

MEALS ON WHEELS

- TIME:** Delivery will commence at 11.35am
- COST:** \$13.00 (including GST) - includes main and dessert
\$10.00 (including GST) - without dessert
- BILLING/PAYMENT:** Handed out with meal, emailed or posted every month by administration office. Please do not hand cash to volunteer delivery person. Prices may be arranged in accordance with the cost of living index at the discretion of Trinity Home and Hospital and delivered by volunteer services as before.
- TYPE:** 1 or 2 courses consisting of main meal, or main and dessert
- AVAILABILITY:** 5 days per week (**excluding weekends at present**) – you can also choose which days if you do not want 5 meals
- SAMPLE MENU:** We have a six week rotating menu which includes meat and three vegetables per day and a hot or cold dessert. If required, diabetic meals and / or vegetarian meals can be provided.
- CONTACT:** Administration office at Trinity Home and Hospital **278 4189** for any further information
- CANCELLATIONS:** If you wish to cancel your meal due to holiday or being hospitalised, having visitors who can do the cooking, or being away for the day, then please phone 278 4189 no later than 9.30am on the day the meal is going to be cancelled.
- SERVICE:** This service is offered to people who require Meals on Wheels and who are able to contribute more financially than those on only National Superannuation. Meals are cooked on site and supplied by Trinity Home and Hospital.
- CONTAINERS:** Meals are provided in disposable containers. If you cannot see to do so, or are unable to open containers or cannot lift lids, please ask the driver to do so for you and they will gladly oblige. The disposable containers may go into your oven or meal must be re-plated for re-heating in a microwave.

