Nepean Food Services
Ph: 4733 7200
E: admin@nepeanfoodservices.org.au

NEPEAN / WARRAGAMBA / SILVERDALE MENU

Updated 8 October 2026

BEEF MAINS		Dietary Claim	
All meals arrive FROZEN and are served with seasonal vegetables			
B	Curried sausages with mash	GF	
B	Spaghetti bolognese	GF	LS
F	Bangers & mash		
F	Beef lasagne		
F	Roast beef with roast potatoes & gravy	GF	
F	Steak & mushroom pie with mash		
F	Veal schnitzel with mash & gravy		
GM	BBQ sausages	GF	DF
GM	Beef pot roast with mash	GF	LS
GM	Beef rissoles with potato/sweet potato	GF	
GM	Beef stroganoff with mash	GF	
GM	Corned beef with mash	GF	
GM	Cottage pie (beef) with potatoes	GF	
GM	Macaroni & mince		
GM	Roast beef with mash	GF	DF
L	Baked potato with cheesy mince	GF	LS
L	Beef rissoles with gravy		
L	Meatloaf with gravy	LS	

BEEF MINI MAINS		Dietary Claim			
All meals arrive FROZEN and are served with seasonal vegetables					
G	Beef burger	H			
G	Beef casserole with dommed potatoes	GF	H		
G	Beef diane with penne	LS	H		
G	Beef shepherd's pie with mash	GF	LS	H	
G	Traditional beef lasagne with roast potato persillade	LS	H		
G	Traditional meatloaf with mash	LS	H		
G	Traditional roast beef with roast potato persillade	GF	DF	LS	H
GM	Beef rissoles with potato/sweet potato	GF			
GM	Beef stroganoff with rice	GF			
GM	Corned beef with mash	GF			
GM	Cottage pie (beef) with potatoes	GF			
GM	Slow cooked beef with mash	GF	DF		

Place your order by 11.00am two (2) business days prior to your delivery via phone, email or online via our website.

LAMB MAINS		Dietary Claim	
All meals arrive FROZEN and are served with seasonal vegetables			
B	Lamb's fry & bacon with mash & gravy	GF	
F	Irish lamb stew with mash	GF	
F	Roast lamb with roast potatoes & gravy	GF	
F	Shepherd's pie (lamb) with potatoes		
GM	Roast lamb with potatoes & gravy	GF	DF
GM	Mediterranean lamb bake	GF	
MCS	Lamb & mint rissoles with gravy	GF	

LAMB MINI MAINS		Dietary Claim		
All meals arrive FROZEN and are served with seasonal vegetables				
G	Lamb in plum sauce with creamed potatoes	GF	LS	H
G	Satay lamb with rice	GF	LS	H
G	Spinach & lamb lasagne with creamed potatoes	LS	H	
GM	Lamb moussaka	GF		
GM	Roast lamb with potatoes & gravy	GF	DF	

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PFD=PFD Food Services. L=Liverpool. N=Nippys. SQ=Sunny Queen.
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CHICKEN MAINS		Dietary Claim		
All meals arrive FROZEN and are served with seasonal vegetables				
B	Chicken & leek pie with mash			
F	Chicken schnitzel with mash & gravy			
F	Lemon chicken with mash	GF		
F	Roast chicken with roast potatoes and gravy	GF		
GM	BBQ chicken with roast potatoes	GF		
GM	Butter chicken with rice	GF		
GM	Chicken carbonara			
GM	Chicken curry with rice	GF		
GM	Chicken parmigiana with potatoes			
GM	Honey soy chicken with rice	GF	DF	
GM	Roast chicken breast with creamed potatoes	GF		
GM	Sweet & sour chicken with rice	GF	DF	
L	Chicken casserole with mash	GF	LS	
L	Chicken stirfry with egg noodles	DF	LS	
MCS	Chicken & cheese rissoles with passata			

CHICKEN MINI MAINS		Dietary Claim			
All meals arrive FROZEN and are served with seasonal vegetables					
G	Chicken chasseur with potato persillade	GF	DF	LS	H
GM	Butter chicken with rice	GF			
GM	Chicken carbonara				
GM	Honey soy chicken with rice	GF	DF		
GM	Roast chicken breast with creamed potatoes	GF			
GM	Sweet & sour chicken with rice	GF	DF		

Want great food anytime?

You can purchase Let's Dine Out vouchers for only $12.00 each, redeemable at any one of our partnering venues to the value of $16.00.

PORK MAINS		Dietary Claim		
All meals arrive FROZEN and are served with seasonal vegetables				
B	Honey pork & pineapple casserole with rice	GF	DF	LS
F	Pork meatballs with creamy mushroom sauce	GF		
F	Quiche lorraine			
F	Roast pork with roast potatoes & gravy	GF		
GM	Pork sausage with mash	GF	DF	
GM	Pork steak diane with creamed potatoes	GF		
L	Pork meatballs with sweet & sour sauce			
L	Stuffed baked potato with pulled pork	GF	LS	

PORK MINI MAINS		Dietary Claim
All meals arrive FROZEN and are served with seasonal vegetables		
GM	Roast pork with apple gravy	GF

Our vision is to provide nourishment and social connection to sustain valued, healthy and vibrant communities.

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SEAFOOD MAINS		Dietary Claim	
All meals arrive FROZEN and are served with seasonal vegetables			
B	Cheesy tuna pasta bake	**LS**	
F	Fish & chips		
GM	Barramundi lemon butter with rice	**GF**	
GM	Curry prawns with rice	**GF**	
GM	Garlic prawn with rice	**GF**	
GM	Whiting with wedges		
L	Crumbed fish with cheese sauce		
MCS	Salmon patties with lemon sauce		

SEAFOOD MINI MAINS		Dietary Claim	
All meals arrive FROZEN and are served with seasonal vegetables			
G	Poached fish in parsley sauce with rice	**GF**	**H**
GM	Barramundi fillet with potatoes	**GF**	
GM	Curry prawn with rice	**GF**	
GM	Garlic prawns with rice	**GF**	

Helping you mantain a healthy lifestyle.

VEGETARIAN MAINS		Dietary Claim	
All meals arrive FROZEN and are served with seasonal vegetables			
GM	Brown rice & vegetable patties with potato	**GF**	**DF**
GM	Mushroom casserole with mash	**GF**	
GM	Coconut dahl with rice	**GF**	
GM	Creamy Pesto Penne Pasta		
GM	Spaghetti veganaise	**DF**	
L	Mushroom risotto	**LS**	
L	Spinach & ricotta cannelloni with mash	**LS**	
L	Zucchini & corn fritters with mash	**LS**	

VEGETARIAN MINI MAINS		Dietary Claim	
All meals arrive FROZEN and are served with seasonal vegetables			
G	Vegetable lasagne with creamed potatoes	**H**	
GM	Vegetable mornay with creamy sauce & cheese	**GF**	

Our meals support healthy ageing for people over 65 (over 50 for ATSI) and those on a NDIS plan.

BREAKFAST (Frozen)		Dietary Claim
PFD	Banana bread	
L	Zucchini & corn fritters with mash	**LS**
PFD	Ham & cheese croissant	

SOUPS (Frozen)		Dietary Claim	
GM	Beef & vegetable soup	**GF**	**DF**
GM	Chicken noodle soup	**DF**	
GM	Creamy chicken & vegetable soup		
GM	Pea & ham soup		
GM	Potato & leek soup	**GF**	
GM	Pumpkin soup	**GF**	**LS**

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OMELETTES (Frozen)		Dietary Claim	
SQ	Cheese & chives omelette	GF	H
SQ	Ham & cheese omelette	GF	
SQ	Plain omelette	GF	H
SQ	Spinach & feta omelette	GF	H

SNACKS (Frozen)		Dietary Claim
PFD	Meat pie	
PFD	Sausage roll (king size)	

DESSERTS (Frozen)		Dietary Claim	
BL	Bulla frozen yogurt cup 200ml - mango		
BL	Bulla frozen yogurt cup 200ml - strawberry		
GM	Apple crumble	GF	LS
GM	Berry crumble with custard	GF	LS
GM	Bread & butter pudding	LS	
GM	Chocolate mousse	LS	
GM	Fruit Pavlova	GF	LS
GM	Lemon cheesecake mousse	GF	LS
GM	Sticky date pudding		
MCS	Tiramisu		
GM	Vanilla teacake with custard	LS	
HC	Lamington		
L	Banana cake		
L	Custard danish		
L	Coconut slice		
PFD	SPC fruit cup (diced peach) stored ambient		
PFD	SPC fruit cup (two fruits) stored ambient		

SANDWICHES (Frozen)		Dietary Claim
HFC	Chicken, cheese and mayo sandwich	
HFC	Egg & chive on rye sandwich	DF
HFC	Ham & cheese sandwich	
HFC	Roast beef, cheese & relish sandwich	

BEVERAGES (Can be stored Ambient)		Dietary Claim
N	Iced chocolate 500ml bottle	GF
N	Iced coffee 500ml bottle	GF
N	Fruitylicious apple juice 375ml bottle - longlife	
N	Fruitylicious orange juice 375ml bottle - longlife	

OUR SERVICES:

- ✓ Free delivery
- ✓ No lock in contracts
- ✓ Welfare checks
- ✓ Let's Dine Out vouchers
- ✓ Social outings
- ✓ Luncheons
- ✓ Peace of mind
- ✓ Companionship

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