

Meals on Wheels Menu & Service Support Plan Summer 2023 – Commences 2nd January 2023

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 you want meals and return the menu to the volunteers or the office ASAP.

Meals include hot, chilled, or frozen main OR cold meat & salad - plus dessert & juice for \$11.00

Main meals only (no dessert or juice) \$9.50

Soup is available each day for an extra \$2.00 Soup: Yes No

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

Food Dislikes: (eg: 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
Moroccan Lamb - GF Rice Carrots Beans	Steak Pie Mashed Potato Corn Peas	Roast Chicken - GF Roast Potato Roast Pumpkin Beans	Chicken with Creamy Garlic Sauce - GF Sweet Potato Bake Broccoli, Beans	Beer Battered Fish Wedges (Not GF) Mixed Vegetables Cauliflower
Pickled Pork - GF	Roast Pork - GF	Beef Bourguignon - GF	Chunky Beef Pies	Roast Lamb - GF
Cold Meat & Salad GF	Cold Meat & Salad GF	Cold Meat & Salad GF	Cold Meat & Salad GF	Cold Meat & Salad GF
Lemon Tarts	Apricot Clafouti	Fruit Muffins & Custard	Pavlova - GF	Jelly Yoghurt

Week Two

GF = Gluten Free meals

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Rissoles Sweet Potato Cauliflower Zucchini	Curried Sausages - GF Rice Corn Peas	Roast Beef - GF Roast Potato Roast Pumpkin Beans	Chicken Zucchini Pasta Mashed Potato Melange Vegetables	Battered Fish Wedges (Not GF) Mixed Vegetables Broccoli
Silverside - GF	Crumbed Fish	Moroccan Lamb	Beef Sausages - GF	Chicken Schnitzel
Cold Meat & Salad GF	Cold Meat & Salad GF	Cold Meat & Salad GF	Cold Meat & Salad GF	Cold Meat & Salad GF
Blueberry Slice	Banana Custard & Jelly - GF	Fruit Salad & Cream - GF	Crème Caramel & Fruit GF	Apple Slice

Please contact us on 6722 1951 if you have any questions or to make changes to your menu choices, including cancelling meals because of appointments etc. If possible, please give 24 hours' notice for cancellations.

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Week Three

GF = Gluten Free meals

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken & Mushroom- GF Parsley Mashed Potato Carrots Mixed Veggies	Spaghetti Bolognese Pumpkin & Feta Salad	Roast Pork - GF Roast Potato Roast Pumpkin Broccoli & Cauliflower Bake	Beef Sausages with Onion Gravy - GF Potato Bake, Zucchini Sweet Potato	Crumbed Fish Wedges (Not GF) Beans Melange Vegetables
Vegetable Frittata	Chicken Parmigiana	Roast Beef - GF	Sweet & Sour Chicken - GF	Homestyle Rissoles
Cold Meat & Salad GF	Cold Meat & Salad GF	Cold Meat & Salad GF	Cold Meat & Salad GF	Cold Meat & Salad GF
Custard Tarts	Apple Cinnamon Sponge	Peaches & Custard - GF	Creamed Rice - GF	Jelly Cake & Custard

Week Four

GF = Gluten Free meals

Monday	Tuesday	Wednesday	Thursday	Friday
Asian Chicken & Vegetable Stir-fry Carrots Peas	Curried Prawns - GF Rice Corn Zucchini	Roast Lamb - GF Roast Potato Roast Pumpkin Broccoli	Pork Chow Mein Potato Bake Cauliflower Peas	Lemon Baked Fish Chats Carrots Broccoli
Moroccan Lamb - GF	Homemade Quiche	Crumbed Fish	Sausages - GF	Chicken Rissoles
Cold Meat & Salad GF	Cold Meat & Salad GF	Cold Meat & Salad GF	Cold Meat & Salad GF	Cold Meat & Salad GF
Apple Crumble Custard	Mango Cheesecake	Diplomat Pudding	Apple & Blueberry Slice	Jelly & Custard - GF

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 ahead & 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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