

Client Name: \_\_\_\_\_


Delivery Date: \_\_\_\_\_

[S] SOFT	[GF] GLUTEN FREE
[LF] LOW FAT	[LacF] LACTOSE FREE
[LS] LOW SODIUM	[V] VEGETARIAN

**MON TUE WED THU FRI**


Ph: 9747 1135

 E: [delivery@bcws.org.au](mailto:delivery@bcws.org.au)

<b>BEEF MAIN MEALS 360g</b>		<b>\$7.50</b>	<b>Dietary Key</b>			
Cottage Pie	[S]	[LF]	[GF]			
Beef Stroganoff	[S]	[LF]	[GF]			
Beef Lasagne	[S]					
Steak & Kidney Pie	[S]					
Rissole & Onion Gravy		[LF]				
Curried Sausages						
Sausages & Gravy				[GF]		
Spaghetti Bolognaise	[S]					
Beef Pie and Mash with Gravy	[S]					
<b>Beef Premium Main Meals 360g</b>		<b>\$7.50</b>	<b>Dietary Key</b>			
Corned Silverside & Parsley Sauce		[LF]	[GF]			
Beef & Bacon Casserole	[S]		[LS]	[GF]	[LacF]	
Roast Beef with Gravy			[LS]	[GF]	[LacF]	
<b>LAMB PREMIUM MAIN MEALS 360g</b>		<b>\$7.50</b>	<b>Dietary Key</b>			
Roast Lamb with Gravy			[LS]	[GF]	[LacF]	
Lamb Chop with Gravy			[LS]	[GF]	[LacF]	
Crumbed Lamb Patties with Gravy						
Mongolian Lamb & Rice	[S]	[LF]			[LacF]	
<b>VEAL PREMIUM MAIN MEALS 360g</b>		<b>\$7.50</b>	<b>Dietary Key</b>			
Vienna Schnitzel with Gravy					[LacF]	
Veal Parmigiana		[LF]	[GF]			
<b>CHICKEN MAIN MEALS 360g</b>		<b>\$7.50</b>	<b>Dietary Key</b>			
Chicken & Mushroom Pasta Bake 						
Honey Soy Chicken					[LacF]	
Roast Chicken with Gravy		[LF]	[LS]	[GF]	[LacF]	
Curried Chicken	[S]	[LF]	[LS]			
Chicken Strips with Lemon Sauce						
Chicken & Asparagus Mornay	[S]		[LS]			
Chicken & Vegetable Pie	[S]	[LF]	[LS]			
Butter Chicken & Rice	[S]			[GF]		
Chicken Schnitzel with Gravy					[LacF]	
Chicken Scallopini with Bacon	[S]			[GF]		
Chicken Parmigiana						

PORK MAIN MEALS 360g		\$7.50	Dietary Key				
Pork Ragu with Penne Pasta							
Roast Pork with Gravy					[LS]	[GF]	[LacF]
Ham & Cheese Omelette		[S]				[GF]	
Ham Steak & Pineapple Glazed					[LS]	[GF]	
Pork, Apple & Cranberry Casserole		[S]	[LF]	[LS]			[LacF]
Sweet & Sour Pork with Rice		[S]	[LF]				[LacF]


FISH MAIN MEALS 360g		\$7.50	Dietary Key				
Crumbed Fish		[S]	[LF]				[LacF]
Fish Cake with Parsley Sauce		[S]		[LS]			

Fish Premium Main Meals 360g		\$7.50	Dietary Key				
Curried Prawns & Rice		[S]	[LF]			[GF]	

VEGETARIAN MAIN MEALS 360g		\$7.50	Dietary Key				
Macaroni Cheese		[S]					[V]
Vegan Bean and Vegetable Casserole			[LF]	[LS]	[GF]	[LacF]	[V]
Vegetable Cottage Pie		[S]				[GF]	[V]
Vegetable Pasta Bake		[S]	[LF]				[V]
Vegetable Potato Yellow Curry		[S]					[V]


PUREED MAIN MEALS 360g		\$8.00	Dietary Key				
Savoury Lamb & Vegetable Blend (Premium)		[S]	[LF]			[GF]	
Chicken & Vegetable Blend		[S]	[LF]	[LS]			
Savoury Beef & Vegetable Blend		[S]	[LF]			[GF]	
Savoury Pork & Vegetable Blend		[S]				[GF]	
Pork, Apple & Cranberry Blend		[S]	[LF]	[LS]			
Chicken & Asparagus Blend		[S]					

SOUPS		\$3.00	Dietary Key				
Cauliflower Bacon Soup		[S]		[LS]	[GF]		
Minestrone		[S]	[LF]				[V]
Pea & Ham		[S]	[LF]				
Pumpkin		[S]	[LF]			[GF]	[V]
Beef & Vegetable		[S]	[LF]			[GF]	[LacF]
Chicken & Vegetable		[S]	[LF]			[GF]	[LacF]
Potato & Leek		[S]					[V]

MINI MEALS 200g		\$5.50	Dietary Key				
Beef & Bacon Casserole		[S]		[LS]	[GF]	[LacF]	
Corned Silverside & Parsley Sauce			[LF]		[GF]		
Hawaiian Chicken			[LF]		[GF]	[LacF]	
Cottage Pie		[S]	[LF]		[GF]		
Roast Beef with Gravy				[LS]	[GF]	[LacF]	
Steak & Kidney Pie		[S]					
Roast Lamb with Gravy				[LS]	[GF]	[LacF]	

<b>MINI MEALS 200g (continued)</b>	<b>\$5.50</b>	<b>Dietary Key</b>					
Roast Pork with Gravy				[LS]	[GF]	[LacF]	
Chicken Scallopini with Bacon		[S]			[GF]		
Curried Chicken with Rice		[S]	[LF]	[LS]			
Chicken & Asparagus Mornay		[S]		[LS]			
Chicken & Vegetable Pie		[S]		[LS]			
Chicken Wing in BBQ Sauce					[GF]	[LacF]	
Crumbed Fish, Chips & Vegetables		[S]				[LacF]	
Macaroni Cheese with Vegetables		[S]					[V]
Sausages with Gravy					[GF]		
Spinach & Fetta Omelette & Vegetables		[S]			[GF]		[V]
Meat Pie, Mash & Vegetables		[S]					
Spaghetti Bolognese		[S]					
Sweet & Sour Pork with Rice						[LacF]	
Singapore Noodle Stir Fry			[LF]			[LacF]	[V]

<b>BREAKFAST</b>	<b>\$5.50</b>	<b>Dietary Key</b>					
Banana Bread with Cream Cheese Icing							
Bubble & Squeak with Sausages							
Pancakes with Berry Compote							

<b>DESSERTS</b>	<b>\$3.00</b>	<b>Dietary Key</b>					
Apple Sponge Cake 		[S]	[LF]				
Wine Trifle with Cream		[S]		[LS]			
Peaches & Custard			[LF]	[LS]	[GF]		
Sticky Date with Caramel Sauce		[S]					
Fruit Salad		[S]	[LF]	[LS]	[GF]	[LacF]	
Creamed Rice & Apricots		[S]		[LS]	[GF]		
Stewed Apple & Custard		[S]	[LF]	[LS]	[GF]		
Blueberry Sponge Crumble & Custard		[S]					
Apple & Rhubarb Crumble & Custard		[S]		[LS]			
Carrot Cake		[S]					
Chocolate Mousse		[S]	[LF]	[LS]	[GF]		
Bread & Butter Pudding		[S]					
Baked Rice Pudding		[S]		[LS]	[GF]		
Mango Mousse		[S]	[LF]	[LS]	[GF]		
Chocolate Gateaux Cake		[S]					
Banana Cake		[S]					

<b>Desserts Premium</b>	<b>\$3.00</b>	<b>Dietary Key</b>					
Apple Pie & Cream		[S]		[LS]			
Apricot Pie & Cream		[S]		[LS]			
Tropical Pavlova		[S]		[LS]			
Strawberry Swirl Cheesecake		[S]					
Vanilla Slice							
Tiramisu		[S]		[LS]			
Chocolate Lava Pudding		[S]					
Baked Cheese Cake							