CONTACT US

Phone
6492 4146 | 0437 065 078

Email
foodservices@bvmow.org.au

Address
101-103 Bega St,
Bega NSW 2550

HOW ORDERING WORKS

1 CHOOSE
Select your meals from the menu.

2 ORDER
Please place your order by 4pm Tuesday.

3 DELIVERED
Delivered to your door on Friday.

FREE DELIVERY
To your door. at no extra cost.

NO LOCK-IN CONTRACTS
You're in control.

NO MINIMUM ORDER
Order what you need, when you need it.

Thank you

FOR SUPPORTING YOUR LOCAL MEALS ON WHEELS SERVICE

SUPPLEMENT DRINKS

Boost Your Day with Every Sip!

When meals just aren't enough, Supplement Nutrition Drinks are here to help. Packed with potein, essential vitamins snd minerals, carbohydrates, and healthy the, it's the perfect way to fill in nutritional gaps and support your energy snd wellbeing:

Stay strong, stay nourished. Drink well, live veall.

FLAVOUR	PRICE	CHSP PRICE
Ensure Vanilla	$3.75	$1.75
Ensure Fruits of Forest	$3.75	$1.75
Resource Plus Vanilla	$4.10	$2.10
Resource Plus Chocolate	$4.10	$2.10
Resource Plus Strawberry	$4.10	$2.10
Resource Plus Orange	$4.10	$2.10

DELIVERY AREAS

- Bega
- Bemboka
- Bermagui
- Brogo
- Cobargo
- Eden
- Kalaru
- Merimbula
- Pambula
- Pambula Beach
- Tathra
- Tura Beach

ACCESSING SUBSIDISED MEAL RATES

To receive meals at a subsidised rate, you will need one of the following:

1 CHSP Price
A referral from my aged care for delivered meals.

2 Support at Home
Meal preparation and delivery costs are invoiced to your Support at Home Package.

3 NDIS Participants
Meal preparation and delivery costs are invoiced to your NDIS Package.

Meals on Wheels™ Bega Valley

More than just a meal

2026 SUMMER MENU



PLEASE PLACE YOUR ORDER BY
4PM ON TUESDAY
TO ENSURE YOUR FRIDAY DELIVERY

Meals on Wheels

BEGA VALLEY

SUMMER MENU

BEEF MAINS	SUP	DIET	PRICE	CHSP PRICE
Beef Rissoles & Gravy w/ potato and vegetables	L	GF	$13.50	$6.90
Curried Sausages w/ potato and vegetables	L	DF	$13.50	$6.90
Corned Silverside w/ mash and vegetables	F		$15.00	$8.70
Shepherd's Pie w/ mash and vegetables	F	GF	$15.00	$8.70
Beef Brisket Ragu w/ fettuccine & vegetables	E		$17.60	$12.00

CHICKEN MAINS	SUP	DIET	PRICE	CHSP PRICE
Apricot Chicken w/ rice and vegetables	L		$13.50	$6.90
Roast Chicken and Gravy w/baked potato and vegetables	L	GF/DF	$13.50	$6.90
Chicken Parmigiana w/ vegetables	F		$16.40	$10.50
Creamy Dijon Chicken w/ rice & vegetables	F	GF	$15.60	$9.50
Chinese Braised Chicken w/ rice and Vegetables	E		$17.60	$12.00

PORK MAINS	SUP	DIET	PRICE	CHSP PRICE
Roast Pork and Gravy w/ baked potato and vegetables	L	GF/DF	$13.50	$6.90
Sweet & Sour Pork w/ rice and vegetables	F	GF/DF	$14.80	$8.50
Bacon, Spinach, Cheese Quiche w/ vegetables	F		$15.20	$9.00
Pork & Fennel Sausages w/ mash potato and vegetables	E	GF/DF	$18.40	$13.00

DIETARY GUIDE

GF = Gluten Free **DF** = Dairy Free **V** = Vegetarian

May contain trace amounts of allergens. Please advise our office of any dietary requirements.

LAMB MAINS	SUP	DIET	PRICE	CHSP PRICE
Roast Lamb and Gravy w/ baked potato and vegetables	L	GF/DF	$13.50	$6.90
Lamb's Fry & Bacon w/ mash and vegetables	F		$14.80	$8.50
Lamb Shanks and Gravy w/ baked potato and vegetables	F	GF	$16.70	$10.90

SEAFOOD MAINS	SUP	DIET	PRICE	CHSP PRICE
Fish Cocktails w/sweet potato wedges	L		$13.50	$6.90
Crumbed Fish & Cheese Sauce w/ vegetables	L		$13.50	$6.90
Baked Fish & Lemon Parsley Butter w/ potato and vegetables	F	GF	$14.80	$8.50
Creamy Garlic King Prawns w/ steamed rice and vegetables	F	GF	$16.40	$10.50
Tuna Mornay Pasta Bake w/ vegetables	E		$19.20	$14.00

VEGETARIAN MAINS	SUP	DIET	PRICE	CHSP PRICE
Pumpkin & Spinach Frittata w/ vegetables	L	V/GF	$13.50	$6.90
Spinach & Ricotta Cannelloni w/ vegetables	L	V	$13.50	$6.90
Vegetable Stir-Fry	L	V	$13.50	$6.90
Vegetable Packed Lasagne	E	V	$16.80	$11.00

SOUPS	SUP	DIET	PRICE	CHSP PRICE
Chinese Wonton Soup	L		$10.60	$3.30
Chicken Noodle Soup	L		$10.60	$3.30
Potato,Leek & Bacon Soup	L		$10.60	$3.30
Creamy Pumpkin Soup	L	V	$10.60	$3.30
Chicken,Turmeric & Ginger Soup	E	GF/DF	$14.40	$8.00
Beef, Barley & Pumpkin Soup	E	DF	$14.40	$8.00

MINI MEALS	SUP	DIET	PRICE	CHSP PRICE
Chicken Fried Rice	F	GF/DF	$11.60	$4.50
Bolognaise w/ Spiral Pasta	F		$11.60	$4.50

Order Now 6492 4146

Enjoy nutritious meals delivered to your door

PETITE MEALS	SUP	DIET	PRICE	CHSP PRICE
Roast Chicken and Gravy w/ baked potato and vegetables	F	GF/DF	$14.00	$7.50
Butter Chicken w/ rice and vegetables	F	GF	$13.20	$6.50
Chicken Honey Curry w/ rice and vegetables	F	GF	$13.20	$6.50
Tuna Mornay w/ creamy mash and vegetables	F		$13.20	$6.50
Beef Lasagne w/ vegetables	F		$13.20	$6.50
Beef Bourguignon w/ mash and vegetables	F	GF	$13.20	$6.50
Grilled Sausage and Gravy w/ mash potato and vegetables	F		$13.20	$6.50
Beef Stroganoff w/ pasta and vegetables	F		$13.20	$6.50
Battered Fish Pieces w/ vegetables	F		$14.00	$7.50
Savoury Mince w/ mash and vegetables	F	GF	$13.20	$6.50

DESSERTS	SUP	DIET	PRICE	CHSP PRICE
Bread & Butter Pudding	L		$9.90	$2.40
Orange Cake	L		$9.90	$2.40
Chocolate Mousse	F	GF	$11.70	$4.60
Sticky Date Pudding	F		$11.70	$4.60
French Pear Cake	E		$13.60	$7.00

Menu is subject to change without notice.

SUPPLIER GUIDE

E = EASTWOODS (BERMAGUI)

F = FARMDOOR RIVERINA

L = LIVERPOOL MEALS ON WHEELS