

## Meals on Wheels Service Support Plan Summer 2023-2024 Commences 3.10.23

*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.*

Tick the meals you want and return to the volunteers or the office as soon as possible.

**Full meal includes hot meal, chilled meal, frozen meal, or salad, plus dessert & juice \$11**

Main meal only \$9.50: Yes  No  Soup \$2.00 : Yes  No  All desserts are diabetic suitable

Allergies: Yes  No  Please provide details:.....

Food Dislikes/List any foods you do not eat: .....

Both Juices  Apple Juice Only  Orange Juice Only  No Juice  No Dessert  No dairy

Meals Cut-up  Mince Moist Meals  Puree Meals  No gravy/sauce  Extra gravy/sauce

**All meals served with potato, rice, pasta, seasonal vegetables & sauce, gravy, or dressing.**

<b>Monday</b>	<b>Week One</b>	<b>Monday</b>	<b>Week Two</b>
<input type="checkbox"/> Chicken schnitzel		<input type="checkbox"/> Sweet Sour Meatballs	
<input type="checkbox"/> Pork and Pineapple Casserole	<b>LG</b>	<input type="checkbox"/> Chicken Tenders	
<input type="checkbox"/> Apple slice & Custard		<input type="checkbox"/> Yoghurt & Fruit	
<b>Tuesday</b>	<b>Week One</b>	<b>Tuesday</b>	<b>Week Two</b>
<input type="checkbox"/> Honey Mustard Pork Sausages	<b>LG</b>	<input type="checkbox"/> Beef & Bean Lasagne	<b>LG</b>
<input type="checkbox"/> Beef rissoles		<input type="checkbox"/> Chicken Breast Diane Sauce	<b>LG</b>
<input type="checkbox"/> Cold Meat & Salad	<b>LG</b>	<input type="checkbox"/> Cold Meat & Salad	<b>LG</b>
<input type="checkbox"/> Banana & Custard		<input type="checkbox"/> Apple Pudding & custard	
<b>Wednesday</b>	<b>Week One</b>	<b>Wednesday</b>	<b>Week Two</b>
<input type="checkbox"/> Roast Beef	<b>LG</b>	<input type="checkbox"/> Roast Pork	<b>LG</b>
<input type="checkbox"/> Roast Chicken	<b>LG</b>	<input type="checkbox"/> Roast Lamb	<b>LG</b>
<input type="checkbox"/> Cold Meat & Salad	<b>LG</b>	<input type="checkbox"/> Cold Meat & Salad	<b>LG</b>
<input type="checkbox"/> Trifle		<input type="checkbox"/> Fruit Salad & Custard	
<b>Thursday</b>	<b>Week One</b>	<b>Thursday</b>	<b>Week Two</b>
<input type="checkbox"/> Chicken curry & Rice	<b>LG</b>	<input type="checkbox"/> Beef Spaghetti Bolognese	
<input type="checkbox"/> Beef Pinwheels		<input type="checkbox"/> Chicken Parmigiana	
<input type="checkbox"/> Cold Meat & Salad	<b>LG</b>	<input type="checkbox"/> Cold Meat & Salad	<b>LG</b>
<input type="checkbox"/> Pear Crumble & Custard		<input type="checkbox"/> Baked Custard	
<b>Friday</b>	<b>Week One</b>	<b>Friday</b>	<b>Week Two</b>
<input type="checkbox"/> Salmon Patties		<input type="checkbox"/> Battered Fish	
<input type="checkbox"/> Greek Lamb Balls	<b>LG</b>	<input type="checkbox"/> Meat Loaf	
<input type="checkbox"/> Cold Meat & Salad	<b>LG</b>	<input type="checkbox"/> Cold Meat & Salad	<b>LG</b>
<input type="checkbox"/> Mousse & Fruit		<input type="checkbox"/> Choc Pudding & custard	

**LG = Low Gluten**

**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. PLEASE TURN OVER**

<b>Monday</b>	<b>Week Three</b>		<b>Monday</b>	<b>Week Four</b>	
<input type="checkbox"/> Beef with Mushrooms		<b>LG</b>	<input type="checkbox"/> Lamb Hot Pot		<b>LG</b>
<input type="checkbox"/> Chicken Kiev			<input type="checkbox"/> Chicken Pie		
<input type="checkbox"/> Pavlova, Fruit & Cream			<input type="checkbox"/> Fruit & custard		
<b>Tuesday</b>	<b>Week Three</b>		<b>Tuesday</b>	<b>Week Four</b>	
<input type="checkbox"/> Curried Sausages		<b>LG</b>	<input type="checkbox"/> Beef Chow Mein		
<input type="checkbox"/> Quiche		<b>LG</b>	<input type="checkbox"/> Pork Fillets		<b>LG</b>
<input type="checkbox"/> Cold Meat & Salad		<b>LG</b>	<input type="checkbox"/> Cold Meat & Salad		<b>LG</b>
<input type="checkbox"/> Mousse & fruit			<input type="checkbox"/> Jelly Cake & Yoghurt		
<b>Wednesday</b>	<b>Week Three</b>		<b>Wednesday</b>	<b>Week Four</b>	
<input type="checkbox"/> Roast Lamb		<b>LG</b>	<input type="checkbox"/> Roast Pork		<b>LG</b>
<input type="checkbox"/> Roast Chicken		<b>LG</b>	<input type="checkbox"/> Roast Beef		<b>LG</b>
<input type="checkbox"/> Cold Meat & Salad		<b>LG</b>	<input type="checkbox"/> Cold Meat & Salad		<b>LG</b>
<input type="checkbox"/> Sponge Fruit Pudding & Custard			<input type="checkbox"/> Crème Caramel		
<b>Thursday</b>	<b>Week Three</b>		<b>Thursday</b>	<b>Week Four</b>	
<input type="checkbox"/> Chicken Sausages		<b>LG</b>	<input type="checkbox"/> Chicken Fried Rice		<b>LG</b>
<input type="checkbox"/> Ham Steaks & Pineapple			<input type="checkbox"/> Pork Riblets		
<input type="checkbox"/> Cold Meat & Salad		<b>LG</b>	<input type="checkbox"/> Cold Meat & Salad		<b>LG</b>
<input type="checkbox"/> Jelly Fruit & Yoghurt			<input type="checkbox"/> Mousse & fruit		
<b>Friday</b>	<b>Week Three</b>		<b>Friday</b>	<b>Week Four</b>	
<input type="checkbox"/> Baked herb & lemon fish fillet		<b>LG</b>	<input type="checkbox"/> Crumbed Fish		
<input type="checkbox"/> Chicken & Bacon Caesar Salad			<input type="checkbox"/> Vegetable Slice		<b>LG</b>
<input type="checkbox"/> Cold Meat & Salad		<b>LG</b>	<input type="checkbox"/> Cold Meat & Salad		<b>LG</b>
<input type="checkbox"/> Apricot crumble & custard			<input type="checkbox"/> Apple/Blueberry Slice & custard		

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**The menu is a rotating 4 week menu – at the end of Week 4, the menu will start again at Week 1**

<i>Do you always eat the full meal (both main meal &amp; dessert) in one sitting?</i>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<i>Do you regularly split your meal (main meal &amp; dessert) over lunch &amp; night-time?</i>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<i>We usually deliver your meal to a table or chair outside to maintain social distancing:</i>		
<i>Is this arrangement suitable to you?</i>	Yes <input type="checkbox"/>	No <input type="checkbox"/>
<i>Do you find it difficult to collect your meal, due to mobility issues?</i>	Yes <input type="checkbox"/>	No <input type="checkbox"/>

**Please contact us on 6722 1951 if you have any questions, want to make changes to your menu choices, or cancel meals. If possible, please give 24 hours' notice for cancellations**

To ensure we have the correct contact details, please provide

	<b>Your Name</b>	<b>Contact Person Name</b>
<b>Home Ph</b>		
<b>Mobile</b>		
<b>Email</b>		

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.

Has your health changed during the past 12 months?

Improved  Stayed the same  Deteriorated

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 or illness? Yes  No

Has Meals on Wheels been beneficial or had a positive impact in your life? Yes  No

Please tick how you feel about:

	Very happy	Happy	Neither unhappy or happy	Unhappy	Very unhappy
Your overall health					
Number of social activities					
Quality of meals we provide					
Interactions with staff & volunteers					
Community connections					
The service we provide					

Would you like to make any suggestions or comments?

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