

Winter 2020 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	Mild Lamb Curry		Irish Stew		Guinness Casserole		Beef & Red Wine Casserole	
Tuesday	Fish in White Wine Sauce		Roast Chicken		Cottage Pie		Creamy Tuna Pasta Bake	
Wednesday	Chicken & Veg Casserole		Sausage Casserole		Butter Chicken Curry		Swedish Meatballs	
Thursday	Bangers & Mash		Creamy Fish Pie		Coconut Fish		Toad in the Hole	
Friday	Mushroom & Parmesan Risotto		Chicken Pesto		Silverside with White Sauce		Chicken Chow Mein	
Saturday	Chicken Cacciatore		Pork & Apple Casserole		Spinach & Feta Pie		Spaghetti Bolognese	
Sunday	Roast Beef		Bean Casserole		Roast Pork		Braised Beef	
DESSERTS	Week 1	√/X	Week 2	√/X	Week 3	√/X	Week 4	√/X
Monday	Peach Cobbler		Banana Cake & Custard		Pineapple Upside Down Cake		Apple Crumble	
Tuesday	Chocolate Cake & Custard		Baked Rice Pudding		Nutella Bread & Butter Pudding		Sticky Date Pudding	
Wednesday	Apple & Blueberry Crumble		Apple Pie		Impossible Pie		Lemon Butter Brioche Pudding	
Thursday	Bread & Butter Pudding		Berry Clafoutis		Honey Creamed Rice		Chocolate Self Saucing Pudding	
Friday	Banana Custard		Peach & Coconut Topping		Poached Figs & Custard		Sago	
Saturday	Stewed Fruit & Custard		Two Fruit & Custard		Rhubarb & Apple Crumble		Cherries & Custard	
Sunday	Apricots & Custard		Prunes & Custard		Peaches & Custard		Pears & 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, French onion, 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

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	\$ 2.60	\$ 2.95
Small Portion	\$ 5.70	\$ 6.20
Main Meal	\$ 6.45	\$ 6.95
Large Portion	\$ 7.20	\$ 7.70
Salads	\$ 5.65	\$ 6.15
Sandwiches	\$ 4.05	\$ 4.55
Dessert	\$ 3.00	\$ 3.35
Biscuit Box	\$ 4.05	\$ 4.55
Pies (box of 4)	\$16.00	\$16.00

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: BDCU
BSB: 802 101
Account Number: 100058381
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.



Australian Government
 Department of Health

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



MENU & PRICELIST Winter 2020

Queen St Centre, Queen St
 Moss Vale NSW 2577
 02 4869 4032

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



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