



## MAIN MEALS

### BEEF

<b>Steak &amp; Mushroom Pie</b> w/ Mash Potato and Vegetables	<b>\$12.05</b>
<b>Corned Silverside</b> w/ White Sauce and Creamy Mash and Vegetables	<b>\$13.30</b>
<b>Beef Goulash</b> w/ Potato and Vegetables (GF)	<b>\$12.05</b>
<b>Meatloaf &amp; Gravy</b> w/ Mashed Potato and Vegetables	<b>\$12.05</b>
<b>Roast Beef</b> w/ Homemade Gravy, Baked Potato & and Vegetables(GF)(DF)	<b>\$14.40</b>
<b>Shepherd's Pie</b> w/ Vegetables (GF)	<b>\$13.30</b>

### CHICKEN

<b>Roast Chicken and Gravy</b> w/ Baked Potato and Vegetables (GF)(DF)	<b>\$14.30</b>
<b>Chicken Stir-Fry</b> w/ Hokkien Noodles	<b>\$12.05</b>
<b>Chicken Honey Curry</b> w/ Rice and Vegetables (DF)	<b>\$13.30</b>
<b>BBQ Chicken Cutlets</b> w/ Mash Potato and Vegetables	<b>\$12.05</b>
<b>Chicken Kebabs</b> w/ Herbed Rissoni and Vegetables	<b>\$12.05</b>
<b>Chicken A La King</b> w/ Spiral Pasta and Vegetables	<b>\$12.05</b>

### LAMB

<b>Roast Lamb and Gravy</b> w/ Baked Potato and Vegetables (GF)(DF)	<b>\$14.40</b>
<b>Slow Cooked Lamb Shanks</b> w/ Mash Potato and Vegetables (GF)	<b>\$14.40</b>
<b>Lamb, Potato &amp; Mushroom Pie</b> w/ Vegetables	<b>\$12.05</b>

### PORK

<b>Roast Pork and Gravy</b> w/ Baked Potato and Vegetables (GF)(DF)	<b>\$14.30</b>
<b>Pork Schnitzel &amp; Mushroom Sauce</b> w/ Potato Gratin and Vegetables	<b>\$12.05</b>
<b>Spinach, Bacon &amp; Cheese Quiche</b> w/ Vegetables	<b>\$13.30</b>

### SEAFOOD

<b>Baked Fish and Lemon Parsley Butter</b> w/ Potato and Vegetables (GF)	<b>\$13.30</b>
<b>Crumbed Fish Patties &amp; Hollandaise Sauce</b> w/ Baked Wedges and Vegetables	<b>\$12.05</b>
<b>Salmon Frittata</b> w/ Steamed Potato and Vegetables	<b>\$12.05</b>
<b>King Prawns &amp; Garlic Cream Sauce</b> w/ Steamed Rice and Vegetables	<b>\$14.80</b>

### VEGETARIAN

<b>Spinach &amp; Ricotta Canneloni</b> w/ Vegetables (V)	<b>\$12.05</b>
<b>Zucchini &amp; Corn Fritters</b> w/ Vegetables (V)	<b>\$12.05</b>
<b>Gnocchi &amp; Creamy Tomato Sauce</b> w/ Vegetables (V)	<b>\$12.05</b>
<b>Vegetable Lasagne</b> (V)	<b>\$13.30</b>

## PETITE MEALS

<b>Roast Chicken and Gravy</b> w/ Baked Potato and Vegetables (GF)(DF)	<b>\$12.30</b>
<b>Roast Lamb</b> w/ Homemade Gravy, Baked Potato & and Vegetables(GF)(DF)	<b>\$12.40</b>
<b>Roast Pork</b> w/ Homemade Gravy, Baked Potato & and Vegetables(GF)(DF)	<b>\$12.30</b>
<b>Sweet &amp; Sour Pork</b> w/ Rice and Vegetables (GF)(DF)	<b>\$11.40</b>
<b>Tuna Mornay</b> w/ Creamy Mash and Vegetables	<b>\$11.40</b>
<b>Beef Lasagne</b> w/ Vegetables	<b>\$11.40</b>
<b>Creamy Chicken and Mushroom Casserole</b> w/ Cous Cous and Vegetables	<b>\$11.40</b>
<b>Grilled Sausage and Gravy</b> w/ Mash Potato and Vegetables	<b>\$11.40</b>
<b>Savoury Mince</b> w/ Potato and Vegetables (GF)	<b>\$11.40</b>
<b>Beef Bourguignon</b> w/ Mash Potato and Vegetables	<b>\$11.40</b>

### DIETARY REFERENCE

(GF) - Gluten Free

(DF) Dairy Free

(V) - Vegetarian

# Unsubsidised Autumn Menu



## MINI MEALS

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

## SOUPS

Hearty Vegetable	\$8.60
Potato and Leek (GF)(DF)	\$9.50
Pumpkin (GF)	\$9.50
Curried Lentil	\$8.60

## DESSERT

Pumpkin & Sultana Cake w/ Cream	\$7.70
Apple Blueberry Crumble w/ Custard	\$7.70
Bread and Butter Pudding w/ Custard	\$9.70
Lemon Cheesecake	\$9.70
Apricot Danish	\$9.70

## RESOURCE

Chocolate	\$3.90
Strawberry	\$3.90
Vanilla	\$3.90
Orange	\$3.90
Fruits of the Forest	\$5.40



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Bega Valley

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**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](mailto:foodservices@bvmow.org.au)**