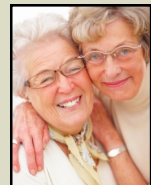



# Our Menu ...



## Main Meals \$6.00

### Beef

	Quantity
F1	Corned Silverside .....
B11	Shepherds Pie .....
B23	Roast Beef... .....
F119	Beef Lasagne .....
F16	Beef Stroganoff .....
B62	Beef Goulash .....
F18	Steak & Kidney Pie .....
F43	Grilled Sausages .....
F17	Rissoles .....
F54	Beef & Bacon Casserole .....
F012	Honey Mustard Beef  .....
B19	Meatballs in Tomato .....
B107	Curried Sausages .....

### Chicken

B10	Roast Chicken .....
B112	Chicken Tenderloin .....
F32	Chicken & Veg Pie .....
F33	Chicken Schnitzel .....
B63	Chicken Parmigiana .....
B104	Chicken Chow Mein .....
F47	Chicken Asparagus Mornay .....
F46	Curried Chicken .....

### Lamb

B 67	Lamb & Potato .....
B109	Lamb Chops .....
F19	Lamb Patties .....
B106	Roast Lamb .....

### Turkey

B105	Roast Turkey .....
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### Fish

B77	Crumbed Fish .....
F37	Fish Cakes .....
B20	Salmon Cakes .....
B102	Steamed Fish .....
F127	Curried Prawns .....


### Pork

F28	Pork & Apple Casserole .....
B61	Sweet & Sour Pork .....
B9	Roast Pork .....
F52	Ham & Cheese Omlette.....

### Veal

B22	Veal & Mushroom .....
F25	Veal Parmigiana .....
F56	Vienna Schnitzel .....




### Vegetarian

F199	Vegetable Mornay  .....
B24	Vegetarian Lasagne .....
B69	Vegetable Quiche .....

### Pureed Meals

F62	Roast Beef .....
F75	Roast Chicken .....
F79	Roast Lamb .....
FS234	Savoury Pork  .....



## Snack Meals \$3.50

B28	Shepherds Pie.....
B81	Spinach Triangles.....
B82	Party Pies .....
B83	Croquets.....
B84	Quiche Lorraine.....
B85	Fish Cocktails .....
B86	Chicken Drumsticks.....
 B29	Lamb in red wine.....
 B53	Beef plum sauce .....
 B34	Chicken & almonds .....

## Soups \$1.80

F2	Pumpkin... .....
F3	Minestrone.....
F4	Pea & Ham.....
F6	Beef & Vegetable .. .....

## Desserts \$2.00

F101	Apple & Rhubarb.....
B1	Baked rice Custard .....
F130	Fruit Trifle.....
F103	Sticky date pudding.....
B2	Creamy rice/apricots.....
F81	Bread & Butter Pud .....
F71	Apple Pie .....
F83	Carrot Cake .....
F72	Chocolate Mousse .....
F131	Blueberry Sponge.....
B71	Light fruit cake.....
B73	Madeira Cake... .....
B50	Lamington.....
F89	Pavlova.....
F139	Vanilla Slice.....
 F267	Choc Rocher Slice.....
 F149	Mango Mousse .....

Your Name: \_\_\_\_\_

Delivery Date: \_\_\_\_\_

Run No. \_\_\_\_\_ updated January 2012

# St George Community Services Inc

## *Meal Delivery Menu*

Telephone: 02 8558 4000

### About Our Service .....

**Who can receive these meals?** The Meal Delivery Service provides low cost nutritious meals for frail aged people and younger people with a disability and their carers who are temporarily or permanently unable to prepare meals or cook for themselves. This service is offered to people who live in the St George Region.

**Delivery** Meals are delivered fortnightly by our team of volunteers and will arrive between 9am to 12noon. You may also choose to collect our meals from our office in Carss Park.

**Payment** For your ease we offer a direct debit facility so there is no need to keep the right amount of cash or to write a cheque. Not handling large sums of money is also beneficial and a safety precaution for our volunteers

**What are they like?** All meals are nutritionally balanced with low salt and sugar options available. Meals also address the many cultural backgrounds and preferences of the St George Community, with many different styles of cuisine being included in the menu.

### For more information or to place an order:

Telephone: 8558 4000  
Fax: 8558 4050  
Website: [stgcs.org.au](http://stgcs.org.au)  
Email: [admin@stgcs.com.au](mailto:admin@stgcs.com.au)

*Meal Delivery Service*

is a Service of  
St George Community Services Inc  
72 Carwar Ave Carss Park NSW 2221

