

Summer 23/24 Client Name _____ **Meals on Wheels Southern Highlands 4869 4032**

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

	MEALS	✓/X	WEEK 2	✓/X	WEEK 3	✓/X	WEEK 4	✓/X
Monday	Braised Beef		Chicken Parmigiana		Creamy Chicken & Bacon Pasta		Chicken Korma	
Tuesday	Roast Vegetable Frittata		Hungarian Goulash		Honey Peppered Beef		Lamb & Mint Patties	
Wednesday	Sticky Honey Ginger Chicken		Rissoles & Gravy		Meatloaf & BBQ Sauce		Beef Lasagne	
Thursday	Zucchini & Bacon Slice		Vegetable & Lentil Sweet Potato Pie		Spinach & Feta Pie		Mushroom Risotto	
Friday	Chicken A La King		Bangers & Mash		Chicken Fried Rice		Chicken & Asparagus Mornay	
Saturday	Crumbed Fish and Chips		Roast Chicken		Fish with Lemon Sauce		Roast Beef	
Sunday	Silverside		Tuna Mornay		Roast Pork & Apple Sauce		Salmon Patties	
DESSERTS		✓/X	Week 2	✓/X	Week 3	✓/X	Week 4	✓/X
Monday	Berry Cheesecake		Pear Crumble		Eaton Mess		Bread & Butter Pudding	
Tuesday	Jelly, Peaches & Custard		Strawberry Blancmange		Vanilla Panna Cotta		Peach and Coconut Topping	
Wednesday	Chocolate Chia Pudding		Pineapple Sago		Apple Crumble		Banoffee Pie	
Thursday	Tiramisu		Trifle		Lemon Cheesecake		Pineapple Upside Down Cake	
Friday	Banana Cake		Banana Custard		Apricots & Custard		Apples & Custard	
Saturday	Pineapple & Custard		Creamed Rice		Banana Clafouti		Brownies & Custard	
Sunday	Two Fruits & Yoghurt		Pear & Chocolate Sauce		Fruit Salad & Yoghurt		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)			

**MEAL COSTS CHSP Retail
Eligible Price**

Soup & a Roll	\$ 2.85	\$ 4.55
Small Portion	\$ 6.15	\$ 9.75
Main Meal	\$ 6.95	\$10.50
Large Portion	\$ 7.75	\$11.25
Salads	\$ 6.10	\$ 9.35
Sandwiches	\$ 4.40	\$ 6.95
Dessert	\$ 3.30	\$ 5.10
Biscuit Box	\$ 4.40	\$ 6.90
Pies (box of 4)	\$17.40	\$17.40

Prices and options valid from 2nd Oct 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)



Summer 2023 - 2024

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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