

# Main meals \$8.50

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

## BEEF

### Bangers and Mash

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

### Beef and Red Wine Casserole

A hearty casserole served with creamy mashed potato and seasonal vegetables.

### Beef Lasagna

Classic beef lasagna with seasonal vegetables.

### 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

Classic with gravy, seasonal vegetables and potato.

## PORK

### BBQ Pulled Pork

Served with potato gratin and seasonal vegetables.

### Pork, Apple and 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.

### Thai Pork Stir Fry

Served with steamed jasmine rice and steamed vegetables.

## LAMB

### Curried Sausages

Served with steamed rice and vegetables.

### Irish Lamb Stew

Hearty dish served with steamed potatoes and seasonal vegetables.

### Lamb Chops

A tender and juicy lamb chop served with gravy, parsley potato, beans and vegetables.

### Lamb and Rosemary Pie

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

### Lamb Shanks

Served with creamy mashed potato and seasonal vegetables.

### Roast Lamb

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

## CHICKEN

### Butter Chicken

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

### Chicken Fillets with Creamy Mustard Sauce

Served with roasted chat potatoes and steamed vegetables.

### Chicken Parmigiana

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

### French Chicken Casserole

Tasty dish served with mashed potato and seasonal vegetables.

### 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.

## FISH

### Baked Fish

Tender fish served with parsley lemon butter sauce, seasonal vegetables and potato.

### Battered Fish

Served with potato and seasonal vegetables.

### Fish and Chips

Traditional golden crumbed fish, chips and seasonal vegetables.

### Tuna Patties

Served with tartare sauce, potato and steamed vegetables.

### Atlantic Salmon Fillet - \$10.00

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

## VEGETARIAN

### Indian Vegetable Curry

Served with spiced potato, eggplant and rice.

### Vegetable Frittata

Served with fresh vegetables.

### Vegetarian Lasagna

Served with steamed vegetables.

### Vegetable Ratatouille

Served with spiced potato, pumpkin cake and seasonal vegetables.

More  
than just  
a meal

## PETITE MEALS

\$6.25

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

### Beef & Bacon Casserole

Served with parsley, potato, pumpkin and broccoli.

### Beef & Lentil Curry

Served with rice and steamed vegetables.

### 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.

### Pork and Apple Casserole

Served with mashed potato and vegetables.

### 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.

### Tuna Mornay

Served with mashed potato and vegetables.

## COLD MEAT SALADS \$8.50

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 \$6.25

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
- Chicken Sweetcorn
- Cream of Tomato
- Beef and Barley
- Potato and Leek
- Vegetable
- Country Chicken and Vegetable

## DESSERTS \$3.50

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

## FINGER FOOD PACK \$15.00

Includes:

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



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



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## 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](mailto:mjones@sydneycs.org)