

Meals on Wheels Menu & Service Support Plan 2020 – Commences 13th July 2020

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
Sweet Chicken Curry Rice Beans Corn	Sausages Mashed Potato Carrots Peas	Roast Pork Roast Potato Roast Pumpkin Zucchini	Lamb Ragu Chats Sweet Potato Cabbage	Steamed Fish Lemon Sauce Wedges Broccoli Mixed Vegetables
Pork Riblets	Flame Grilled Chicken	Chicken Wings	Silverside	Beef Stroganoff
Fish Cakes	Spinach & Ricotta Triangles	Meat Pies	Quiche	Marinated Chicken Sticks
Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad
Caramel Tarts & Cream	Tiramisu	Fruit Muffin with Custard	Peach Trifle	Victorian Sponge & Cream

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Chasseur Chats Melange Vegetables Corn	Meat Pies Mashed Potato Peas Carrots	Roast Lamb Roast Potato Roast Pumpkin Cauliflower Bake	Turkey Meatloaf Rustic Potato Sweet Potato Beans	Crumbed Fish Wedges Mixed Vegetables Broccoli
Sausages	Chicken Schnitzel	Battered Fish	Calamari Rings	Steak & Kidney
Frittata	Fritters	Chicken Wings	Beef Kebabs	Chicken Rissoles
Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad
Apple Crumble & Custard	Creamed Rice	Fruit & Yoghurt	Pannacotta	Blueberry Slice & Cream

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.

Meals on Wheels Menu & Service Support Plan 2020 – Commences 13th July 2020

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

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Pinwheels Chats Beans Corn	Coconut Lamb Curry Rice Carrots Peas	Roast Beef Roast Potato Roast Pumpkin Zucchini	Pork Riblets Mashed Potato Carrots Beans	Fish Cakes Wedges Sweet Potato Peas
Homestyle Rissoles	Quiche	Vegetable Patties	Frittata	Pickled Pork
Marinated Chicken Sticks	Calamari Rings	Fish Cocktails	Chicken Tenders	Sausages
Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad
Pavlova, Cream & Fruit	Baked Cottage Pudding	Cheesecake & Custard	Blueberry Muffins & Yoghurt	Creamy Peach Custard

Week Four

Monday	Tuesday	Wednesday	Thursday	Friday
Rissoles Mashed Potato Carrot Peas	Flame Grilled Chicken with Lemon Sauce Chats Corn Beans	Roast Turkey Roast Potato Roast Pumpkin Broccoli	Pork Schnitzel with Apple Mustard Sauce Rustic Potato Sweet Potato Zucchini	Battered Fish Wedges Carrots Peas
Crumbed Fish	Country Lamb Casserole	Meat Pies	Beef Pinwheels	Beef Kebabs
Spinach & Ricotta Triangles	Sausage Rolls	Fish Cakes	Fish Cocktails	Pork Riblets
Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad	Cold Meat & Salad
Blancmange	Custard Tarts & Cream	Baked Custard	Citrus Tarts	Cheesecake & Custard

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

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.

Meals on Wheels Menu & Service Support Plan 2020 – Commences 13th July 2020

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

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

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?.....

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.

Meals on Wheels Menu & Service Support Plan 2020 – Commences 13th July 2020

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 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.