

RETAIL HOME DELIVERY MENU

ORDER DATE

DELIVERY DATE REQ

CUSTOMER NAME

TELEPHONE

DELIVERY ADDRESS

EMAIL

OTHER INFO / TOTALS

QTY

QTY

BREAKFASTS

66411	Banana Bread w/ Cream Cheese Icing - \$5.70	
66403	Bubble and Squeak with Sausages - \$6.90	
66412	Pancakes with Berry Compote - \$6.90	S

BEEF 360G MAIN MEAL \$10.60

60359	Meatballs in Tomato Sauce	★
60018	Curried Sausages	G
60005	Cottage Pie	S LF G
60006	Beef Stroganoff	S LF G
60010	Beef Lasagne	S
60016	Steak & Kidney Pie	LF
60115	Rissole & Onion Gravy	
60181	Sausages & Gravy	G
60270	Spaghetti Bolognese	S
60200	Beef Pie and Mash & Gravy	S

BEEF PREMIUM 360G MAIN MEAL \$11.60

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

LAMB PREMIUM PLUS 360G MAIN MEAL \$11.90

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

PORK 360G MAIN MEAL \$10.60

60356	Pork Ragu with Penne Pasta	So
60042	Roast Pork & Gravy	So G MF
60044	Ham & Cheese Omelette	S G
60046	Ham Steak & Pineapple Glazed	G
60047	Pork & Cranberry Casserole	LF So G MF
60192	Sweet and Sour Pork & Rice	LF MF

CHICKEN 360G MAIN MEAL \$10.60

60357	Hawaiian Chicken	★ MF LF So
60355	Chicken & Mushroom Pasta Bake	
60053	Chicken Parmigiana	
60050	Honey Soy Chicken	G
60051	Roast Chicken & Gravy	LF So G MF
60052	Curried Chicken	G S LF So
60054	Chicken Strips & Lemon Sauce	
60055	Chicken & Asparagus Mornay	LF S So
60056	Chicken & Vegetable Pie	S LF So
60059	Butter Chicken & Rice	S G
60182	Chicken Schnitzel & Gravy	MF
60351	Chicken Scallopini & Bacon	S G

FISH 360G MAIN MEAL \$10.60

60060	Crumbed Fish	S MF LF So
60066	Fish Cake & Parsley Sauce	S

FISH PREMIUM 360G MAIN MEAL \$11.60

60063	Curried Prawns & Rice	S LF G
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VEAL PREMIUM 360G MAIN MEAL \$11.60

60030	Vienna Schnitzel & Gravy	MF
60033	Veal Parmigiana	LF G

VEGETARIAN 360G MAIN MEAL \$10.60

60072	Vegan Mixed Bean Cass'role	LF So G MF V
60070	Macaroni Cheese	S V
60232	Vegetable Cottage Pie	LF So S G V
60236	Vegetable Pasta Bake	S LF V
60273	Vegetable & Potato Yellow Curry	LF G S V

S SOFTER MEAL
 So LOW SODIUM
 MF MILK FREE
 ★ NEW
LF LOW FAT
 G GLUTEN FREE
 V VEGETARIAN

S SOFTER MEAL So LOW SODIUM MF MILK FREE ★ NEW
LF LOW FAT G GLUTEN FREE V VEGETARIAN

MINI MEALS 200G		\$8.50		QTY
63358	Chilli Con Carne	★ G MF		
63357	Hawaiian Chicken	LF So MF		
63192	Sweet and Sour Pork with Rice	LF La So		
63354	Singapore Noodle Stir Fry (vegan)	LF MF		
63003	Beef and Bacon Casserole	S So G MF		
63004	Corned Silverside & Parsley Sauce	G		
63005	Cottage Pie	LF LF G		
63009	Roast Beef & Gravy	G MF		
63016	Steak & Kidney Pie	LF		
63021	Roast Lamb & Gravy	So G MF		
63042	Roast Pork & Gravy	So G MF		
63052	Curried Chicken & Rice	G S LF So		
63055	Chicken & Asparagus Mornay	S G So		
63056	Chicken & Vegetable Pie	S So		
63059	Chicken Wing in BBQ Sauce	MF G		
63060	Crumbed Fish, Chips & Vegies	S MF LF		
63181	Sausages & Gravy	G		
63200	Meat Pie, Gravy & Mash			
63270	Spaghetti Bolognese	So S		
63070	Macaroni Cheese & Vegies	S V		
63198	Spinach & Fetta Omelette	S G V		

PUREES 360G MAIN MEAL		\$12.00		QTY
600565S	Puree Chicken & Vegetable	G S LF		
602335S	Puree Savoury Beef & Vegetable	S LF G		
602345S	Puree Savoury Pork & Vegetable	S G		
600475S	Puree Pork, Apple & Cranberry	S LF G		
600555S	Puree Chicken & Asparagus	S		
600265S	Puree Savoury Lamb & Vegetable	S LF G		

SOUPS 200G		\$4.60		QTY
60353	Cauliflower Bacon Soup			
60121	Pea & Ham	S LF		
60123	Beef & Vegetable	S LF G MF		
60224	Chicken & Vegetable	S LF G MF		
60120	Minestrone	S LF V		
60122	Pumpkin	S LF G V		
60225	Potato & Leek	LF G S V		

DESSERTS		\$4.60		QTY
60360	Lemon Cake	★ S		
60354	Apple Sponge Cake (Note: New Recipe)	S LF		
60087	Trifle with Custard	NOTE: shorter use by date S		
60091	Peaches & Custard	LF So G		
60100	Sticky Date & Caramel Sauce	S		
60103	Fruit Salad	LF So G MF		
60106	Creamed Rice & Apricots	So G		
60116	Stewed Apple & Custard	S LF So G		
60118	Blueberry 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			
60145	Baked Rice Pudding	So G		
60149	Mango Flavoured Mousse	S LF So G		
60252	Banana Cake			

DESSERTS PREMIUM		\$4.90		QTY
60139	Vanilla Slice	So		
60102	Baked Cheesecake	S		
60086	Apple Pie & Cream			
60138	Apricot Pie & Cream	So		
60092	Tropical Pavlova	G V So		
60261	Strawberry Swirl Cheesecake			
60269	Tiramisu	S So		

FLAGSTAFF COFFEE		QTY	
70182	FORTE beans 1kg		\$29
70183	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 visit our website for additional coffee blends.

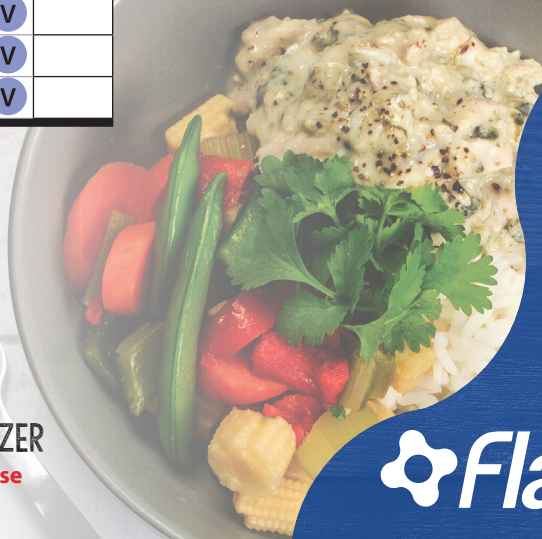
HOW TO ORDER

Visit our website:
www.flagstaffinefoods.com.au
 Call: 02 4272 0270
 254 Nolan Street Unanderra
 Please place orders 1 week prior to delivery date

*CONDITIONS APPLY

IT'S LIKE HAVING A RESTAURANT IN YOUR FREEZER

IMPORTANT: As recipes may change from time to time, please check physical meal label for up-to-date ingredients and nutritional information.



LOCAL
FREE HOME
DELIVERY*

Min Orders \$70 or
\$80 Shoalhaven or Sydney

Flagstaff
FINE FOODS