



MAIN MEALS

BEEF

Beef Rissoles and Onion Gravy w/ Mash Potato and Vegetables (GF)	\$7.80
Corned Silverside w/ White Sauce and Creamy Mash and Vegetables	\$7.80
Beef Bourguignon w/ Mash Potato and Vegetables	\$7.80
Grilled Sausages w/ Mash Potato and Vegetables	\$7.80
Roast Beef w/ Homemade Gravy , Baked Potato & and Vegetables(GF)(DF)	\$8.90
Shepherd's Pie w/ Vegetables (GF)	\$7.80

CHICKEN

Roast Chicken and Gravy w/ Baked Potato and Vegetables (GF)(DF)	\$8.80
French Chicken Casserole w/ Creamy Mash and Vegetables (GF)	\$7.80
Chicken Honey Curry w/ Rice and Vegetables (DF)	\$7.80
Chicken Parmigiana w/ Mash Potato and Vegetables	\$7.80
Creamy Chicken & Mushroom Casserole w/ Cous Cous and Vegetables	\$7.80
Chicken Mornay w/ Spiral Pasta and Vegetables	\$7.80

LAMB

Roast Lamb and Gravy w/ Baked Potato and Vegetables (GF)(DF)	\$8.90
Slow Cooked Lamb Shanks w/ Mash Potato and Vegetables (GF)	\$8.90
Lamb's Fry & Bacon w/ Onion Gravy , Mash Potato and Vegetables	\$7.80

PORK

Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF)	\$8.80
BBQ Pulled Pork w/ Potato Gratin and Vegetables (GF)	\$8.80
Spinach, Bacon & Cheese Quiche w/ Vegetables	\$7.80

SEAFOOD

Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF)	\$7.80
Crumbed Fish w/ Baked Wedges and Vegetables	\$7.80
Grilled Fish & White Wine Cream Sauce w/ Steamed Potato and Vegetables	\$7.80
King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables	\$9.20
Tuna Mornay w/ Creamy Mash and Vegetables	\$7.80

VEGETARIAN

Indian Vegetable Curry w/ Rice and Vegetables (GF)(DF)(V)	\$7.80
Vegetable Lasagne (V)	\$7.80

PETITE MEALS

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

DIETARY REFERENCE

(GF) - Gluten Free

(DF) Dairy Free

(V) - Vegetarian

MINI MEALS

Chicken Fried Rice (GF)(DF)	\$4.50
Bolognaise w/ Spiral Pasta	\$4.50

SOUPS

Chicken and Vegetable (GF)(DF)	\$4.00
Potato and Leek (GF)(DF)	\$4.00
Pumpkin (GF)	\$4.00
Beef & Vegetable (GF)(DF)	\$4.00

DESSERT

Chocolate Mud Cake w/ Cream	\$4.20
Apple Crumble w/ Custard	\$4.20
Bread and Butter Pudding w/ Custard	\$4.20
Lemon Cheesecake	\$4.20
Sticky Date Pudding	\$4.20

RESOURCE

Chocolate	\$1.90
Strawberry	\$1.90
Vanilla	\$1.90
Orange	\$1.90
Fruits of the Forest	\$2.00



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Bega Valley

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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