicken	GM
Roast chicken & gravy	F
Roast turkey \$4.00	MCS
Sweet & sour chicken	G

SEAFOOD MEALS \$3.50	
Baked fish with lemon sauce	F
Barramundi lemon butter	G
Crumbed fish & wedges	GM
Curry prawns	G
Salmon patties \$4.00	MCS
Tuna mornay pasta	GM

VEGETARIAN MEALS \$3.50	
Brown rice vegetable patties	G
Coconut dahl with red lentil	G
Spaghetti veganaise	G
Spinach & ricotta cannelloni	F
Vegetarian parmi	G
Vegetarian pie	F



SOUPS \$2.50	
Beef & vegetable soup	
Chicken & rice soup	
Creamy pumpkin soup	
Curried lentil soup	
Minestrone	
Pea & ham soup	
Potato, leek & bacon soup	

**Phone or email your order
2 business days prior
to your delivery day**

SMALLER MEALS (260g - 300g) \$3.00	
Barramundi fillet	G
Bangers & mash	F
Beef bourguignon	GM
Beef rissoles & gravy	F
Butter chicken	G
Corned beef	G
Crumbed fish	F
Curried sausages	G
Curry prawns	G
Honey soy chicken	G
Lamb casserole	G
Lamb roast	G
Lamb schnitzel	GM
Pork roast	G
Roast beef & gravy	F
Roast chicken breast	G
Shepherds pie	F
Slow cooked beef	G
Spaghetti bolognese	G
Steak pie	F
Vegetable bake	G

DESSERTS \$2.00	
Apple crumble	G
Berry crumble with custard	G
Black forest cheesecake	MCS
Bread & butter pudding	G
Chocolate mousse	G
Chocolate mud cake with custard	MCS
Double chocolate pudding	G
Fruit pavlova	G
Lemon cheesecake mousse	G
Lemon pudding with custard	MCS
Rice pudding	G
Sticky date pudding	G
Tiramisu	G
Vanilla tea cake & custard	G

SNACKS \$3.00	
Muffins	
Café style banana bread	

DRINKS	
Apple juice 350ml	\$2.30
Orange juice 350ml	\$2.30
Iced chocolate 500ml	\$2.80
Iced coffee 500ml	\$2.80
Iced strawberry 500ml	\$2.80

Phone: 02 9622 6183

Email: info@blacktownmow.com.au

LEGEND: F= Fairfield Food Services / GM = Good Meal Company / G = Gourmet Foods / MCS= Master Catering Services