



CONTACT US



Phone
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Email
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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 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.

FLAVOUR	PRICE	CHSP PRICE
 Ensure® Vanilla	\$3.70	\$1.75
 Ensure® Fruits of Forest	\$3.70	\$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 — SPRING MENU



*More
than just
a meal*



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

Meals on Wheels

BEGA VALLEY

SPRING MENU

BEEF MAINS

	SUP	DIET	PRICE	CHSP PRICE
Irish Beef Stew w/ potato and vegetables	L		\$13.50	\$6.90
Steak & Mushroom Pie w/ potato and vegetables	L		\$13.50	\$6.90
Corned Silverside w/ mash and vegetables	F		\$15.00	\$8.70
Shepherds Pie w/ mash and vegetables	F	GF	\$15.00	\$8.70
Beef Diane Casserole w/creamy mash & vegetables	E	GF	\$19.20	\$14.00

CHICKEN MAINS

	SUP	DIET	PRICE	CHSP PRICE
Chicken and Leek Pie w/ potato and vegetables	L		\$13.50	\$6.90
Roast Chicken and Gravy w/baked potato and vegetables	L	GF/DF	\$13.50	\$6.90
Chicken Honey Curry w/ vegetables	F	GF	\$14.80	\$8.50
Chinese Orange & Ginger Chicken w/ rice & vegetables	E	GF/DF	\$17.60	\$12.00
Hunter's Chicken Casserole w/sweet potato mash	E	GF	\$18.40	\$13.00

PORK MAINS

	SUP	DIET	PRICE	CHSP PRICE
Roast Pork and Gravy w/ baked potato and vegetables	L	GF/DF	\$13.50	\$6.90
Pork Schnitzel & Mushroom Sauce w/ potato and vegetables	L		\$13.50	\$6.90
Bacon, Spinach, Cheese Quiche w/ vegetables	F		\$15.20	\$9.00
Pork, Prune and Sherry Casserole w/ roast potato and vegetables	E	GF	\$17.60	\$12.00

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, Potato and Mushroom Pie w/ vegetables	L		\$13.50	\$6.90
Minted Lamb Hotpot w/ baked potato and vegetables	E	GF	\$18.40	\$13.00

SEAFOOD MAINS

	SUP	DIET	PRICE	CHSP PRICE
Fish Cocktails w/sweet potato wedges	L		\$13.50	\$6.90
Salmon Frittata w/ vegetables	L	GF	\$13.50	\$6.90
Baked Fish & Lemon Parsley Butter w/ potato and vegetables	F	GF	\$14.80	\$8.50
Barramundi w/ white beans in tomato sauce	E		\$19.20	\$14.00
Creamy Lemon Garlic Prawns w/spaghetti and vegetables	E		\$19.20	\$14.00

VEGETARIAN MAINS

	SUP	DIET	PRICE	CHSP PRICE
Zucchini and Corn Frittarts w/ vegetables	L	V	\$13.50	\$6.90
Paneer Curry w/ vegetables	L	V	\$13.50	\$6.90
Vegetable Lasagne	F	V	\$15.20	\$9.00
Vegetarian Shepherds Pie	E	V	\$16.80	\$11.00

SOUPS

	SUP	DIET	PRICE	CHSP PRICE
Chinese Wonton Soup	L		\$10.60	\$3.30
Beef & Vegetable Soup	L		\$10.60	\$3.30
Hearty Vegetable Soup	L	V	\$10.60	\$3.30
Creamy Pumpkin Soup	L	V	\$10.60	\$3.30
Hearty Chicken & Vegetable Soup	E		\$14.40	\$8.00
Chinese Chicken & Sweetcorn Soup	E		\$14.40	\$8.00

MINI MEALS

	SUP	DIET	PRICE	CHSP PRICE
Chicken Fried Rice	F	GF/DF	\$11.60	\$4.50
Bolognese 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
Chicken & Mushroom Casserole w/ Cous Cous and Vegetables	F		\$13.20	\$6.50
Sweet and Sour Pork w/ Rice and Vegetables	F	GF/DF	\$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
Curried Sausages w/ Mash and Vegetables	F		\$13.20	\$6.50
Shepherds Pie w/ Vegetables	F	GF	\$13.20	\$6.50
Savoury Mince w/ Mash and Vegetables	F	GF	\$13.20	\$6.50

DESSERTS

	SUP	DIET	PRICE	CHSP PRICE
Apple & Blueberry Crumble	L		\$9.90	\$2.40
Carrot Cake	L		\$9.90	\$2.40
Banana Pudding & Caramel Sauce	F		\$11.70	\$4.60
Lemon Cheesecake	F		\$11.70	\$4.60
Chocolate Cheesecake w/ Caramel Swirl	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