

Summer 24/25 Client Name _____ **Meal 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	Butter Chicken		Braised Beef		Chicken & Leek		Roast Pork & Apple Sauce	
Tuesday	Silverside & White Sauce		Salmon Patties		Roast Beef		Toad in The Hole	
Wednesday	Crumbed Fish & Chips		Beef Lasagne		Ham Steaks & Mango Salsa		Pumpkin Frittata	
Thursday	Rissoles & Gravy		Vegetable & Lentil Sweet Potato Pie		Vegetable Satay		Sticky Honey & Ginger Chicken	
Friday	Curried Sausages		Massaman Beef Curry		Honey Mustard Chicken		Bolognaise Pasta	
Saturday	Hawaiian Chicken		Roast Chicken		Lamb Tagine		Chicken Korma	
Sunday	Vegetarian Zucchini Slice		Sweet & Sour Pork		Tuna and Tomato Pasta		Steamed Fish with Parsley Sauce	
DESSERTS		√/X	Week 2	√/X	Week 3	√/X	Week 4	√/X
Monday	Banana Clafouti		Chocolate Chia Pudding		Bread & Butter Pudding		Pineapple Sago	
Tuesday	Forest Fruit Pie		Peach Pana Cotta		Mango Surprise		Strawberry Fool	
Wednesday	Apple Crumble		Banana Cake with Custard		Nutella Cheesecake		Mango Chia Pudding	
Thursday	Brownie & Custard		Pear Crumble		Rice Pudding		Tiramisu	
Friday	Apricots & Custard		Berries & Yoghurt		Apple Raspberry Crumble		Banana, Bread & Butter Pudding	
Saturday	Lemon Cheesecake		Indian Rice Pudding		Banana Custard		Pineapple & Yoghurt	
Sunday	Peaches & Custard		Pears with Chocolate Sauce		Mango & Honey Yoghurt		Prunes & Custard	

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

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

Soups: (examples) Chicken noodle, tomato, beef & bean, cream of cauliflower, cream of broccoli, pumpkin, chicken & sweetcorn 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	\$ 3.00	\$ 4.80
Small Portion	\$ 6.50	\$10.35
Main Meal	\$ 7.35	\$11.10
Large Portion	\$ 8.20	\$11.90
Salads	\$ 6.50	\$ 9.90
Sandwiches	\$ 4.65	\$ 7.10
Dessert	\$ 3.50	\$ 5.40
Biscuit Box	\$ 4.65	\$ 7.30
Pies (box of 4)	\$18.40	\$21.20

Prices & options valid from 14thOctober 2024

Our pricing has two tiers, the **CHSP eligible** pricing is for clients who are eligible for the **Commonwealth Home Support Program** with a meal's referral code from My Aged Care. The **retail price** is for other clients including those on Home Care Package and 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



Summer 2024/25

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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