

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 beef sausages served with gravy, mashed potato and vegetables.

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.

Fettucine with Creamy Bacon Sauce

Served with seasonal vegetables.

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.

Lamb Chops

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

Lamb Rissoles

Served with mashed potato and seasonal vegetables.

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, served with boiled rice and Thai vegetables.

FISH

Baked Fish

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

Curried Prawns

Served with steamed rice and vegetables.

Fish and Chips

Traditional golden crumbed fish, chips and seasonal vegetables.

Grilled Barramundi

Served with ginger, lime and shallot butter, rice and seasonal vegetables.

Tuna Patties

Served with tartare sauce, potato and steamed 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 Omelette

Served with mashed potato and seasonal vegetables.

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 Stroganoff

Served with rice, carrots and peas.

Butter Chicken

Served with rice and seasonal vegetables.

Chicken & Asparagus Mornay

Served with potato and vegetables.

Chicken & Vegetable Pie

Served with 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 and roast vegetables.

Roast Lamb

Served with gravy and roast vegetables.

Roast Pork

Served with gravy, roast potato, pumpkin and broccoli.

Shepherds Pie

Served with mash, pumpkin and beans.

Spinach & Fetta Omelette

Served with pumpkin and Thai vegetables.

Steak and Kidney Pie

Served with creamy mash and seasonal vegetables.

Tuna Mornay

Served with mashed potato and vegetables.

More
than just
a meal

COLD MEAT SALADS \$8.50

Prepared fresh daily, using seasonal produce.

Your choice of:

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

Cold Meat salads include the following:

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



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



SUPPER PACK \$6.25

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



SOUPS \$3.50

Our soups include a baked damper roll.

Your choice of:

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

DESSERTS \$3.50

- Apricot Pie with Cream
- Apple and Rhubarb Crumble
- Blueberry Sponge Crumble
- Bread and Butter Pudding
- Chocolate Mousse
- Crème Brulee
- Pannacotta
- Baked Lemon Pudding
- Sticky Date Pudding
- Tiramisu
- Vanilla Slice

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