



Meals on Wheels
Bega Valley



6492 4146

To Order

Community Living Support Centre
101-103 Bega Street
PO Box 860
BEGA NSW 2550
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Fax 02 6492 4274
foodservices@bvmow.org.au
www.bvmowplus.org.au

Name: _____

Delivery Run: _____

Delivery Date

____/____/____

SUMMER - 2019 / 20 Available from Nov 29th

BEEF	PRICE	QTY
Beef Stroganoff with Macaroni	\$6.30	
Beef Rissoles & Mash (GF) (NEW)	\$6.30	
Corned Silverside w White Onion Sauce & Mash	\$6.50	
Roast Beef, Gravy & Baked Potato (GF/DF)	\$6.50	
Shepherds Pie (GF)	\$6.30	
Grilled Sausages w Gravy & Mash (NEW)	\$6.30	
LAMB		QTY
Braised Lamb w chutney & steamed Potato (GF/DF) (NEW)	\$6.70	
Irish Lamb w steamed potato	\$6.70	
Roast Lamb, Gravy & Baked Potato (GF)	\$7.00	
POULTRY		QTY
Apricot Chicken with Mash (NEW)	\$6.30	
Chicken Parmigiana	\$6.50	
French Chicken Casserole & Mash (GF)	\$6.20	
Grilled Chicken Breast w Mustard sc (NEW)	\$6.80	
Chicken Schnitzel with Gravy	\$6.40	
PORK	PRICE	QTY
Sweet & Sour Pork w Rice (GF/DF)	\$6.20	
BBQ Pulled Pork & Potato Gratin (GF)	\$7.00	
Pork Meatballs in Soy Glaze with Brown Rice (GF/DF)	\$6.30	

Resource Plus \$1.10	QTY
Chocolate /Strawberry / Vanilla	

(GF) = Gluten Free
(DF) = Dairy Free
(V) = Vegetarian

SEAFOOD		QTY
Atlantic Salmon w Lemon Dill sauce	\$7.90	
King Prawns w Garlic sauce & Rice (DF)	\$7.60	
Tuna Mornay & Mashed Potato	\$6.10	
Crumbed Fish & Wedges	\$6.20	
PASTA - PASTRIES & VEGETARIAN		QTY
Spaghetti Bolognese (NEW)	\$6.30	
Vegetable Lasagne (V)	\$6.10	
Quiche with Bacon, Spinach & Cheese	\$6.30	
Greek Moussaka	\$6.30	
LIGHT MEALS		QTY
Pork & Apple Casserole (GF)	\$4.25	
Battered Fish Bites & Wedges (NEW)	\$4.25	
Chicken & Mushroom w cous cous (NEW)	\$4.25	
Chicken Fried Rice (GF) (DF)	\$3.50	
SOUPS		
Beef & Vegetable (GF/DF)	\$2.50	
Classic Minestrone (GF/DF)	\$2.50	
Crème of Chicken (GF/DF)	\$2.50	
Creamy Potato & Leek (GF/DF)	\$2.50	

DESSERTS \$2.60	QTY
Boston Apple Cake & Custard	
Sticky Date Pudding	
Choc Mousse & Cream (NEW)	
Lemon Cheesecake	
Sherry Custard Trifle (NEW)	
Pavlova w Blueberries (NEW)	
Choc Bavarian Cream Pie	
Stewed Apple & Rhubarb w Custard (NEW)	