



Meals on Wheels
Bega Valley



6492 4146
To Order

Community Living Support Centre
101-103 Bega Street
PO Box 860
BEGA NSW 2550
Ph 02 6492 4146
Fax 02 6492 4274
foodservices@bvmow.org.au
www.bvmowplus.org.au

Name: _____
Delivery Run: _____

Delivery Date
____/____/____

SUMMER MENU - 2018/19

BEEF	PRICE	QTY
Beef Stroganoff with Macaroni	\$6.20	
Rissoles with Onion Gravy & Mash (GF)	\$6.20	
Corned Silverside w White Onion Sauce & Mash	\$6.40	
Roast Beef, Gravy & Baked Potato (GF) (DF)	\$6.40	
Shepherds Pie (GF)	\$6.20	
<i>*Beef & Red Lentil Curry w Saffron Rice (GF)</i>	<i>\$7.00</i>	
LAMB		QTY
Braised Lamb/Chutney & Steamed Potato (GF) (DF)	\$6.50	
Lambs Fry & Bacon/Onion Gravy & Mashed Potato	\$6.10	
Roast Lamb, Gravy & Baked Potato (GF)	\$6.90	
POULTRY		QTY
Chicken Honey Curry with Rice (DF)	\$6.20	
Chicken Parmigiana	\$6.30	
<i>*Chicken & Mushroom Casserole w Cous-cous</i>	<i>\$6.20</i>	
Lebanese Chicken with Rice 400g (GF) (DF)	\$7.00	
Pan Grilled Chicken Breast	\$6.60	
Roast Chicken & Baked Potato (GF) (DF)	\$6.40	
PORK	PRICE	QTY
Roast Pork & Baked Potato (GF) (DF)	\$6.40	
BBQ Pulled Pork & Potato Gratin (GF)	\$7.00	
<i>*Sweet & Sour Pork with Rice</i>	<i>\$6.20</i>	

SEAFOOD		QTY
Grilled Barramundi w Lime/Shallot Butter (GF)	\$7.30	
King Prawns & Creamy Garlic sauce	\$7.70	
<i>*Grilled Atlantic Salmon w Lemon &</i>	<i>\$8.00</i>	
Tuna Mornay & Mashed Potato	\$6.10	
Crumbed Fish & Wedges	\$6.10	
PASTA - PASTRIES & VEGETARIAN		QTY
Beef Lasagne	\$6.20	
Vegetable Lasagne (v)	\$6.00	
<i>*Vegetable Ratatouille with Sweet Potato and Pumpkin Cake (GF/V)</i>	<i>\$7.00</i>	
Quiche with Bacon, Spinach & Cheese	\$6.20	
LIGHT MEALS		QTY
Chicken Mornay & Pasta	\$4.25	
Battered Fish Bites & Wedges	\$4.25	
Curried Prawns & Rice (DF)	\$4.25	
Chicken Fried Rice (GF) (DF)	\$3.50	
SOUP		
Beef & Vegetable (GF) (DF)	\$2.50	
Pea & Ham (GF) (DF)	\$2.50	
Country Style Tomato (GF) (DF)	\$2.50	
YOGHURT and JUICE		QTY
Orange/Apple Juice	\$1.50	
Mixed Yoghurt	\$1.50	

DESSERTS \$2.50	QTY
Boston Apple Cake & Custard	
Sticky Date Pudding	
Banana Pudding	
Sherry Custard Trifle	
Bread & Butter Pudding	
Chocolate Mousse & cream (GF)	
Choc Mud Cake & Cream	
Lemon Cheesecake with cream	

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

Resource Plus \$1.10	QTY
Chocolate /Strawberry / Vanilla	

Mychef: Free from preservatives and artificial flavours.