

Meals on Wheels Inverell Winter Menu 2024 **COMMENCEMENT 29 APRIL 2024**

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

Make your selection and return to the volunteers or our office.

Name:					
Date:					
Allergies:	No <input type="checkbox"/>	Yes <input type="checkbox"/> Please Provide Details:			
Food Dislikes:					
Texture Modifcations:	Puree <input type="checkbox"/>	Mince Moist <input type="checkbox"/>	Cut Up <input type="checkbox"/>	Other: <input type="checkbox"/>	N/A <input type="checkbox"/>
Juice:	Apple <input type="checkbox"/>	Orange <input type="checkbox"/>	Either <input type="checkbox"/>	No Juice <input type="checkbox"/>	
Optional Extras:	Extra Gravy/Sauce <input type="checkbox"/>		No Gravy/Sauce <input type="checkbox"/>	Extra Vegetables <input type="checkbox"/>	
Soup:	Yes <input type="checkbox"/>	No <input type="checkbox"/>			
<i>Do you always eat the full meal (both main meal & dessert) in one sitting?</i>	Yes <input type="checkbox"/>				No <input type="checkbox"/>
<i>Do you regularly split your meals over lunch & night-time?</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"/>

We have a 4 week rotating roster. At the end of Week 4, the menu will start again at Week 1

Meal Pricing as at 28 April 2024	
Main Meal (Hot/Chilled/Frozen)	\$9.50/meal
Dessert	\$1.50/dessert
Soup	\$2.00/soup
Juice	Complimentary

Please contact us on 6722 1951 if you have any questions or to make changes to your menu.

Menu changes will only be accepted 48 hours or more in advance.

Clients who fail to notify they will not be home or cancel after 3pm the day PRIOR to delivery will be charged.

*****Late cancellation exceptions may apply for medical &/or unforeseen circumstances*****

To ensure we have the correct details, please provide:

Your Mobile:		Emergency Contact Name:	
Your Phone:		Emergency Contact Mobile:	
Your Email:		Emergency Contact Email:	

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 require:

How has your health changed in the past 12 months?

Improved <input type="checkbox"/>	No Change - Stayed the Same <input type="checkbox"/>	Deteriorated <input type="checkbox"/>
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Have you lost weight in the last 6 months without trying?

Yes <input type="checkbox"/>	How many kgs?	No <input type="checkbox"/>
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Have you been eating poorly due to a decrease in appetite or illness?

Yes <input type="checkbox"/>	No <input type="checkbox"/>
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Has Meals on Wheels been beneficial or had a positive impact in your life?

Yes <input type="checkbox"/>	No <input type="checkbox"/>
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Please select how you have felt in the last 12 months about:

	Very Happy	Happy	No Real Change	Unhappy	Very Unhappy
Your Overall Health					
Number of Social Activities (excl. Meals on Wheels)					
Quality of Meals our Kitchen Provides					
Interactions with our Staff & Volunteers					
Inverell Community Social Programs/Connections					
The Service our Office Provides					

We would love your feedback for suggestions or comments:

WEEK 1**PLEASE SELECT A MAIN & STARCH OPTION - SEASONAL VEGETABLES ARE INCLUDED WITH ALL MAIN MEALS & MAY CHANGE DEPENDING ON AVAILABILITY**

Monday	Main	Starch	Dessert
Option 1	Moroccan Lamb LG <input type="checkbox"/>	Rice <input type="checkbox"/>	Tinned Fruit & Custard <input type="checkbox"/>
Option 2	Chicken Schnitzel & Gravy <input type="checkbox"/>	Chat Potato <input type="checkbox"/>	Tinned Fruit Only <input type="checkbox"/>
Option 3		Mashed Potato <input type="checkbox"/>	No Dessert <input type="checkbox"/>

Tuesday	Main	Starch	Dessert
Option 1	Pork Sausages in Tomato, Onion & Zucc. Gravy LG <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Jelly Sponge Cake & Yoghurt <input type="checkbox"/>
Option 2	Beef Rissoles & Gravy <input type="checkbox"/>	Sweet Potato <input type="checkbox"/>	Jelly Sponge Cake Only <input type="checkbox"/>
Option 3			No Dessert <input type="checkbox"/>

Wednesday	Main	Starch	Dessert
Option 1	Roast Beef & Gravy LG <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Sticky Date Pudding & Custard <input type="checkbox"/>
Option 2	Roast Chicken & Gravy LG <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Sticky Date Pudding Only <input type="checkbox"/>
Option 3			No Dessert <input type="checkbox"/>

Thursday	Main	Starch	Dessert
Option 1	Apricot Chicken <input type="checkbox"/>	Rice <input type="checkbox"/>	Apple Crumble & Custard <input type="checkbox"/>
Option 2	Vegetable Bake LG <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Apple Crumble Only <input type="checkbox"/>
Option 3			No Dessert <input type="checkbox"/>

Friday	Main	Starch	Dessert
Option 1	Crumbed Fish <input type="checkbox"/>	Potato Bake <input type="checkbox"/>	Tinned Peaches & Yoghurt <input type="checkbox"/>
Option 2	Sweet & Sour Meatballs <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Tinned Peaches Only <input type="checkbox"/>
Option 3			No Dessert <input type="checkbox"/>

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WEEK 2**PLEASE SELECT A MAIN & STARCH OPTION - SEASONAL VEGETABLES ARE INCLUDED WITH ALL MAIN MEALS & MAY CHANGE DEPENDING ON AVAILABILITY**

Monday	Main	Starch	Dessert
Option 1	Savoury Mince LG <input type="checkbox"/>	Chat Potato <input type="checkbox"/>	Apple Blueberry Slice & Custard <input type="checkbox"/>
Option 2	Chicken Pie & Gravy <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Apple Blueberry Slice Only <input type="checkbox"/>
Option 3			No Dessert <input type="checkbox"/>

Tuesday	Main	Starch	Dessert
Option 1	Beef Steakette & Onion Gravy <input type="checkbox"/>	Potato & Sweet Potato Bake <input type="checkbox"/>	Baked Custard & Tinned Fruit <input type="checkbox"/>
Option 2	Pork Rissoles & Gravy <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Tinned Fruit Only <input type="checkbox"/>
Option 3			No Dessert <input type="checkbox"/>

Wednesday	Main	Starch	Dessert
Option 1	Roast Lamb & Gravy LG <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Diplomat Pudding <input type="checkbox"/>
Option 2	Roast Pork & Gravy LG <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	No Dessert <input type="checkbox"/>
Option 3			

Thursday	Main	Starch	Dessert
Option 1	Beef Stroganoff LG <input type="checkbox"/>	Steamed Potato <input type="checkbox"/>	Mousse & Tinned Fruit <input type="checkbox"/>
Option 2	Chicken Pinwheel & Gravy <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Tinned Fruit Only <input type="checkbox"/>
Option 3			No Dessert <input type="checkbox"/>

Friday	Main	Starch	Dessert
Option 1	Salmon Patties <input type="checkbox"/>	Rice <input type="checkbox"/>	Pear Crumble & Custard <input type="checkbox"/>
Option 2	Curried Sausages LG <input type="checkbox"/>	Wedges <input type="checkbox"/>	Pear Crumble Only <input type="checkbox"/>
Option 3		Mashed Potato <input type="checkbox"/>	No Dessert <input type="checkbox"/>

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WEEK 3**PLEASE SELECT A MAIN & STARCH OPTION - SEASONAL VEGETABLES ARE INCLUDED WITH ALL MAIN MEALS & MAY CHANGE DEPENDING ON AVAILABILITY**

Monday	Main	Starch	Dessert
Option 1	Honey Mustard Chicken LG <input type="checkbox"/>	Rice <input type="checkbox"/>	Orange Iced Cake & Custard <input type="checkbox"/>
Option 2	Beef Pie & Gravy <input type="checkbox"/>	Chat Potato <input type="checkbox"/>	Orange Iced Cake Only <input type="checkbox"/>
Option 3		Mashed Potato <input type="checkbox"/>	No Dessert <input type="checkbox"/>

Tuesday	Main	Starch	Dessert
Option 1	Spaghetti Bolognaise <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Tinned Fruit, Jelly & Yoghurt <input type="checkbox"/>
Option 2	Chicken Parmigiana <input type="checkbox"/>	Sweet Potato <input type="checkbox"/>	No Dessert <input type="checkbox"/>

Wednesday	Main	Starch	Dessert
Option 1	Roast Chicken & Gravy LG <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Apple Crumble Slice & Custard <input type="checkbox"/>
Option 2	Roast Lamb & Gravy LG <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Apple Slice Only <input type="checkbox"/>
Option 3			No Dessert <input type="checkbox"/>

Thursday	Main	Starch	Dessert
Option 1	Silverside & White Sauce LG <input type="checkbox"/>	Rice <input type="checkbox"/>	Bread & Butter Pudding <input type="checkbox"/>
Option 2	Chicken Curry LG <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	No Dessert <input type="checkbox"/>
Option 3			

Friday	Main	Starch	Dessert
Option 1	Steamed Lemon Fish LG <input type="checkbox"/>	Chat Potato <input type="checkbox"/>	Peach Sponge Cake & Custard <input type="checkbox"/>
Option 2	Quiche Lorraine LG <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Peach Sponge Cake Only <input type="checkbox"/>
Option 3		Sweet Potato <input type="checkbox"/>	No Dessert <input type="checkbox"/>

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WEEK 4

PLEASE SELECT A MAIN & STARCH OPTION - SEASONAL VEGETABLES ARE INCLUDED WITH ALL MAIN MEALS & MAY CHANGE DEPENDING ON AVAILABILITY

Monday	Main	Starch	Dessert
Option 1	Beef Curry LG <input type="checkbox"/>	Rice <input type="checkbox"/>	Apple Slice & Custard <input type="checkbox"/>
Option 2	Chicken Tenders & Gravy <input type="checkbox"/>	Chat Potato <input type="checkbox"/>	Apple Slice Only <input type="checkbox"/>
Option 3		Mashed Potato <input type="checkbox"/>	No Dessert <input type="checkbox"/>

Tuesday	Main	Starch	Dessert
Option 1	Lamb Hot Pot LG <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Apricot Crumble & Custard <input type="checkbox"/>
Option 2	Chicken Sausages & Mustard Gravy LG <input type="checkbox"/>	Sweet Potato <input type="checkbox"/>	No Dessert <input type="checkbox"/>

Wednesday	Main	Starch	Dessert
Option 1	Roast Pork & Gravy LG <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Chocolate Pudding & Custard <input type="checkbox"/>
Option 2	Roast Beef & Gravy LG <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Chocolate Pudding Only <input type="checkbox"/>
Option 3			No Dessert <input type="checkbox"/>

Thursday	Main	Starch	Dessert
Option 1	Pickled Pork & White Sauce LG <input type="checkbox"/>	Steamed Potato <input type="checkbox"/>	Blueberry Muffin Slice & Yoghurt <input type="checkbox"/>
Option 2	Braised Beef <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Blueberry Muffin Slice Only <input type="checkbox"/>
Option 3			No Dessert <input type="checkbox"/>

Friday	Main	Starch	Dessert
Option 1	Tuna Bake <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Tinned Fruit & Yoghurt <input type="checkbox"/>
Option 2	Meatloaf & Gravy <input type="checkbox"/>	Sweet Potato <input type="checkbox"/>	No Dessert <input type="checkbox"/>

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