

The nourishing three course meals, personally delivered to the door each weekday, are just part of the Meals on Wheels service story.

'More than just a meal' is a powerful combination of a number of features and benefits:

- We support people who find it difficult to shop or prepare meals for themselves.
- MoW can be referred by anyone! No need for a medical referral, unless a special modified diet is required.
- We support people to continue to live independently.
- We deliver nourishing meals (hot or frozen).
- Regular social contact & checks on wellbeing.
- No waiting lists, means tests, age limits or minimum orders.
- We have some 88 branches across the state!
- We provide rapid and flexible responses to suit individual needs.
- We have branches located across the state!



The Meals on Wheels keys...

- Supporting independence, and help with meals when needed,
- Nourishing home delivered three-course meals,
- Simple and flexible process, self-refer, no means test or waiting lists,
- Regular and respectful social contact,
- Peace of mind through a friendly wellbeing check.

It's what 'More than just a meal' really delivers.

To give our meals a try, to refer a friend or, to volunteer your time, Freecall 1800 854 453 or visit www.mealsonwheelssa.org.au.



delivering more than just a meal...





Here's a small sample of the meals that may be delivered to your door:

Our menu includes many popular classics as well as modern dishes in our rotating menus.



The 'full of taste' MoW soups come in cups that are easy to hold and not hot in the hand. The cups are microwaveable and biodegradable when finished.



Meals on Wheels offers:

- Home delivered, nourishing, three course, hot or frozen meals. Meals include a soup, main and dessert.
- Hot meals are personally delivered each weekday, around the middle of day. Pre-delivered frozen meals are available for the weekends, holidays and other times when you may need to be away from home. Ready to simply reheat for a delicious and convenient meal.
- A variety of meals are offered on a rotating menu and increasingly MoW branches are able to offer a choice of main course.
- All meals are diabetic friendly and other meals for a variety of medical reasons such as swallowing difficulties, low potassium and low fibre needs are available.
- Gluten free meals are also available.
- Our meals represent great value! Please ask for the current pricing.
- Payment methods are simple, flexible and convenient: MoW can establish a number of payment methods, including fortnightly direct debit, regular credit card payments, or other arrangements.
- Our service is structured to respect and maintain client privacy and independence.

Our main meals are delivered hot and ready to eat in handy 'meal sized' foil trays. All frozen meals have instructions for heating.



Roast Lamb with the trimmings



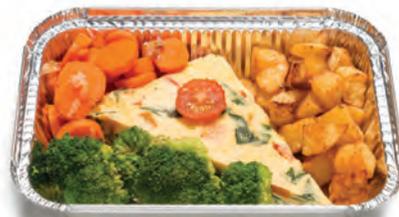
Meat Loaf



Roast Chicken with Stuffing



Crumbed fish with Tartare



Savoury "Impossible" Quiche



Tasty Stir Fry

A full range of tempting tastes from our dessert menu, including:



Peach Cake



Apple Crumble



Bread & Butter Pudding



Fruit Salad Pudding