

Winter 2023 Client Name _____ Meal on Wheels Southern Highlands 4869 4032

All meals are served with potato, rice or pasta and a selection of vegetables

MEALS	WEEK 1	√/X	WEEK 2	√/X	WEEK 3	√/X	WEEK 4	√/X
Monday	Beef Stroganoff		Chicken Sausages		Steak & Kidney Pie		Satay Chicken	
Tuesday	Chicken & Leek Casserole		Guinness Casserole		Swedish Meatballs		Silverside with White Sauce	
Wednesday	Salmon & Asparagus Frittata		Cottage Pie		Apricot Chicken		Creamy Fish Pie	
Thursday	Toad In The Hole		Spinach & Ricotta Lasagne		Creamy Tuna Pasta		Savoury Mince	
Friday	Chicken Cacciatore		Curried Sausages		Mild Lamb Curry		Mexican Tortilla Bake	
Saturday	Mild Vegetable Curry		Fish In White Wine Sauce		Pumpkin Risotto		Pork & Apple Casserole	
Sunday	Roast Pork		Roast Beef & Yorkshire Pudding		Sausage Casserole		Roast Chicken	
DESSERTS	Week 1	√/X	Week 2	√/X	Week 3	√/X	Week 4	√/X
Monday	Butterscotch Pudding		Coconut Sago		Creamy Sago		Bread & Butter Pudding	
Tuesday	Nutella Bread & Butter Pudding		Lemon Brioche Pudding		Fruit Loaf Bread & Butter Pudding		Chocolate Rice Pudding	
Wednesday	Apple & Strawberry Crumble		Apple Crumble		Honey Creamed Rice		Apricot Brown Betty	
Thursday	Carrot Cake & Custard		Sticky Date Pudding		Lemon Self Saucing Pudding		Ginger Cake	
Friday	Apple & Custard		Apricots & Custard		Fruit Salad & Custard		Apple & Rhubarb Crumble	
Saturday	Chocolate Pudding		Banana Choc Chip Cake & Custard		Peach Cobbler		Caramelised Pears	
Sunday	Pears & Custard		Two Fruits & Custard		Prunes & Custard		Peaches & Custard	

Salads: (examples) egg & cheese, ham, tuna, chicken, corned beef, roast beef, ham & pineapple, salmon

Sandwiches: (examples) salad and – ham, egg & cheese, chicken, corned beef, tuna, roast beef, salmon – wholemeal bread

Soups: (examples) Chicken noodle, tomato, beef & vegetable, cream of cauliflower, cream of broccoli, pumpkin and many more

Please indicate meals that you like with a tick and meals you would prefer not to receive with a cross

All meals are available frozen at any time and chilled on a rotating 4-week cycle

Monday delivery Wednesday Delivery Friday Delivery for chilled meals, all meals and desserts available frozen anytime.

Order form for regular deliveries.

Select day/days & number of each item required.

Item	Mon	Wed	Fri
Chilled Main Meal			
Frozen Main Meal			
Chilled Small Meal			
Frozen Small Meal			
Chilled Large Meal			
Frozen Large Meal			
Sandwich			
Salads			
Dessert			
Soup			
Biscuit Box			
Pies (box of 4)			

<u>MEAL COSTS</u>	<u>CHSP Eligible</u>	<u>Retail Price</u>
Soup & a Roll	\$ 2.80	\$ 4.50
Small Portion	\$ 6.10	\$ 9.70
Main Meal	\$ 6.90	\$10.45
Large Portion	\$ 7.70	\$11.20
Salads	\$ 6.05	\$ 9.30
Sandwiches	\$ 4.35	\$ 6.90
Dessert	\$ 3.25	\$ 5.05
Biscuit Box	\$ 4.35	\$ 6.90
Pies (box of 4)	\$17.20	\$17.20

Prices and options valid from 17th April 2023

Our pricing has two tiers, the **CHSP eligible** pricing is for clients who are eligible for the **Commonwealth Home Support Program** summarised as frail aged and over 65 and not currently on a package. The **retail price** is for other clients. We are NDIS registered contact us about rates for NDIS participants.

All meals are prepared at our Moss Vale kitchens and meals can be tailored to specific dietary or preference requirements.

To make any adjustments to orders please just contact us via telephone or email.

Invoices are sent out fortnightly and payment can be made by cheque, cash, card in the office or over the phone or through bank transfer.

For direct deposits -

Bank Details: BENDIGO BANK

BSB: 633 000

Account Number: 2000 988 38

Account Name: Wingecarribee Food Services Co-op

Our volunteer drivers are the life blood of our service and offer much more than a meal. They will happily relay any communications and are there with a friendly smile. Nutritious meals, social interaction and well-being monitoring.



This service is supported by funding under the Commonwealth Home Support Program (CHSP)



Meals on Wheels
Southern Highlands



Winter 2023

Enabling people to remain independent in their own homes through the provision of nutritious, quality and affordable food and services across the Southern Highlands.

More
than just
a meal

No Contracts
Seasonal Menu
Production Kitchen
Tailored Meals
Flexible Menu Plans
Flexible Delivery Options
Pick Up Available
Online Ordering Available

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