



MAIN MEALS

BEEF

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| Steak & Mushroom Pie w/ Mash Potato and Vegetables | \$3.60 |
| Corned Silverside w/ White Sauce and Creamy Mash and Vegetables | \$4.00 |
| Beef Goulash w/ Potato and Vegetables (GF) | \$3.60 |
| Meatloaf & Gravy w/ Mashed Potato and Vegetables | \$3.60 |
| Roast Beef w/ Homemade Gravy, Baked Potato & and Vegetables(GF)(DF) | \$4.30 |
| Shepherd's Pie w/ Vegetables (GF) | \$4.00 |

CHICKEN

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| Roast Chicken and Gravy w/ Baked Potato and Vegetables (GF)(DF) | \$4.30 |
| Chicken Stir-Fry w/ Hokkien Noodles | \$3.60 |
| Chicken Honey Curry w/ Rice and Vegetables (DF) | \$4.00 |
| BBQ Chicken Cutlets w/ Mash Potato and Vegetables | \$3.60 |
| Chicken Kebabs w/ Herbed Rissoni and Vegetables | \$3.60 |
| Chicken A La King w/ Spiral Pasta and Vegetables | \$3.60 |

LAMB

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

PORK

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|--|---------------|
| Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF) | \$4.30 |
| Pork Schnitzel & Mushroom Sauce w/ Potato Gratin and Vegetables | \$3.60 |
| Spinach, Bacon & Cheese Quiche w/ Vegetables | \$4.00 |

SEAFOOD

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| Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF) | \$4.00 |
| Crumbed Fish Patties & Hollandaise Sauce w/ Baked Wedges and Vegetables | \$3.60 |
| Salmon Frittata w/ Steamed Potato and Vegetables | \$3.60 |
| King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables | \$4.40 |

VEGETARIAN

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|--|---------------|
| Spinach & Ricotta Canneloni w/ Vegetables (V) | \$3.60 |
| Zucchini & Corn Fritters w/ Vegetables (V) | \$3.60 |
| Gnocchi & Creamy Tomato Sauce w/ Vegetables (V) | \$3.60 |
| Vegetable Lasagne (V) | \$4.00 |

PETITE MEALS

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|--|---------------|
| Roast Chicken and Gravy w/ Baked Potato and Vegetables (GF)(DF) | \$3.70 |
| Roast Lamb w/ Homemade Gravy, Baked Potato & and Vegetables(GF)(DF) | \$3.70 |
| Roast Pork w/ Homemade Gravy, Baked Potato & and Vegetables(GF)(DF) | \$3.70 |
| Sweet & Sour Pork w/ Rice and Vegetables (GF)(DF) | \$3.40 |
| Tuna Mornay w/ Creamy Mash and Vegetables | \$3.40 |
| Beef Lasagne w/ Vegetables | \$3.40 |
| Creamy Chicken and Mushroom Casserole w/ Cous Cous and Vegetables | \$3.40 |
| Grilled Sausage and Gravy w/ Mash Potato and Vegetables | \$3.40 |
| Savoury Mince w/ Potato and Vegetables (GF) | \$3.40 |
| Beef Bourguignon w/ Mash Potato and Vegetables | \$3.40 |

DIETARY REFERENCE

(GF) - Gluten Free

(DF) Dairy Free

(V) - Vegetarian

MINI MEALS

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|-----------------------------|--------|
| Chicken Fried Rice (GF)(DF) | \$3.00 |
| Bolognaise w/ Spiral Pasta | \$3.00 |

SOUPS

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| Hearty Vegetable | \$2.60 |
| Potato and Leek (GF)(DF) | \$2.85 |
| Pumpkin (GF) | \$2.85 |
| Curried Lentil | \$2.60 |

DESSERT

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|-------------------------------------|--------|
| Pumpkin & Sultana Cake w/ Cream | \$2.30 |
| Apple Blueberry Crumble w/ Custard | \$2.30 |
| Bread and Butter Pudding w/ Custard | \$2.90 |
| Lemon Cheesecake | \$2.90 |
| Apricot Danish | \$2.30 |

RESOURCE

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|----------------------|--------|
| Chocolate | \$2.05 |
| Strawberry | \$2.05 |
| Vanilla | \$2.05 |
| Orange | \$2.05 |
| Fruits of the Forest | \$1.65 |



Meals on Wheels™
Bega Valley

If you are a CHSP client you can receive our nutritious, delicious meals at a subsidised rate

Delivery is free to your doorstep.

Deliveries are Fridays mornings.

Orders need to be in by Close of Business

Wednesday.

If you have any questions or would like to order please call 6492 4146 or email foodservices@bvmow.org.au