

## MAIN MEALS

### BEEF

<b>Beef Rissoles and Onion Gravy</b> w/ Mash Potato and Vegetables (GF)	<b>\$13.30</b>
<b>Corned Silverside</b> w/ White Sauce and Creamy Mash and Vegetables	<b>\$13.30</b>
<b>Beef Bourguignon</b> w/ Mash Potato and Vegetables	<b>\$13.30</b>
<b>Grilled Sausages</b> w/ Mash Potato and Vegetables	<b>\$13.30</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>French Chicken Casserole</b> w/ Creamy Mash and Vegetables (GF)	<b>\$13.30</b>
<b>Chicken Honey Curry</b> w/ Rice and Vegetables (DF)	<b>\$13.30</b>
<b>Chicken Parmigiana</b> w/ Mash Potato and Vegetables	<b>\$13.30</b>
<b>Creamy Chicken &amp; Mushroom Casserole</b> w/ Cous Cous and Vegetables	<b>\$13.30</b>
<b>Chicken Mornay</b> w/ Spiral Pasta and Vegetables	<b>\$13.30</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's Fry &amp; Bacon</b> w/ Onion Gravy , Mash Potato and Vegetables	<b>\$13.30</b>

### PORK

<b>Roast Pork and Gravy</b> w/ Baked Potato and Vegetables (GF)(DF)	<b>\$14.40</b>
<b>BBQ Pulled Pork</b> w/ Potato Gratin and Vegetables (GF)	<b>\$14.40</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</b> w/ Baked Wedges and Vegetables	<b>\$13.30</b>
<b>Grilled Fish &amp; White Wine Cream Sauce</b> w/ Steamed Potato and Vegetables	<b>\$13.30</b>
<b>King Prawns &amp; Garlic Cream Sauce</b> w/ Steamed Rice and Vegetables	<b>\$14.70</b>
<b>Tuna Mornay</b> w/ Creamy Mash and Vegetables	<b>\$13.30</b>

### VEGETARIAN

<b>Indian Vegetable Curry</b> w/ Rice and Vegetables (GF)(DF)(V)	<b>\$13.30</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

# Summer Menu



## MINI MEALS

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

## SOUPS

Chicken and Vegetable (GF)(DF)	\$9.50
Potato and Leek (GF)(DF)	\$9.50
Pumpkin (GF)	\$9.50
Beef & Vegetable (GF)(DF)	\$9.50

## DESSERT

Chocolate Mud Cake w/ Cream	\$9.70
Apple Crumble w/ Custard	\$9.70
Bread and Butter Pudding w/ Custard	\$9.70
Lemon Cheesecake	\$9.70
Sticky Date Pudding	\$9.70

## RESOURCE

Chocolate	\$4.00
Strawberry	\$4.00
Vanilla	\$4.00
Orange	\$4.00
Fruits of the Forest	\$4.00



**Meals on Wheels™**  
Bega Valley

**Delicious , Nutritious frozen Meals**

**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**