



MealsonWheels

President: Mr. Peter Scorgie

MEALS ON WHEELS

TAMWORTH

PO Box 371

328 Goonoo Goonoo Road, Tamworth.

NSW 2340

ABN 51 259 523 719

Phone: (02) 67658999

E-Mail: info@mow.org.au

NDIS Provider : 405 001 0560

Meals on Wheels deliver fresh chilled meals each weekday

- All meals can be customised for each client using personalised labels.
- Meals can be reheated in the microwave. The chilled meals are best used the same day as delivery. **Delivery is between 8:15am and 10:00am**
- For a delivery service eligible clients must be registered with My Aged Care – 1800 200 422 or NDIS. We can organise an online referral.
- The 2-week rotating menu changes every 6 months, Summer and Winter.

The current meal costs as of 24th October 2022 for both chilled and frozen:

\$8.00 for a main,	\$2.50 for a dessert,	\$4.50 for a mini meal
\$4.50 for a Pie	\$1.50 for soups	\$3.50 for a sandwich
\$2.00 for an "UP & GO" Protein drink (250ml)	\$0.50 for a Juice 110ml	

When a main or mini meal is ordered with second meal item from the menu we will supply a free juice on request when we have them available.

(Juices are not available over Christmas)

There are no deliveries on weekends or public holidays, however frozen meals, pies, soups and desserts can be delivered during the normal weekday runs to cover weekends and public holidays.

Accounts – Weekly or Monthly

Volunteers can collect cash or cheque payments from you when they deliver your meals. Payment can be made at the office by credit card or cash. We accept direct bank deposit and pension deductions through Centrepay.

Phone payments can be made using a VISA or Master Debit/Credit Card. Please call 6765 8999 between 8:00am and 3:30pm.

Sales to the Public

Frozen meals are available to purchase from our office/kitchen, 328 Goonoo Goonoo Rd South Tamworth. **Office Hours 8:00am to 3:30pm**

More than just a meal.

Backup of F2-Meals Flyer V 1.5 June 22