

## Meals on Wheels Menu & Service Support Plan Winter 2022 – Commences 23<sup>rd</sup> May 2022

*As part of the Food Authority Recall System, should a problem occur with food that you receive please ring Meals on Wheels on 6722 1951*

**Please complete all sections to provide your latest dietary requirements.** *It's important you update us about any changes to your needs & your health.*

Please choose the meal you would like for each day and return to the volunteers or the office

**Meals include hot meal, frozen meal or salad, plus dessert & juice for \$10**    Soup is available each day for an extra \$1.50    Soup: Yes  No

Diabetes: Yes  No       Allergies: Yes  No     If Yes, please provide details:.....

Food Dislikes: (e.g., No corn etc).....

Both Juices     Apple Juice Only     Orange Juice Only     No Juice     No Dessert     Meals Cut-up     Puree Meals     Remove lids

### **Week one**

**GF = Gluten Free meals**

Monday	Tuesday	Wednesday	Thursday	Friday
Lamb Hot Pot- <b>GF</b> Garlic Mashed Potato Carrots Beans	Beef Rissoles Parsley Mashed Potato Sweet Potato Broccoli	Roast Chicken - <b>GF</b> Roast Potato Roast Pumpkin Cabbage	Braised Pork Chop - <b>GF</b> Potato & Cauliflower Gratin Carrots Broccoli	Poach Fish - Lemon Sauce <b>GF</b> Butter & Chive Chats Cauliflower Peas
Steamed Fish - <b>GF</b> Tartare sauce - Not GF	Roast Pork - <b>GF</b>	Beef Casserole - <b>GF</b>	Roast Turkey - <b>GF</b> & Cranberry Sauce	Roast Lamb - <b>GF</b>
<b>Cold Meat &amp; Salad    GF</b>	<b>Cold Meat &amp; Salad    GF</b>	<b>Cold Meat &amp; Salad    GF</b>	<b>Cold Meat &amp; Salad    GF</b>	<b>Cold Meat &amp; Salad    GF</b>
Peach Trifle & Custard	Panna cotta & Coulis - <b>GF</b>	Fruit Muffin custard/cream	Creamy Rice Pudding - <b>GF</b>	Baked Custard & Pears - <b>GF</b>

### **Week Two**

Monday	Tuesday	Wednesday	Thursday	Friday
Shepherd's Pie - <b>GF</b> Mashed Potato Pumpkin Peas	Sweet & Sour Pork - <b>GF</b> Rice Carrots Beans	Roast Beef - <b>GF</b> Roast Potato Roast Pumpkin Zucchini	Apricot Chicken - <b>GF</b> Buttery Chats Sweet Potato Broccoli	Steam Fish in White Sauce Wedges ( <b>Not GF</b> ) Carrots Cabbage
Silverside - <b>GF</b> White Sauce - Not GF	Chickpea & Potato Curry <b>GF</b>	Curried Prawns - <b>GF</b>	Steak & Kidney - <b>GF</b>	Roast Lamb - <b>GF</b>
<b>Cold Meat &amp; Salad    GF</b>	<b>Cold Meat &amp; Salad    GF</b>	<b>Cold Meat &amp; Salad    GF</b>	<b>Cold Meat &amp; Salad    GF</b>	<b>Cold Meat &amp; Salad    GF</b>
Tiramisu & Cream	Bread & Butter Pudding	Peach Cobbler & Cream	Crème Caramel & Fruit	Self-Sauce Pudding & Custard

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### **Week Three**

**GF = Gluten Free meals**

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken & Veggie Pie Parsley Mashed Potato Pumpkin Mixed Vegetables	Beef Lasagne Rustic Potato Corn Peas	Roast Pork - <b>GF</b> Roast Potato Roast Pumpkin Cauliflower Bake	Beef Stroganoff - <b>GF</b> Rice Carrots Beans	Crumbed Fish Wedges ( <b>Not GF</b> ) Sweet Potato Peas
Beef Rissoles	Chicken Tenderloins - <b>GF</b>	Roast Lamb - <b>GF</b>	Pickled Pork - <b>GF</b> White Sauce - Not GF	Silverside - <b>GF</b> White Sauce - Not GF
<b>Cold Meat &amp; Salad GF</b>	<b>Cold Meat &amp; Salad GF</b>	<b>Cold Meat &amp; Salad GF</b>	<b>Cold Meat &amp; Salad GF</b>	<b>Cold Meat &amp; Salad GF</b>
Blueberry Cheesecake & Cream	Apple Crumble & Custard	Blancmange & Fruit Salad - <b>GF</b>	Baked Rice Custard & Fruit - <b>GF</b>	Pineapple Upside Down Cake & Custard

### **Week Four**

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Chow Mein Mashed Potato Sweet Potato Beans	Curried Prawns - <b>GF</b> Rice Carrot Zucchini	Roast Lamb - <b>GF</b> Roast Potato Roast Pumpkin Broccoli	Spaghetti Bolognese Potato Bake Sweet Potato Cauliflower	Cheese Baked Fish Buttery Chive Chats Corn Peas
Silverside - <b>GF</b> White Sauce - Not GF	Beef & Burgundy - <b>GF</b>	Satay Chicken - <b>GF</b>	Chicken Legs & Gravy - <b>GF</b>	Sweet Lamb Curry - <b>GF</b>
<b>Cold Meat &amp; Salad GF</b>	<b>Cold Meat &amp; Salad GF</b>	<b>Cold Meat &amp; Salad GF</b>	<b>Cold Meat &amp; Salad GF</b>	<b>Cold Meat &amp; Salad GF</b>
Berry Cobbler & Custard	Lemon Impossible Pie & Cream	Mousse & Fruit - <b>GF</b>	Creamy Tapioca Pudding & Fruit - <b>GF</b>	Golden Syrup Pudding & Custard

**To ensure we have up to date contact details, please provide your Phone Number:**

**(Home)** ..... **(Mobile)** .....

**Details of your Contact person: (Name)** ..... **Phone No:** .....

***We have been delivering your meal to a table or chair outside to maintain social distancing – please provide some feedback:***

***Is this arrangement suitable to you?*** Yes  No  ***Do you find it difficult to collect your meal, due to mobility issues?*** Yes  No

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**Your responses to the below questions are confidential & the information will only be used by us to plan & continue providing the high quality service that you want.**

*By answering the questions, it will assist us in understanding your needs & your current health requirements.*

*Have you lost weight recently (last 6 months) without trying? Yes  No  If yes, how much weight have you lost? .....*

*Have you been eating poorly because of a decreased appetite? Yes  No*

*Although we recommend eating the meal & dessert in one sitting, do you regularly split your meal over lunch & tea time? Yes  No*

*Has your health changed during the past 12 months? Stayed the same  Deteriorated  Improved*

*On a score of 1 (very unhappy 😞) to 5 (very happy 😊) how do you feel about your:*

<i>Standard of living</i>	1 <input type="checkbox"/> Very unhappy	2 <input type="checkbox"/> Unhappy	3 <input type="checkbox"/> Neither unhappy or happy	4 <input type="checkbox"/> Happy	5 <input type="checkbox"/> Very happy
<i>Health</i>	1 <input type="checkbox"/> Very unhappy	2 <input type="checkbox"/> Unhappy	3 <input type="checkbox"/> Neither unhappy or happy	4 <input type="checkbox"/> Happy	5 <input type="checkbox"/> Very happy
<i>Personal relationships</i>	1 <input type="checkbox"/> Very unhappy	2 <input type="checkbox"/> Unhappy	3 <input type="checkbox"/> Neither unhappy or happy	4 <input type="checkbox"/> Happy	5 <input type="checkbox"/> Very happy
<i>How safe you feel</i>	1 <input type="checkbox"/> Very unhappy	2 <input type="checkbox"/> Unhappy	3 <input type="checkbox"/> Neither unhappy or happy	4 <input type="checkbox"/> Happy	5 <input type="checkbox"/> Very happy
<i>Community connection</i>	1 <input type="checkbox"/> Very unhappy	2 <input type="checkbox"/> Unhappy	3 <input type="checkbox"/> Neither unhappy or happy	4 <input type="checkbox"/> Happy	5 <input type="checkbox"/> Very happy
<i>Future security</i>	1 <input type="checkbox"/> Very unhappy	2 <input type="checkbox"/> Unhappy	3 <input type="checkbox"/> Neither unhappy or happy	4 <input type="checkbox"/> Happy	5 <input type="checkbox"/> Very happy

**Would you like to make any suggestions or comments?.....**  
.....  
.....

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