

Main meals \$8.00

We cater for all dietary requirements –Vegetarian – Diabetic – Allergies – Lactose intolerance – Soft meals – Puree meals available on request.
All Main Meals include a complimentary Cheese & Crackers and Juice: Apple, Orange, Pineapple and Apple Blackcurrant

CHICKEN

Butter Chicken

Slow cooked chicken covered in creamy tomato sauce, served with rice, spinach and sweet potato.

Chicken & Mushroom Casserole

Tasty dish served with mashed potato and seasonal vegetables.

Chicken Parmigiana

Crumbed chicken with Napoli sauce and mozzarella cheese, served with chips, carrot and broccoli.

Roast Chicken

Popular dish, served with gravy, roast vegetables and fresh steamed vegetables.

Thai Green Chicken Curry

Not too spicy Thai Chicken curry, served with boiled rice and Thai vegetables.

LAMB

Italian Lamb Stew

Hearty Italian dish served with roasted chat potatoes and fresh steamed vegetables.

Lamb and Rosemary Pie

Delicious Pie topped with puff pastry, served with seasonal vegetables and potato.

Lamb Rissoles

Oven roasted and served with onion gravy, mashed potatoes and fresh steamed vegetables.

Roast Lamb

Slices of lamb, served with mint gravy, buttery mash, carrots and green beans.

More
than just
a meal

BEEF

Bangers and Mash

Classic Aussie beef sausages served with buttery mash, vegetables and a red wine onion gravy.

Beef and Bacon Casserole

A hearty casserole filled with real beef and bacon pieces and full of flavor, served with parsley, potato, pumpkin & broccoli.

Beef Meat Pie

Traditional pie served with mash, peas and gravy.

Beef Rissoles

Homestyle classic, served with onion gravy, seasonal vegetables and potato.

Corned Beef

Served with onion sauce, steamed potato and fresh vegetables.

Roast Beef

Gourmet classic with burgundy gravy, seasonal vegetables and potato.

PORK

Pork, Apple & Cranberry Casserole

Slow cooked pork, apple and cranberry casserole, served with rice, carrots, cauliflower and broccoli.

Roast Pork

Classic roast pork with apple sauce and gravy, served with roast vegetables and steamed greens.

Sweet and Sour Pork

Chinese style pork in sweet and tangy sauce with pineapple, served with rice, green beans and sweet corn.

FISH

Baked Fish

Tender fish served with ginger and shallot sauce, seasonal vegetables and rice.

Fish Cakes

Delicious portions served with parsley sauce, oven fries, carrots and broccoli.

Fish and Chips

Traditional golden crumbed fish, chips and seasonal vegetables.

Atlantic Salmon Fillet - \$10.00

Served with lemon and dill cream sauce, steamed potato and seasonal vegetables.

PASTA

Beef Lasagna

Classic beef lasagna with seasonal vegetables.

Italian Chicken Ragout

Healthy Italian stew served with penne pasta and fresh steamed vegetables.

Italian Meatballs

Classic dish served with penne pasta and a vegetable medley.

VEGETARIAN

Macaroni and Cheese

Classic comfort food, served with seasonal vegetables.

Vegetable Frittata

Served with fresh vegetables.

Vegetarian Brown Rice Risotto

With Italian tomatoes and fresh vegetables.

Vegetable Pasta Bake

Served with carrots and beans.

PETITE MEALS

\$6.00

A mini size meal - suited to those with a smaller appetite.

Beef & Bacon Casserole

Served with parsley, potato, pumpkin and broccoli.

Beef Cottage Pie

Served with mash, pumpkin and beans.

Beef Stroganoff

A classic favourite, served with rice, carrots and peas.

Chicken & Asparagus Mornay

Served with potato and vegetables.

Chicken & Vegetable Pie

With a pastry lid, creamy mash potato, pumpkin and peas.

Chicken Scallopini

Served with bacon, sautéed potato, carrots and broccoli.

Curried Chicken

Served with boiled rice, carrots and broccoli.

Roast Beef

Served with gravy, roast potato, pumpkin and broccoli.

Roast Lamb

Served with gravy, roast potato, pumpkin and broccoli.

Roast Pork

Served with gravy, roast potato, pumpkin and broccoli.

Spinach & Fetta Omelette

Served with pumpkin and Thai vegetables.

Steak and Kidney Pie

Old favourite with creamy mash and seasonal vegetables.

COLD MEAT SALADS \$8.00

Prepared fresh daily, using seasonal produce.

Your choice of:

- Ham
- Turkey
- Corned Beef
- Roast Beef
- Chicken Drumstick
- Pastrami
- Quiche

Cold Meat salads include the following:

- Potato salad
- Salad
- Boiled egg
- Bread roll and butter
- Cheese
- Variations may occur



SUPPER PACK \$6.00

Consists of a four-point triangle sandwich with assorted fillings and a slice of cake.



SOUPS \$3.50

All of our soups include a baked damper roll.

Your choice of:

- Pumpkin
- Minestrone
- Cream of Mushroom
- Greek, Lentil and Rosemary
- Cream of Tomato
- Chicken Sweetcorn
- Potato and Leek
- Beef and Barley
- Country Chicken and Vegetable
- Winter Vegetable

FINGER FOOD PACK \$13.00

Includes:

- Boiled egg
- Chicken Drumettes
- Mini Quiche
- Mini sausage roll/mini beef pie
- Salad
- Muffin
- Cake
- Cheese and Crackers
- Variations may occur



DESSERTS \$3.00

- Bread and Butter Pudding
- Sticky Date Pudding
- Chocolate Mousse
- Apple and Rhubarb Crumble
- Panna Cotta
- Black Forest Cake
- Blueberry Sponge Crumble
- Tiramisu

More than just a meal

WHY CHOOSE US?

- **Our home delivered meal service** is brought to you by a wonderful group of local community volunteers, providing a free delivery service with a smile.
- **Daily, weekly or occasional deliveries** as much as you like and as often as you require.
- **Free delivery, no contracts**, no minimum order and no cancellation charges.
- **Home delivery** is available throughout the Lane Cove Council area.
- **Our meal pick up service is available** for anyone wanting to place an order, regardless of where they live, from Sydney Community Services kitchen at 1 Pottery Lane, Lane Cove. Free parking is available under the building.
- **Nutritionally balanced** for older people.
- **Large variety** of high protein, healthy meals, desserts and soups.
- **Prices range from \$6-10 per meal.**
- **Suitable for diabetics** and available in puree, soft and cut-up textures.
- **Wellness check** for your loved one.

For further information or to give valuable feedback on our service, please call our Meals Co-ordinator on: **9427 6425.**

Funded by the Australian Government under the Commonwealth Home Support Program (CHSP). Eligibility is determined by My Aged Care



1 Pottery Lane, Lane Cove NSW 2066
T 02 9427 6425 **F** 02 9427 7933
E support@sydneycs.org
W www.sydneycs.org.

Home Delivered Meals

We deliver healthy meals to you.
Free delivery or pick-up.
No minimum purchase.



To order, please phone:
02 9427 6425
 or email: mjones@sydneycs.org