

# ***Exciting News from Meals on Wheels SA, for those who need gluten free meals!***



***Now Available from  
Meals on Wheels SA, a  
trusted name for almost  
60 years, a range of  
gluten free meals for  
those who have sought  
professional advice  
about a problem with  
gluten intolerance.***

Simply by presenting a Coeliac Australia membership card or a medical referral, we can provide delicious three course meals ready for people to heat and eat!

*Here are some more details...*

- At our Meals on Wheels Kent Town professional kitchen, we have a special area for preparing our gluten free meal ingredients.
- We believe we can offer a menu of delicious and nutritious meals that will be sure to please.
- We rotate our main meal menu every 4 weeks and desserts every 2 weeks, so boredom is minimised!
- Each meal is freshly prepared and immediately frozen, to lock in the flavour, seal out any gluten, for ease of transport and convenience.
- Ordered meals can be collected from, or delivered by, your local Meals on Wheels Branch by prior arrangement. So simple!

***To enquire about our gluten free meals call us now on  
free call 1800 854 453 and we will be happy to talk!***