

HOME DELIVERED MEALS

- WE DELIVER HEALTHY MEALS TO YOU
- FREE DELIVERY OR PICK UP
- NO MINIMUM PURCHASE

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



**MORE
THAN JUST
A MEAL**

**TO ORDER
PLEASE PHONE:
02 9427 6425**

**or email:
mjones@sydneycs.org**

SALADS, SNACKS & DESSERTS



COLD MEAT SALADS: \$8

Prepared fresh daily, using seasonal produce.

Your choice of:

- Ham
- Corned Beef
- Chicken Drumstick
- Quiche

Cold Meat Salads include the following:

- Potato Salad
- Boiled Egg
- Cheese
- Turkey
- Roast Beef
- Pastrami
- Salad
- Bread Roll & Butter
(Variations may occur)

FINGER FOOD PACK: \$13

Includes:

- Boiled Egg
- Chicken Drummettes
- Mini Quiche
- Mini Sausage Roll/ Mini Beef Pie
- Salad
- Muffin
- Cake
- Cheese & Crackers
(Variations may occur)

SUPPER PACK: \$6

Consists of:

- Four-point triangle sandwich with assorted fillings & a slice of cake.

SOUPS \$3.50

All of our soups include a baked damper roll.

Your choice of:

- Pumpkin
- Cream of Mushroom
- Cream of Tomato
- Potato & Leek
- Country Chicken & Vegetable
- Minestrone
- Chicken Sweetcorn
- Beef & Barley
- Spring Vegetable

DESSERTS: \$3.00

- Bread & Butter Pudding
- Sticky Date Pudding
- Chocolate Mousse
- Apple & Rhubarb Crumble
- Vanilla Slice
- Chocolate Lava Pudding
- Blueberry Sponge Crumble
- Tiramisu



Sydney Community Services | www.sydneycs.org

1 Pottery Lane, Lane Cove NSW 2066 **T** 02 9427 6425 **F** 02 9427 7933



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

MAIN MEALS: \$8

WE CATER FOR ALL DIETARY REQUIREMENTS:

Vegetarian - Diabetic - Allergies - Lactose intolerance - Soft Meals & Puree Meals available on request.

ALL ORDERS INCLUDE COMPLIMENTARY
CHEESE & CRACKERS & JUICE
(Apple, Orange, Pineapple & Apple Blackcurrant)

BEEF

Bangers & Mash - Classic Aussie beef sausages served with buttery mash, vegetables & a red wine onion gravy.

Beef & Red Wine Casserole - A hearty casserole served with creamy mashed potato & seasonal vegetables.

Beef Lasagna - Classic beef lasagna with seasonal vegetables.

Beef Meat Pie - Traditional pie served with mash, peas & gravy.

Beef Rissoles - Home style classic, served with onion gravy, seasonal vegetables & potato.

Corned Beef - Served with onion sauce, steamed potato & fresh vegetables.

Roast Beef - Gourmet classic with burgundy gravy, seasonal vegetables & potato.

PORK

Braised Pork - Cooked in a sweet soy sauce & served with steamed jasmine rice & steamed vegetables.

Pork, Apple & Cranberry Casserole - Slow cooked pork, apple & cranberry casserole, served with rice, carrots, cauliflower & broccoli.

Roast Pork - Classic roast pork with apple sauce & gravy, served with roast vegetables & steamed greens.

Sweet & Sour Pork - Chinese style pork in sweet & tangy sauce with pineapple, served with rice, green beans & sweet corn.

LAMB

Irish Lamb Stew - Hearty dish served with steamed potatoes & seasonal vegetables.

Lamb & Rosemary Pie - Delicious Pie topped with puff pastry, served with seasonal vegetables & potato.

Lamb Rissoles - Oven roasted & served with onion gravy, mashed potatoes & fresh steamed vegetables.

Lamb Shanks - Served with creamy mashed potato & seasonal vegetables.

Roast Lamb - Slices of lamb, served with mint gravy, buttery mash, carrots & green beans.

CHICKEN

Butter Chicken - Slow cooked chicken covered in creamy sauce, served with rice, spinach & sweet potato.

Chicken & Leek Casserole - Tasty dish served with mashed potato & seasonal vegetables.

Chicken Parmigiana - Crumbed chicken with Napoli sauce & mozzarella cheese, served with chips, carrot & broccoli.

Chicken & Cashew Nut Stir-fry - Served with steamed jasmine rice & fresh steamed vegetables.

Roast Chicken - Popular dish, served with gravy, roast vegetables & fresh steamed vegetables.

Thai Green Chicken Curry - Not too spicy Thai Chicken curry, served with boiled rice & Thai vegetables.

VEGETARIAN

Macaroni & Cheese with seasonal vegetables.

Vegetable Frittata with fresh vegetables.

Vegetarian Korma Curry with rice & steamed vegetables.

FISH

Baked Fish - Tender fish served with lemon & dill sauce, seasonal vegetables & potato.

Fish Cakes - Delicious portions served with parsley sauce, oven fries, carrots & broccoli.

Fish & Chips - Traditional golden crumbed fish, chips & seasonal vegetables.

Atlantic Salmon Fillet - \$10.00 - Served with lemon & dill cream sauce, steamed potato & seasonal vegetables.

PETITE MEALS: \$6.00

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

Beef & Bacon Casserole with parsley, potato, pumpkin & broccoli.

Beef Cottage Pie with mash, pumpkin & beans.

Beef Stroganoff with rice, carrots & peas.

Chicken & Asparagus Mornay with potato & vegetables.

Chicken & Vegetable Pie with a pastry lid, creamy mash potato, pumpkin & peas.

Chicken Scallopini with bacon, sautéed potato, carrots & broccoli.

Curried Chicken with boiled rice, carrots & broccoli.

Roast Beef with gravy, roast potato, pumpkin & broccoli.

Roast Lamb with gravy, roast potato, pumpkin & broccoli.

Roast Pork with gravy, roast potato, pumpkin & broccoli.

Spinach & Fetta Omelette with pumpkin & Thai vegetables.

Steak & Kidney Pie with creamy mash & seasonal vegetables.