

SUPPLEMENT DRINKS

Boost Your Day with Every Sip!

When meals just aren't enough, Supplemental Nutrition Drinks are here to help. Packed with protein, essential vitamins and minerals, carbohydrates, and healthy fats, it's the perfect way to fill in nutritional gaps and support your energy and wellbeing.

Stay strong, stay nourished. Drink well, live well.

RESOURCE	UN	CHSP	HCP
Vanilla	\$3.90	\$2.05	\$1.15
Chocolate	\$3.90	\$2.05	\$1.15
Strawberry	\$3.90	\$2.05	\$1.15
Orange	\$3.90	\$2.05	\$1.15
Wildberry	\$3.90	\$2.05	\$1.15
ENSURE			
Vanilla	\$5.40	\$1.65	\$1.60
Fruit of the Forest	\$5.40	\$1.65	\$1.60

DELIVERY AREAS

- ◆ Bega
- ◆ Kalaru
- ◆ Bemboka
- ◆ Merimbula
- ◆ Bermagui
- ◆ Pambula
- ◆ Brogo
- ◆ Pambula Beach
- ◆ Cobargo
- ◆ Tathra
- ◆ Eden
- ◆ Tura Beach

- **Free Delivery**
- **No lock in contracts**
- **No minimum order**

Accessing Subsidised Meal Rates

To receive meals at a subsidised rate, you will need one of the following:

1. My Aged Care Referral

You must have a referral for Meals at Home/Delivered Meals through My Aged Care.

This enables you to access the subsidised rate, with funding provided to Meals on Wheels under the Commonwealth Home Support Program (CHSP).

2. Home Care Package (HCP)

Your Home Care Package provider can approve meal support as part of your package.

You will pay the HCP subsidised rate, and the remaining balance (up to the full cost of the meal) is covered by your package funds.

3. NDIS Participants

If you are an NDIS participant, you may be eligible to claim up to 70% of the full cost of your meals through your NDIS plan.

Contact Us



Phone
6492 4146



Email
foodservices@bvmow.org.au



Address
101-103 Bega St, Bega NSW



Meals on Wheels™
Bega Valley

More than just a meal

2025 Winter Menu

Please place your order by 4pm on Wednesday to ensure your Friday delivery.



6492 4146

Winter Menu

Beef Mains

	UN	CHSP	HCP
Steak & Mushroom Pie w/ Mash Potato and Vegetables	\$12.05	\$6.55	\$3.60
Corned Silverside & White Sauce w/ Creamy Mash and Vegetables	\$13.30	\$7.80	\$4.00
Beef Rissoles w/ Gravy w/ Potato and Vegetables (GF)	\$12.05	\$6.55	\$3.60
Irish Beef Stew w/ Vegetables	\$12.05	\$6.55	\$3.60
Curried Sausages w/ Mash and Vegetables(GF)(DF)	\$13.30	\$7.80	\$4.00
Shepherd's Pie w/ Vegetables (GF)	\$13.30	\$7.80	\$4.00

Chicken Mains

Roast Chicken and Gravy w/ Baked Potato and Vegetables (GF)(DF)	\$14.30	\$8.80	\$4.30
Chicken & Cheese Schnitzel w/ Vegetables	\$12.05	\$6.55	\$3.60
Chicken Honey Curry w/ Rice and Vegetables (DF)	\$13.30	\$7.80	\$4.00
Chicken Casserole w/ Mash and Vegetables	\$12.05	\$6.55	\$3.60
Chicken Sausages & Gravy w/ Mash and Vegetables	\$12.05	\$6.55	\$3.60
Butter Chicken w/ Rice and Vegetables	\$12.05	\$6.55	\$3.60

Lamb Mains

Roast Lamb and Gravy w/ Baked Potato and Vegetables (GF)(DF)	\$14.40	\$8.90	\$4.30
Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF)	\$14.40	\$8.90	\$4.30
Lamb, Potato & Mushroom Pie w/ Vegetables	\$12.05	\$6.55	\$3.60

Pork Mains

	UN	CHSP	HCP
Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF)	\$14.30	\$8.80	\$4.30
Pork Cassolet w/ Potato and Vegetables	\$12.05	\$6.55	\$3.60
Spinach, Bacon & Cheese Quiche w/ Vegetables	\$13.30	\$7.80	\$4.00

Seafood Mains

Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF)	\$13.30	\$7.80	\$4.00
Barramundi & Ginger Lime Butter w/ Rice Pilaf and Vegetables	\$15.20	\$9.70	\$4.55
Baked Fish & Bernaise Sauce w/ Potato and Vegetables	\$12.05	\$6.55	\$3.60
King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables	\$14.80	\$9.20	\$4.40

Vegetarian Mains

Mushroom Risotto w/ Vegetables (V)	\$12.05	\$6.55	\$3.60
Vegetable Parcel w/ Potato and Vegetables (V)	\$12.05	\$6.55	\$3.60
Pumpkin & Spinach Frittata w/ Vegetables (V)	\$12.05	\$6.55	\$3.60
Vegetable Lasagne (V)	\$13.30	\$7.80	\$4.00

Pureed Meals

Steak & Mushroom Pie w/ Vegetables (V)	\$12.25	\$6.75	\$3.65
Chicken Casserole w/ Potato and Vegetables (V)	\$12.25	\$6.75	\$3.65
Roast Pork w/ Vegetables (V)	\$12.25	\$6.75	\$3.65

Mini Meals

Chicken Fried Rice (GF)(DF)	\$10.00	\$4.50	\$3.00
Bolognese w/ Spiral Pasta	\$10.00	\$4.50	\$3.00

 **RATE REFERENCE**
 UN - Unsubsidised
 CHSP - Commonwealth Home Support Program
 HCP - Home Care Package

Petite Meals

	UN	CHSP	HCP
Roast Chicken and Gravy w/ Baked Potato and Vegetables(GF)(DF)	\$12.30	\$6.80	\$3.70
Roast Lamb w/ Homemade Gravy , Baked Potato & Vegetables (GF)(DF)	\$12.40	\$6.90	\$3.70
Roast Pork w/ Homemade Gravy , Baked Potato & Vegetables(GF)(DF)	\$12.30	\$6.80	\$3.70
Sweet & Sour Pork w/ Rice and Vegetables (GF)(DF)	\$11.40	\$5.90	\$3.40
Tuna Mornay w/ Creamy Mash and Vegetables	\$11.40	\$5.90	\$3.40
Beef Lasagne w/ Vegetables	\$11.40	\$5.90	\$3.40
Chicken and Mushroom Casserole w/ Cous Cous and Vegetables	\$11.40	\$5.90	\$3.40
Grilled Sausage and Gravy w/ Mash Potato and Vegetables	\$11.40	\$5.90	\$3.40
Savoury Mince w/ Potato and Vegetables (GF)	\$11.40	\$5.90	\$3.40
Beef Bourguignon w/ Mash Potato and Vegetables	\$11.40	\$5.90	\$3.40

Soups

Chicken & Vegetable	\$8.60	\$3.10	\$2.60
Potato and Leek & Bacon (GF)(DF)	\$8.60	\$3.10	\$2.60
Creamy Pumpkin (GF)	\$8.60	\$3.10	\$2.60
Pea & Ham	\$8.60	\$3.10	\$2.60

Desserts

Butterscotch Pudding	\$7.70	\$2.20	\$2.30
Carrot Cake	\$7.70	\$2.20	\$2.30
Sticky Date Pudding	\$9.70	\$4.20	\$2.90
Lemon Cheesecake	\$9.70	\$4.20	\$2.90
Stewed Rhubarb & Apple	\$7.70	\$2.20	\$2.30

DIETARY REFERENCE
 (GF) - Gluten Free (DF) Dairy Free (V) - Vegetarian