**Nourishing meal application form** (until sold out or by 30 June 2020) Date 16/4/20

Order by 10am Friday for collection the following week. Delivery available upon request.

Choose Day: Tuesday  Wednesday  Thursday  Friday

Choose Collection Window:  Request Delivery:

|  |  |
| --- | --- |
| **How Many?** | **Type of meal (minimum 3, maximum 9)** |
|  | Pumpkin Soup w bread (GF,DF,V,VV,H) |
|  | Traditional Beef Lasagne |
|  | Gardeners Pie (lentil) w Potato & Sweet Potato Mash (GF,DF,V,VV,H) |
|  | Creamy Bacon Carbonara w Pasta |
|  | South Sudanese Beef Meatballs in Spicy Tomato Sauce & Rice |
|  | Egyptian Eggplant Stew & Rice (GF,DF,V,VV,H) |
|  | Sri Lankan Vegetable Curry & Rice (Mild) (GF,DF,V,VV,H) |
|  | Ham, Onion & Cheese Frittata (GF) |
|  | Vegetarian Frittata (GF,V,H) |
|  | Ham, Cheese & Tomato Sandwich |
|  | Chicken & Avocado Sandwich |
|  | Cheese, Salad & Mayo Wrap (V,H) (Gluten Free ) |

Each meal is valued at $10. Meals delivered frozen or cold for you to reheat.  
Easy instructions provided. Also available to purchase online at www.espressotrain.com.au

**Recipient details** (\* = required)

|  |  |
| --- | --- |
| Name\* |  |
| Address\* |  |
| Postcode\* |  |
| Phone \* |  |
| Email |  |

Dietary Gluten free (GF)  Dairy Free (DF)  Vegetarian (V)    
Vegan (VV)  Halal  Other (please specify)

**Billing details** (leave blank if as above)

|  |  |
| --- | --- |
| Organisation |  |
| Name\* |  |
| Address\* |  |
| Postcode\* |  |
| Phone \* |  |
| Email\* |  |