

Meals on Wheels Menu & Service Support Plan 2021 – Commences 15th February 2021 (Amended 22.2.21)

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

Monday	Tuesday	Wednesday	Thursday	Friday
Apricot Chicken Rice Beans Sweet Potato	Lasagne Mashed Potato Mixed Vegetables Cauliflower	Roast Lamb Roast Potato Roast Pumpkin Broccoli	Braised Steak Smashed Potatoes Zucchini Corn	Crumbed Fish Wedges Broccoli & Cauliflower Bake Carrots
Pork Sausages	Silverside	Chicken Tenders	Chicken Rissoles	Sausages
Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad
Blueberry Slice & Cream	Banana Custard	Fruit Muffin with Custard	Diplomat Pudding	Pavlova, Cream & Fruit

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Tuscan Lamb Chats Sweet Potato Cauliflower	Steak Dianne Smashed Potato Mixed Vegetables Broccoli	Roast Turkey Roast Potato Roast Pumpkin Cabbage	Chicken Kiev Mashed Potato Peas Carrots	Battered Fish Wedges Melange Vegetables Corn
Chicken Schnitzel	Quiche	Braised Steak	Sausages	Sweet & Sour Meatballs
Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad
Pannacotta	Custard Tarts & Cream	Fruit & Yoghurt	Tiramisu	Apple Pie & Custard

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

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Sausages Mashed Potato Cauliflower Corn	Champagne Chicken Casserole Mashed Potato Sweet Potato Peas	Roast Beef Roast Potato Roast Pumpkin Broccoli	Meat Pie Mashed Potato Mixed Vegetables Cauliflower Bake	Fish Cakes Wedges Melange Vegetables Carrots
Beef Goulash	Rissoles	Tuscan Lamb	Sausages	Chargrilled Chicken
Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad
Profiteroles & Custard	Peach Trifle	Crème Caramel	Self-Saucing Pudding & Cream	Cheesecake & Custard

Week Four

Monday	Tuesday	Wednesday	Thursday	Friday
Sausages Mashed Potato Baked Sweet Potato Beans	Country Lamb Pie Chats Carrots Peas	Meatloaf Roast Potato Roast Pumpkin Zucchini	Chicken Schnitzel Mashed Potato Carrots Peas	Fish Pie Wedges Combination Vegetables Corn
Pork Ribs	Sweet & Sour Meatballs	Frittata	Omelette	Pickled Pork
Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad
Creamy Peach Custard	Apple Crumble & Cream	Cheesecake & Custard	Peaches & Cream	Black Forest Trifle

During COVID-19, 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 & to 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 Corona pandemic? Stayed the same ☐ Deteriorated ☐ Improved ☐

Would you like a volunteer to stay for a chat & have lunch with you on some days of your choosing? Yes ☐ No ☐

Would you be interested in having lunch with 6-8 other people at the Meals on Wheels building occasionally? Yes ☐ No ☐

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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