

RETAIL HOME DELIVERY MENU

ORDER DATE

DELIVERY DATE REQ

CUSTOMER NAME

TELEPHONE

DELIVERY ADDRESS

EMAIL

OTHER INFO / TOTALS

QTY

QTY

BREAKFASTS

66411	Banana Bread with Cream Cheese Icing - \$5.20	
66403	Bubble and Squeak with Sausages - \$6.30	
60271	Pancakes with berry compote - \$5.20	★

BEEF 360G MAIN MEAL \$8.80

60018	Curried Sausages	
60005	Cottage Pie	S LF G
60006	Beef Stroganoff	S LF G
60010	Beef Lasagne	S ↑
60012	Honey Mustard Beef	S LF G La
60016	Steak & Kidney Pie	S
60115	Rissole & Onion Gravy	LF
60181	Sausages & Gravy	G
60270	Spaghetti Bolognese	S
60200	Beef Pie and Mash & Gravy	S

BEEF PREMIUM 360G MAIN MEAL \$9.60

60003	Beef & Bacon Casserole	S So G La
60004	Corned Silverside & Parsley Sauce	LF G
60009	Roast Beef & Gravy	So G La

LAMB PREMIUM PLUS 360G MAIN MEAL \$9.90

60022	Lamb Chop & Gravy	So G La
60021	Roast Lamb & Gravy	So G La
60025	Mongolian Lamb and Rice	S LF La
60027	Crumbed Lamb Patties & Gravy	

PORK 360G MAIN MEAL \$8.80

60040	Pork in BBQ Sauce	S LF La
60042	Roast Pork & Gravy	So G La
60044	Ham & Cheese Omelette	S G
60046	Ham Steak & Pineapple Glazed	So G
60047	Pork, Apple & Cranberry C'role	S LF So G La
60192	Sweet and Sour Pork & Rice	S LF La

CHICKEN 360G MAIN MEAL \$8.80

60352	Apricot and Fig Chicken	
60053	Chicken Parmigiana	
60050	Honey Soy Chicken	La
60051	Roast Chicken & Gravy	LF So G La
60052	Curried Chicken	S LF So
60054	Chicken Strips & Lemon Sauce	
60055	Chicken & Asparagus Mornay	S So
60056	Chicken & Vegetable Pie	S LF So
60059	Butter Chicken & Rice	S G
60182	Chicken Schnitzel & Gravy	La
60351	Chicken Scallopini & Bacon	S G
60057	Thai Green Chicken Curry	S LF G

FISH 360G MAIN MEAL \$8.80

60060	Crumbed Fish	S LF La
60061	Steamed Fish	S LF G So
60066	Fish Cake & Parsley Sauce	S So

FISH PREMIUM 360G MAIN MEAL \$9.60

60063	Curried Prawns & Rice	S LF G
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VEAL PREMIUM 360G MAIN MEAL \$9.60

60030	Vienna Schnitzel & Gravy	La
60033	Veal Parmigiana	LF G

VEGETARIAN 360G MAIN MEAL \$8.80

60072	Vegan Mixed Bean Cass'role	LF So G La V
60070	Macaroni Cheese	S V
60232	Vegetable Cottage Pie	S G V
60236	Vegetable Pasta Bake	S LF V
60273	Vegetable & potato yellow curry (with white rice & vegetable melange)	S V ★

S SOFT So LOW SODIUM La LACTOSE FREE ★ NEW
 LF LOW FAT G GLUTEN FREE V VEGETARIAN ↑ IMPROVED

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MINI MEALS 200G		\$7.20		QTY
63192	Sweet and Sour Pork with Rice	La	★	
63354	Singapore Noodle Stir Fry	LF La V	★	
63353	Chicken and Mushroom Pie			
63352	Chicken Pesto Pasta	S		
63003	Beef and Bacon Casserole	S So G La		
63004	Corned Silverside & Parsley Sauce	LF G		
63005	Cottage Pie	S LF G		
63009	Roast Beef & Gravy	So G La		
63016	Steak & Kidney Pie	S		
63021	Roast Lamb & Gravy	So G La		
63042	Roast Pork & Gravy	So G La		
63052	Curried Chicken & Rice	S LF So		
63055	Chicken & Asparagus Mornay	S So		
63056	Chicken & Vegetable Pie	S So		
63059	Chicken Wing in BBQ Sauce	G La		
63060	Crumbed Fish	S La		
63181	Sausages & Gravy	G		
63200	Meat Pie & Gravy	S ↑		
63270	Spaghetti Bolognese	S		
63006	Beef Stroganoff	S G		
63351	Chicken Scallopini & Bacon	S G		
63063	Curried Prawns & Rice	S LF G		
63070	Macaroni Cheese	S V		
63198	Spinach & Fetta Omelette	S G V		

PUREES 360G MAIN MEAL		\$10.50	
600565S	Puree Chicken & Vegetable	S LF So	
602335S	Puree Savoury Beef & Vegetable	S LF G	
602345S	Puree Savoury Pork & Vegetable	S G	
600475S	Puree Pork, Apple & Cranberry	S LF So G	
600555S	Puree Chicken & Asparagus	S	
600265S	Puree Savoury Lamb & Vegetable	S LF G	
600755S	Puree Curry Vegetable	S LF G V	

SOUPS 200G		\$3.90	
60126	Chicken & Sweet Corn	S LF G	
60121	Pea & Ham	S LF	
60123	Beef & Vegetable	S LF G La	
60224	Chicken & Vegetable	S LF G La	
60120	Minestrone	S LF V	
60122	Pumpkin	S LF G V	
60225	Potato & Leek	S V	

DESSERTS		\$4.20		QTY
60104	Chocolate Gateaux	S		
60087	Wine Trifle & Cream	S So		
60091	Peaches & Custard	LF So G		
60100	Sticky Date & Caramel Sauce	S ↑		
60103	Fruit Salad	S LF So G La		
60106	Creamed Rice & Apricots	S So G		
60116	Stewed Apple & Custard	S LF So G		
60118	Blueberry Sponge Crumble & Custard	S		
60130	Apple & Rhubarb Crumble & Custard	S So		
60131	Carrot Cake	S ↑		
60134	Chocolate Mousse	S LF So G		
60143	Bread & Butter Pudding	S		
60145	Baked Rice Pudding	S So G		
60149	Mango Flavoured Mousse	S LF So G		
60252	Banana Cake	S		
66412	Orange & Poppyseed Cake	S ★		

DESSERTS PREMIUM		\$4.60	
60139	Vanilla Slice		
60102	Baked Cheesecake		
60086	Apple Pie & Cream	S So	
60138	Apricot Pie & Cream	S So ↑	
60092	Tropical Pavlova	S So	
60261	Strawberry Swirl Cheesecake	S	
60269	Tiramisu	S So	
60089	Chocolate Lava Pudding	S	

FLAGSTAFF COFFEE		
SKU2400	FORTE beans 1kg	\$29
SKU2401	FORTE ground 1kg	\$29

Flagstaff's very own custom branded coffee, specially crafted and roasted fresh onsite in Unanderra. Every cup you drink supports the employment of people with a disability.
 Please see www.coffeewithavision.com.au for additional coffee blends.

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 254 Nolan Street Unanderra
 Website: flagstafffinefoods.com.au
 Please place orders 1 week prior to delivery date

*CONDITIONS APPLY

IT'S LIKE HAVING A RESTAURANT IN YOUR FREEZER



LOCAL
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 DELIVERY*

Min Order \$60 or
 \$80 Shoalhaven or Goulburn

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