



FROZEN FOOD ORDER FORM

OUR MEALS ARE SUPPLIED BY BATHURST MEALS, FAIRFIELD MEALS AND FLAGSTAFF FINE FOODS

PRICES:

Standard Main Meal (360gm) -	\$6.80	Sandwiches -	\$4.20		
Premium Main Meal (360gm)-	\$7.10	Omelettes -	\$2.70		
Flagstaff Mini Meal (200gm) -	\$5.50	Soup -	\$2.50		
Bathurst Mini Meals (220gm) -	\$5.50	Desserts -	\$2.70	Muffins -	\$2.00

WE DELIVER FROZEN MEALS MONDAY TO FRIDAY – DAILY, WEEKLY OR FORTNIGHTLY.

Contact the office if you require a list of the vegetables served with each meal or a full list of meal ingredients. The office also has information on meals which are suitable for the following diets:

Low Fat
Blended Meals (Soft)

Gluten Free
Low Sodium

Lactose Free

DESSERTS	OMELETTES	SANDWICHES	SOUPS
APPLE PIE & CREAM (ls)	HAM & CHEESE (gf)	CHICKEN & CHEESE	CHICKEN & VEGETABLE (gf)(ls)(lac)
APPLE & RHUBARB CRUMBLE WITH CUSTARD	FETA & SPINACH (gf)	HAM, CHEESE & RELISH	MINISTRONE (lf)
BANANA CAKE		SILVERSIDE & PICKLES	PEA & HAM (lf)
BREAD & BUTTER PUDDING		ROAST BEEF & CHEESE	POTATO & LEEK
BAKED RICE PUDDING (gf)(ls)		EGG & CHIVES ON RYE BREAD	PUMPKIN (gf)(lf)
BLUEBERRY SPONGE CRUMBLE & CUSTARD		ROAST CHICKEN & BACON ON RYE BREAD	
CREAMED RICE & FRUIT BLEND (gf)(ls)(lac)(lf)			
FRUIT SALAD (gf)(ls)(lac)(lf)			
PEACHES & CUSTARD (gf)(ls)			
STEWED APPLE & CUSTARD (gf)(ls)	MUFFINS	(gf) - Gluten Free	(lac) - Lactose Free
STICKY DATE PUDDING	BLUEBERRY	(ls) - Low Sodium	(lf) - Low Fat
STRAWBERRY SWIRL CHEESECAKE	CHOC CHIP		
WINE TRIFLE (ls)			