



MAIN MEALS

BEEF

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| Beef Rissoles and Onion Gravy w/ Mash Potato and Vegetables (GF) | \$4.00 |
| Corned Silverside w/ White Sauce and Creamy Mash and Vegetables | \$4.00 |
| Beef Bourguignon w/ Mash Potato and Vegetables | \$4.00 |
| Grilled Sausages w/ Mash Potato and Vegetables | \$4.00 |
| 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 |
| French Chicken Casserole w/ Creamy Mash and Vegetables (GF) | \$4.00 |
| Chicken Honey Curry w/ Rice and Vegetables (DF) | \$4.00 |
| Chicken Parmigiana w/ Mash Potato and Vegetables | \$4.00 |
| Creamy Chicken & Mushroom Casserole w/ Cous Cous and Vegetables | \$4.00 |
| Chicken Mornay w/ Spiral Pasta and Vegetables | \$4.00 |

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's Fry & Bacon w/ Onion Gravy , Mash Potato and Vegetables | \$4.00 |

PORK

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|---|--------|
| Roast Pork and Gravy w/ Baked Potato and Vegetables (GF)(DF) | \$4.30 |
| BBQ Pulled Pork w/ Potato Gratin and Vegetables (GF) | \$4.30 |
| 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 w/ Baked Wedges and Vegetables | \$4.00 |
| Grilled Fish & White Wine Cream Sauce w/ Steamed Potato and Vegetables | \$4.00 |
| King Prawns & Garlic Cream Sauce w/ Steamed Rice and Vegetables | \$4.40 |
| Tuna Mornay w/ Creamy Mash and Vegetables | \$4.00 |

VEGETARIAN

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| Indian Vegetable Curry w/ Rice and Vegetables (GF)(DF)(V) | \$4.00 |
| 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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| Chicken and Vegetable (GF)(DF) | \$2.85 |
| Potato and Leek (GF)(DF) | \$2.85 |
| Pumpkin (GF) | \$2.85 |
| Beef & Vegetable (GF)(DF) | \$2.85 |

DESSERT

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| Chocolate Mud Cake w/ Cream | \$2.90 |
| Apple Crumble w/ Custard | \$2.90 |
| Bread and Butter Pudding w/ Custard | \$2.90 |
| Lemon Cheesecake | \$2.90 |
| Sticky Date Pudding | \$2.90 |

RESOURCE

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



Meals on Wheels™
Bega Valley

If you are a HCP client and have a home care package you can receive our nutritious, delicious meals and only pay 30% of our RRP. Your package will cover the other 70%. Delivery is free to your doorstep. This menu has the prices you will pay for your meals to make things that bit easier for you.

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