

Meals on Wheels Inverell Summer Menu & Service Support Plan 2024 **COMMENCEMENT 08 OCTOBER 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:	

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 30 August 2024

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"/>
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Inverell Community Support/Transport <input type="checkbox"/>	Australian Unity <input type="checkbox"/>	Other:
McLean Care <input type="checkbox"/>	Uniting Care <input type="checkbox"/>	

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: Hot <input type="checkbox"/> Chilled <input type="checkbox"/> Frozen <input type="checkbox"/>	Options: Extra Vegetables <input type="checkbox"/> Extra Gravy/Sauce <input type="checkbox"/> Less Gravy/Sauce <input type="checkbox"/> No Gravy/Sauce <input type="checkbox"/>
Texture Modifications: Cut Up <input type="checkbox"/> Mince Moist <input type="checkbox"/> Puree <input type="checkbox"/>	Frozen Soup: Yes <input type="checkbox"/> No <input type="checkbox"/> How many soups each week?	Juice: Both <input type="checkbox"/> None <input type="checkbox"/> Apple <input type="checkbox"/> Orange <input type="checkbox"/>	

WEEK 1

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

Monday	Main	Starch	Dessert
Option 1	Beef Stew LG <input type="checkbox"/>	Chat Potato <input type="checkbox"/>	Apple Blueberry Slice & Custard <input type="checkbox"/>
Option 2	Chicken Kiev & Gravy <input type="checkbox"/>	None <input type="checkbox"/>	Apple Blueberry Slice Only <input type="checkbox"/>
Option 3			None <input type="checkbox"/>

Tuesday	Main	Starch	Dessert
Option 1	Pork Rissoles & Creamy Mushroom Sauce <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Jelly Sponge Cake & Cream <input type="checkbox"/>
Option 2	Vegetable Bake LG <input type="checkbox"/>	None <input type="checkbox"/>	Jelly Sponge Cake Only <input type="checkbox"/>
Option 3	Cold Meat & Salad <input type="checkbox"/>		None <input type="checkbox"/>

Wednesday	Main	Starch	Dessert
Option 1	Roast Chicken & Gravy <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Apricot Crumble & Custard <input type="checkbox"/>
Option 2	Beef Sausages & Gravy LG <input type="checkbox"/>	None <input type="checkbox"/>	Apricot Crumble Only <input type="checkbox"/>
Option 3	Cold Meat & Salad <input type="checkbox"/>		None <input type="checkbox"/>

Thursday	Main	Starch	Dessert
Option 1	Italian Beef Meatballs <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Crème Caramel <input type="checkbox"/>
Option 2	Thai Chicken Salad LG <input type="checkbox"/>	None <input type="checkbox"/>	None <input type="checkbox"/>

Friday	Main	Starch	Dessert
Option 1	Crumbed Fish & Tartare Sauce <input type="checkbox"/>	Potato Bake <input type="checkbox"/>	Tinned Fruit & Yoghurt <input type="checkbox"/>
Option 2	Beef Rissoles & Gravy <input type="checkbox"/>	None <input type="checkbox"/>	Tinned Fruit Only <input type="checkbox"/>
Option 3	Cold Meat & Salad <input type="checkbox"/>		None <input type="checkbox"/>

LG - LOW GLUTEN

WEEK 2

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

Monday	Main	Starch	Dessert
Option 1	Lamb Casserole LG <input type="checkbox"/>	Chat Potato <input type="checkbox"/>	Pavlova, Tinned Fruit & Cream <input type="checkbox"/>
Option 2	Chicken Schnitzel & Gravy <input type="checkbox"/>	None <input type="checkbox"/>	Tinned Fruit Only <input type="checkbox"/>
Option 3			None <input type="checkbox"/>

Tuesday	Main	Starch	Dessert
Option 1	Chicken Curry LG <input type="checkbox"/>	Rice <input type="checkbox"/>	Impossible Pie & Tinned Fruit <input type="checkbox"/>
Option 2	Beef Stir-Fry <input type="checkbox"/>	None <input type="checkbox"/>	Impossible Pie Only <input type="checkbox"/>
Option 3	Cold Meat & Salad <input type="checkbox"/>		None <input type="checkbox"/>

Wednesday	Main	Starch	Dessert
Option 1	Roast Beef & Gravy LG <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Blueberry Muffin Slice & Yoghurt <input type="checkbox"/>
Option 2	Tuna Pasta Salad <input type="checkbox"/>	None <input type="checkbox"/>	Blueberry Muffin Slice Only <input type="checkbox"/>
Option 3			None <input type="checkbox"/>

Thursday	Main	Starch	Dessert
Option 1	Turkey & Gravy LG <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Chocolate Mousse & Fruit <input type="checkbox"/>
Option 2	Salmon Patties <input type="checkbox"/>	None <input type="checkbox"/>	Chocolate Mousse Only <input type="checkbox"/>
Option 3	Cold Meat & Salad <input type="checkbox"/>		None <input type="checkbox"/>

Friday	Main	Starch	Dessert
Option 1	Beef Chow Mein & Noodles LG <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Baked Custard & Tinned Fruit <input type="checkbox"/>
Option 2	Zucchini Slice <input type="checkbox"/>	None <input type="checkbox"/>	Baked Custard Only <input type="checkbox"/>
Option 3	Cold Meat & Salad <input type="checkbox"/>		None <input type="checkbox"/>

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WEEK 3

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

Monday	Main	Starch	Dessert
Option 1	Pork & Pineapple Casserole LG <input type="checkbox"/>	Chat Potato <input type="checkbox"/>	Apple Crumble Slice & Custard <input type="checkbox"/>
Option 2	Vegetable Patties <input type="checkbox"/>	None <input type="checkbox"/>	Apple Crumble Slice Only <input type="checkbox"/>
Option 3			None <input type="checkbox"/>

Tuesday	Main	Starch	Dessert
Option 1	Moroccan Chicken <input type="checkbox"/>	Mashed Potato <input type="checkbox"/>	Vanilla Mousse & Fruit <input type="checkbox"/>
Option 2	Steak Diane LG <input type="checkbox"/>	Cous Cous <input type="checkbox"/>	Vanilla Mousse Only <input type="checkbox"/>
Option 3	Cold Meat & Salad <input type="checkbox"/>	None <input type="checkbox"/>	None <input type="checkbox"/>

Wednesday	Main	Starch	Dessert
Option 1	Roast Pork & Gravy LG <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Vanilla Raspberry Cake & Yoghurt <input type="checkbox"/>
Option 2	Lamb Rissoles & Mustard Gravy <input type="checkbox"/>	None <input type="checkbox"/>	Vanilla Raspberry Cake Only <input type="checkbox"/>
Option 3	Cold Meat & Salad <input type="checkbox"/>		None <input type="checkbox"/>

Thursday	Main	Starch	Dessert
Option 1	Silverside & White Sauce LG <input type="checkbox"/>	Steamed Potato <input type="checkbox"/>	Fruit, Jelly & Custard <input type="checkbox"/>
Option 2	Pork Sausages & Gravy <input type="checkbox"/>	None <input type="checkbox"/>	Fruit & Custard <input type="checkbox"/>
Option 3	Cold Meat & Salad <input type="checkbox"/>		None <input type="checkbox"/>

Friday	Main	Starch	Dessert
Option 1	Fish Cakes <input type="checkbox"/>	Wedges <input type="checkbox"/>	Banana Cake & Cream <input type="checkbox"/>
Option 2	Silverside & Salad LG <input type="checkbox"/>	None <input type="checkbox"/>	Banana Cake Only <input type="checkbox"/>
Option 3			None <input type="checkbox"/>

LG - LOW GLUTEN

WEEK 4

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

Monday	Main	Starch	Dessert
Option 1	Asian Pork Mince LG <input type="checkbox"/>	Chat Potato <input 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"/>
Option 3			None <input type="checkbox"/>

Tuesday	Main	Starch	Dessert
Option 1	Sweet & Sour Battered Chicken <input type="checkbox"/>	Rice <input type="checkbox"/>	Choc Chip Muffin Slice & Custard <input type="checkbox"/>
Option 2	Vegetable Fried Rice LG <input type="checkbox"/>	None <input type="checkbox"/>	Choc Chip Muffin Slice Only <input type="checkbox"/>
Option 3	Cold Meat & Salad <input type="checkbox"/>		None <input type="checkbox"/>

Wednesday	Main	Starch	Dessert
Option 1	Roast Lamb & Gravy LG <input type="checkbox"/>	Roast Potato <input type="checkbox"/>	Peach Cobbler & Cream <input type="checkbox"/>
Option 2	Chicken Pinwheels <input type="checkbox"/>	None <input type="checkbox"/>	Peach Cobbler Only <input type="checkbox"/>
Option 3	Cold Meat & Salad <input type="checkbox"/>		None <input type="checkbox"/>

Thursday	Main	Starch	Dessert
Option 1	Beef Lasagne <input type="checkbox"/>	Potato Bake <input type="checkbox"/>	Panna Cotta & Fruit <input type="checkbox"/>
Option 2	Battered Fish <input type="checkbox"/>	None <input type="checkbox"/>	None <input type="checkbox"/>
Option 3	Cold Meat & Salad <input type="checkbox"/>		

Friday	Main	Starch	Dessert
Option 1	Quiche LG <input type="checkbox"/>	Steamed Potato <input type="checkbox"/>	Watermelon Slices & Yoghurt <input type="checkbox"/>
Option 2	Asian Chicken Wombok Salad <input type="checkbox"/>	None <input type="checkbox"/>	Watermelon Slices Only <input type="checkbox"/>
Option 3			None <input type="checkbox"/>

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