

Meals on Wheels Inverell Winter Menu & Service Support Plan 2025 **COMMENCEMENT 28 APRIL 2025**

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:	

To ensure we have the correct details, please provide:

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

Do you always eat the full meal (both main meal & dessert) in one sitting?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you regularly split your meals over lunch & night-time?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you find it difficult to collect your meal, due to mobility issues?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Meal Pricings as at 28 April 2025

Commonwealth Home Support Program		Home Care Package - Client Cost		HCP - Provider Cost		Full Cost	
Main Meal	\$9.50/Meal	Main Meal, Dessert, Juice	\$6.00	Main Meal, Dessert, Juice	\$9.50	Main Meal	\$13.50/Meal
Dessert	\$1.50/Dessert	Main Meal, Juice	\$4.00	Main Meal, Juice	\$9.50	Dessert	\$2.00/Dessert
Soup	\$2.00/Soup					Soup	\$3.00/Soup
Juice	Complimentary						

Our menu is a 4 week rotating menu. At the end of Week 4, the menu will start again at Week 1

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 2pm the day PRIOR to delivery will be charged.

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

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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Do you connect with other Providers/Services in town? If yes, please indicate below.

Yes <input type="checkbox"/>	No <input type="checkbox"/>
Inverell Community Support/Transport <input type="checkbox"/>	Australian Unity <input type="checkbox"/>
McLean Care <input type="checkbox"/>	Uniting Care <input type="checkbox"/>
Other:	

Please select how you have felt in the last 12 months about:

	Very Happy	Happy	No Real Change	Unhappy	Very Unhappy
Your Overall Health					
Quality of Meals our Kitchen Provides					
Interactions with our Staff & Volunteers					
The Service our Office Provides					

We would love your feedback for suggestions or comments:

Name:			
Diet/Allergies:		Likes/Dislikes:	
		Main Meal Option (Please Circle): Hot Chilled Frozen	
Texture Modifications (Please Circle):		Juice (Please Circle):	
Cut Up Mince Moist Puree		None Both Apple Orange	
		Optional Extras (Please Circle): Extra Gravy/Sauce No Gravy/Sauce Extra Vegetables	
Frozen Soup: Yes No How many soups each week?			

WEEK 1			
<i>PLEASE SELECT A MAIN & STARCH OPTION - SEASONAL VEGETABLES ARE INCLUDED WITH ALL MAIN MEALS EXCL. SALADS & MAY CHANGE DEPENDING ON AVAILABILITY</i>			
Monday	Main	Starch	Dessert
Option 1	Beef Stroganoff LG <input type="checkbox"/>	Chat Potato <input type="checkbox"/>	Apple Slice & Custard <input type="checkbox"/>
Option 2	Chicken Schnitzel & Gravy <input type="checkbox"/>	None <input type="checkbox"/>	Apple Slice Only <input type="checkbox"/>
Tuesday	Main	Starch	Dessert
Option 1	Moroccan Lamb LG <input type="checkbox"/>	Rice <input type="checkbox"/>	Pannacotta & Tinned Fruit <input type="checkbox"/>
Option 2	Apricot Chicken <input type="checkbox"/>	None <input type="checkbox"/>	Tinned Fruit Only <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	Battered Fish <input type="checkbox"/>	None <input type="checkbox"/>	None <input type="checkbox"/>
Thursday	Main	Starch	Dessert
Option 1	Beef Sausages & Gravy LG <input type="checkbox"/>	Steamed Potato <input type="checkbox"/>	Vanilla Mousse & Tinned Fruit <input type="checkbox"/>
Option 2	Chicken Pinwheels & Gravy <input type="checkbox"/>	None <input type="checkbox"/>	Vanilla Mousse Only <input type="checkbox"/>
Friday	Main	Starch	Dessert
Option 1	Salmon Patties <input type="checkbox"/>	Mash <input type="checkbox"/>	Blueberry Muffin Slice & Custard <input type="checkbox"/>
Option 2	Quiche LG <input type="checkbox"/>	None <input type="checkbox"/>	Blueberry Muffin Slice Only <input type="checkbox"/>

LG - LOW GLUTEN

WEEK 2

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

Monday	Main	Starch	Dessert
Option 1	Lamb Hot Pot LG <input type="checkbox"/>	Chat Potato <input type="checkbox"/>	Tinned Fruit & Custard <input type="checkbox"/>
Option 2	Chicken Tenders & Gravy <input type="checkbox"/>	None <input checked="" type="checkbox"/>	Tinned Fruit Only <input type="checkbox"/>

Tuesday	Main	Starch	Dessert
Option 1	Zucchini Slice LG <input type="checkbox"/>	Mash <input type="checkbox"/>	Apricot Crumble & Cream <input type="checkbox"/>
Option 2	Beef Steakettes & Gravy <input type="checkbox"/>	None <input type="checkbox"/>	Apricot Crumble Only <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	Chicken Parmigiana <input type="checkbox"/>	None <input type="checkbox"/>	Sticky Date Pudding Only <input type="checkbox"/>

Thursday	Main	Starch	Dessert
Option 1	Pork Sausages & Zucchini, Onion, Tomato Sauce LG <input type="checkbox"/>	Steamed Potato <input type="checkbox"/>	Choc Chip Muffin Slice & Cream <input type="checkbox"/>
Option 2	Crumbed Fish <input type="checkbox"/>	None <input type="checkbox"/>	Choc Chip Muffin Slice Only <input type="checkbox"/>

Friday	Main	Starch	Dessert
Option 1	Honey Mustard Chicken LG <input type="checkbox"/>	Rice <input type="checkbox"/>	Baked Custard & Tinned Fruit <input type="checkbox"/>
Option 2	Curry Beef LG <input type="checkbox"/>	None <input checked="" type="checkbox"/>	Baked Custard Only <input type="checkbox"/>

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WEEK 3

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

Monday	Main	Starch	Dessert
Option 1	Curry Chicken LG <input type="checkbox"/>	Chat Potato <input checked="" type="checkbox"/>	Carrot Cake & Custard <input type="checkbox"/>
Option 2	Beef Pie & Gravy <input type="checkbox"/>	None <input type="checkbox"/>	Carrot Cake Only <input type="checkbox"/>

Tuesday	Main	Starch	Dessert
Option 1	Shepherds Pie LG <input type="checkbox"/>	Steamed Potato <input type="checkbox"/>	Tinned Fruit & Yoghurt <input type="checkbox"/>
Option 2	Vegie Bake LG <input type="checkbox"/>	None <input type="checkbox"/>	Tinned Fruit Only <input type="checkbox"/>

Wednesday	Main	Starch	Dessert
Option 1	Roast Chicken & Gravy LG <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Apple Crumble Cake & Custard <input type="checkbox"/>
Option 2	Lamb Rissoles & Gravy <input type="checkbox"/>	None <input checked="" type="checkbox"/>	Apple Crumble Cake Only <input type="checkbox"/>

Thursday	Main	Starch	Dessert
Option 1	Pickled Pork & White Sauce LG <input type="checkbox"/>	Potato Bake <input checked="" type="checkbox"/>	Vanilla Cake & Yoghurt <input type="checkbox"/>
Option 2	Beef Pinwheels & Gravy <input type="checkbox"/>	None <input type="checkbox"/>	Vanilla Cake Only <input type="checkbox"/>

Friday	Main	Starch	Dessert
Option 1	Tuna Bake <input type="checkbox"/>	Mash <input type="checkbox"/>	Mango Mousse & Tinned Fruit <input type="checkbox"/>
Option 2	Braised Beef LG <input type="checkbox"/>	None <input type="checkbox"/>	Mango Mousse Only <input type="checkbox"/>

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WEEK 4

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

Monday	Main	Starch	Dessert
Option 1	Beef Casserole LG <input type="checkbox"/>	Rice <input type="checkbox"/>	Cheesecake & Cream <input type="checkbox"/>
Option 2	Sweet & Sour Chicken <input type="checkbox"/>	None <input type="checkbox"/>	Cheesecake Only <input type="checkbox"/>

Tuesday	Main	Starch	Dessert
Option 1	Swedish Meatballs & White Gravy/Jam <input type="checkbox"/>	Mash <input type="checkbox"/>	Jelly Fruit & Custard <input type="checkbox"/>
Option 2	Tuscan Chicken LG <input type="checkbox"/>	None <input type="checkbox"/>	Jelly Fruit Only <input type="checkbox"/>

Wednesday	Main	Starch	Dessert
Option 1	Roast Pork & Gravy LG <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Crème Caramel <input type="checkbox"/>
Option 2	Salmon Rice Slice <input type="checkbox"/>	None <input type="checkbox"/>	None <input type="checkbox"/>

Thursday	Main	Starch	Dessert
Option 1	Canneloni Beef <input type="checkbox"/>	Mash <input type="checkbox"/>	Bread & Butter Pudding <input type="checkbox"/>
Option 2	Quiche LG <input type="checkbox"/>	None <input type="checkbox"/>	None <input type="checkbox"/>

Friday	Main	Starch	Dessert
Option 1	Fish Potato Pie <input type="checkbox"/>	Chats <input type="checkbox"/>	Apple Crumble & Custard <input type="checkbox"/>
Option 2	Curried Beef Sausages LG <input type="checkbox"/>	None <input type="checkbox"/>	Apple Crumble Only <input type="checkbox"/>

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