

# RETAIL HOME DELIVERY MENU

PLEASE REFER TO THE FLAGSTAFF FINE FOODS MEAL INFO KIT FOR FULL INGREDIENTS LIST AND NUTRITIONAL INFO ABOUT OUR MEALS.



CUSTOMER NAME

ORDER DATE

DELIVERY DATE REQ

DELIVERY ADDRESS

EMAIL

OTHER INFO

**BREAKFASTS** QTY

66411	Banana Bread with Cream Cheese Icing - \$4.95★	<input type="text"/>
66403	Bubble and Squeak with Sausages - \$5.95 ★	<input type="text"/>

**BEEF 360G MAIN MEAL \$8.40**

60018	Curried Sausages	<input type="text"/>
60005	Cottage Pie	S LF G <input type="text"/>
60006	Beef Stroganoff	S LF G <input type="text"/>
60010	Beef Lasagne	S ↑ <input type="text"/>
60012	Honey Mustard Beef	S LF G La <input type="text"/>
60016	Steak & Kidney Pie	S <input type="text"/>
60115	Rissole & Onion Gravy	LF <input type="text"/>
60181	Sausages & Gravy	G <input type="text"/>
60270	Spaghetti Bolognaise	S <input type="text"/>
60200	Beef Pie and Mash & Gravy	S <input type="text"/>

**BEEF PREMIUM 360G MAIN MEAL \$9.15**

60003	Beef & Bacon Casserole	S So G La <input type="text"/>
60004	Corned Silverside & Parsley Sauce	LF G <input type="text"/>
60009	Roast Beef & Gravy	So G La <input type="text"/>

**LAMB PREMIUM PLUS 360G MAIN MEAL \$9.60**

60022	Lamb Chop & Gravy	So G La <input type="text"/>
60021	Roast Lamb & Gravy	So G La <input type="text"/>
60025	Mongolian Lamb and Rice	S LF La <input type="text"/>
60027	Crumbed Lamb Patties & Gravy	<input type="text"/>

**PORK 360G MAIN MEAL \$8.40**

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

**CHICKEN 360G MAIN MEAL \$8.40**

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

**FISH 360G MAIN MEAL \$8.40**

60060	Crumbed Fish	S LF La <input type="text"/>
60061	Steamed Fish	S LF G So <input type="text"/>
60066	Fish Cake & Parsley Sauce	S So <input type="text"/>

**FISH PREMIUM 360G MAIN MEAL \$9.15**

60063	Curried Prawns & Rice	S LF G <input type="text"/>
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**VEAL PREMIUM 360G MAIN MEAL \$9.15**

60030	Vienna Schnitzel & Gravy	La <input type="text"/>
60033	Veal Parmigiana	LF G <input type="text"/>

**VEGETARIAN 360G MAIN MEAL \$8.40**

60072	Vegan Mixed Bean Cass'role	LF So G La V <input type="text"/>
60070	Macaroni Cheese	S V <input type="text"/>
60232	Vegetable Cottage Pie	S G V <input type="text"/>
60236	Vegetable Pasta Bake	S LF V <input type="text"/>

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

IT'S LIKE HAVING A RESTAURANT IN YOUR FREEZER

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

QTY

QTY

**MINI MEALS 200G \$6.90**

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 \$10.00**

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 \$3.70**

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 \$3.95**

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	

**DESSERTS PREMIUM \$4.35**

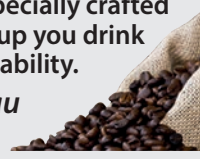
60139	Vanilla Slice		
60102	Baked Cheesecake		
60086	Apple Pie & Cream	S So	
60138	Apricot Pie & Cream	S So ↑	
60092	Tropical Pavlova	S So	
60261	Strawberry Swirl Cheesecake	S	
60269	Tiramisu	S So	
60089	Chocolate Lava Pudding	S	

**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](http://www.coffeewithavision.com.au) for additional coffee blends.*



Tel 4272 0270  
 254 Nolan Street Unanderra  
 Website: [flagstafffinefoods.com.au](http://flagstafffinefoods.com.au)

\*CONDITIONS APPLY

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**LOCAL  
 FREE HOME  
 DELIVERY\***


**Flagstaff**  
 FINE FOODS

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