

SUPPLEMENT DRINKS

Boost Your Day with Every Sip!

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

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

RESOURCE Price CHSP

Vanilla	\$4.00	\$2.10
Chocolate	\$4.00	\$2.10
Strawberry	\$4.00	\$2.10
Orange	\$4.00	\$2.10

ENSURE

Vanilla	\$3.65	\$1.75
Fruit of the Forest	\$3.65	\$1.75

DELIVERY AREAS

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

- **Free Delivery**
- **No lock in contracts**
- **No minimum order**

Accessing Subsidised Meal Rates

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

1. CHSP Price

CHSP Price: To access the CHSP rate you will need a referral for Meals at Home/Delivered Meals through My Aged Care.

This enables you to access the subsidised rate, with funding provided to Meals on Wheels under the Commonwealth Home Support Program (CHSP).

2. Support at Home

We will invoice you a percentage of the Price, to be paid directly to us (now 10%), the remaining balance is covered by your package.

3. NDIS Participants

If you are an NDIS participant, you may be eligible to claim up to 80% of the full cost of your meals through your NDIS plan.

Contact Us

 **Phone**
6492 4146 - 0437065078

 **Email**
foodservices@bvmow.org.au

 **Address**
101-103 Bega St, Bega NSW



Meals on Wheels™
Bega Valley

More
than just
a meal

2026 Autumn Menu

Please place your order by 4pm on Wednesday to ensure your Friday delivery.



6492 4146
0437065078

Autumn Menu			Lamb Mains			Petite Meals		
	Price	CHSP		Price	CHSP		Price	CHSP
Eastwood's Local Range			Roast Lamb and Gravy F w/ Baked Potato and Vegetables (GF)(DF)	\$14.80	\$8.90	Roast Chicken and Gravy F w/ Baked Potato & Vegetables(GF)(DF)	\$12.70	\$6.80
Hunter's Chicken Casserole w/ Sweet Potato Mash	\$17.90	\$12.00	Slow Cooked Lamb Shanks F w/ Mash Potato and Vegetables (GF)	\$14.80	\$8.90	Roast Lamb F w/ Homemade Gravy , Baked Potato & Vegetables (GF)(DF)	\$12.80	\$6.90
Beef Brisket Rogan Josh w/ Rice	\$18.90	\$13.00	Lamb, Potato & Mushroom Pie L w/ Vegetables	\$12.45	\$6.55	Indian Butter Chicken F w/ Steamed Rice & Vegetables(GF)	\$11.80	\$5.90
BBQ Glazed Meatloaf w/ Spinach Mash and Vegetables	\$17.90	\$12.00	Pork Mains			Sweet & Sour Pork F w/ Rice and Vegetables (GF)(DF)	\$11.80	\$5.90
Shepherd's Pie w/ Autumn Vegetables	\$17.90	\$12.00	Roast Pork and Gravy F w/ Baked Potato and Vegetables (GF)(DF)	\$14.70	\$8.80	Tuna Mornay F w/ Creamy Mash and Vegetables	\$11.80	\$5.90
Sausage, Pumpkin & Sage Casserole w/ Caramelised Onion and Herbs	\$17.90	\$12.00	Bacon, Spinach Quiche F w/ Vegetables	\$13.70	\$7.80	Beef Lasagne F w/ Vegetables	\$11.80	\$5.90
Beef Mains			Pork Schnitzel & Mushroom Sauce L w/ Mash and Vegetables	\$12.45	\$6.55	Beef Bourguignon F w/ Mash and Vegetables	\$11.80	\$5.90
Corned Silverside F w/ Mash and Vegetables (GF)(DF)	\$13.70	\$7.80	Ham and Cheese Macaroni L w/ Vegetables	\$12.45	\$6.55	Grilled Sausage and Gravy F w/ Mash Potato and Vegetables	\$11.80	\$5.90
Steak & Mushroom Pie L w/ Mash and Vegetable	\$12.45	\$6.55	Seafood Mains			Savoury Mince (GF) F w/ Potato and Vegetables (GF)	\$11.80	\$5.90
Shepherds Pie F w/ Mash and Vegetables (GF)	\$13.70	\$7.80	Baked Fish and Lemon Parsley Butter w/ Potato and Vegetables (GF) F	\$13.70	\$7.80	Curried Prawn F w/ Rice and Vegetables	\$12.10	\$6.20
Irish Beef Stew L w/ Potato and Vegetables	\$12.45	\$6.55	Fish Cocktails L w/ Sweet Potato Wedges and Vegetables	\$12.45	\$6.55	Soups		
Chicken Mains			Salmon Frittata F w/ Potato Wedges and Vegetables	\$12.45	\$6.55	Beef & Vegetable L	\$9.00	\$3.10
Roast Chicken and Gravy F w/ Baked Potato and Vegetables (GF)(DF)	\$14.70	\$8.80	King Prawns & Garlic Cream Sauce F w/ Steamed Rice and Vegetables (GF)	\$15.10	\$9.20	Chicken & Corn L	\$9.00	\$3.10
Chicken & Leek Pie L w/ Creamy Mash and Vegetables	\$12.45	\$6.55	Vegetarian Mains			Creamy Pumpkin (GF) L	\$9.00	\$3.10
Chicken Honey Curry F w/ Rice and Vegetables (GF)	\$13.70	\$7.80	Indian Vegetable Curry F w/ Vegetables (V)	\$13.70	\$7.80	Chinese Wonton L	\$9.00	\$3.10
Lemon Chicken L w /Roasted Potato and Vegetables	\$12.45	\$6.55	Pumpkin & Cheese Arancini L w/ Vegetables (V)	\$12.45	\$6.55	Desserts		
Supplier Reference			Zucchini & Corn Fritters L w/ Vegetables (V)	\$12.45	\$6.55	Caramel Mousse L	\$8.10	\$2.20
L - Liverpool Meals on Wheels	F - Farm Door		Vegetable Lasagne (V) F	\$13.70	\$7.80	Carrot Cake L	\$8.10	\$2.20
			Mini Meals			Sticky Date Pudding F	\$10.10	\$4.20
			Chicken Fried Rice (GF)(DF) F	\$10.40	\$4.50	Lemon Cheesecake F	\$10.40	\$4.50
			Bolognese w/ Spiral Pasta F	\$10.40	\$4.50	Chocolate Mud Cake L	\$8.10	\$2.20
			DIETARY REFERENCE					
			(GF) - Gluten Free (DF) Dairy Free (V) - Vegetarian					