

Meals on Wheels Inverell Winter Menu & Service Support Plan 2026 **COMMENCEMENT 28 APRIL 2026**

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 ☐	No ☐
Do you regularly split your meals over lunch & night-time?	Yes ☐	No ☐
Do you find it difficult to collect your meal, due to mobility issues?	Yes ☐	No ☐

Meal Pricings as at 28 April 2026

Commonwealth Home Support		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 ☐	No Change - Stayed the Same ☐	Deteriorated ☐
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Have you lost weight in the last 6 months without trying?

Yes ☐	How many kgs?	No ☐
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Have you been eating poorly due to a decrease in appetite or illness?

Yes ☐	No ☐
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Has Meals on Wheels been beneficial or had a positive impact in your life?

Yes ☐	No ☐
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Do you connect with other Providers/Services in town? If yes, please indicate below.

Yes ☐	No ☐	
Inverell Community Support/Transport ☐	Australian Unity ☐	Other:
McLean Care ☐	Uniting Care ☐	

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 (Please Circle): Hot Chilled Frozen	Optional Extras (Please Circle): Extra Gravy/Sauce
Texture Modifications (Please Circle): Cut Up Mince Moist Puree		Frozen Soup: YeNo How many soups each week?	Juice (Please Circle): None Both Apple Orange	No Gravy/Sauce Extra Vegetables

WEEK 1

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

Monday	Main	Starch	Dessert
Option 1	Curry Chicken GF ☐	Chat Potato ☐	Apple Pie & Custard ☐
Option 2	Lamb Rissoles w Mustard Gravy ☐	None ☐	Apple Pie Only ☐

Tuesday	Main	Starch	Dessert
Option 1	Vege Medley Bake GF ☐	Mash ☐	Vanilla Mousse & Tinned Fruit ☐
Option 2	Asian Pork Mince GF ☐	None ☐	Tinned Fruit Only ☐

Wednesday	Main	Starch	Dessert
Option 1	Apricot Chicken GF ☐	Potato Bake ☐	Diplomat Pudding ☐
Option 2	Beef Lasagne ☐	None ☐	None ☐

Thursday	Main	Starch	Dessert
Option 1	Roast Pork & Gravy GF ☐	Roast Potato ☐	Choc Chip Muffin Slice & Cream ☐
Option 2	Zucchini Slice ☐	None ☐	Choc Chip Muffin Slice Only ☐

Friday	Main	Starch	Dessert
Option 1	Crumbed Fish w Lemon Wedge ☐	Chips ☐	Apricot Crumble & Custard ☐
Option 2	Steak Diane GF ☐	None ☐	Apricot Crumble Only ☐

GF - GLUTEN FREE

WEEK 2

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

Monday	Main	Starch	Dessert
Option 1	Beef Stroganoff GF ☐	Chat Potato ☐	Cheesecake & Cream ☐
Option 2	Chicken Schnitzel & Gravy ☐	None ☐	Cheesecake Only ☐

Tuesday	Main	Starch	Dessert
Option 1	Pork Stirfry GF ☐	Rice ☐	Peach Sponge Cake & Yoghurt ☐
Option 2	Tuna Bake ☐	None ☐	Peach Sponge Cake Only ☐

Wednesday	Main	Starch	Dessert
Option 1	Beef Spag Bolognaise ☐	Mash ☐	Sticky Date Pudding & Custard ☐
Option 2	Sweet Potato Quiche GF ☐	None ☐	Sticky Date Pudding Only ☐

Thursday	Main	Starch	Dessert
Option 1	Roast Lamb & Gravy GF ☐	Roast Potato ☐	Baked Rice & Tinned Fruit ☐
Option 2	Sweet & Sour Chicken GF ☐	None ☐	Baked Rice Only ☐

Friday	Main	Starch	Dessert
Option 1	Barramundi w Lemon Wedge GF ☐	Mash ☐	Apple Crumble & Custard ☐
Option 2	Beef Meatballs w Swedish Sauce ☐	None ☐	Apple Crumble Only ☐

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WEEK 3

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

Monday	Main	Starch	Dessert
Option 1	Lamb Hot Pot GF ☐	Chat Potato ☐	Iced Vanilla Cake & Custard ☐
Option 2	Chicken Pie & Gravy ☐	None ☐	Iced Vanilla Cake Only ☐

Tuesday	Main	Starch	Dessert
Option 1	Shepherds Pie GF ☐	Steamed Potato ☐	Crème Caramel ☐
Option 2	Chicken Pinwheels & Gravy ☐	None ☐	None ☐

Wednesday	Main	Starch	Dessert
Option 1	Vegetable Curry GF ☐	Bake Sweet Potato & Feta ☐	Apple Crumble Cake & Cream ☐
Option 2	Lamb Meatloaf & Mustard Gravy ☐	None ☐	Apple Crumble Cake Only ☐

Thursday	Main	Starch	Dessert
Option 1	Roast Chicken & Gravy GF ☐	Roast Potato ☐	Bread & Butter Pudding ☐
Option 2	Pork Sausages & Gravy ☐	None ☐	None ☐

Friday	Main	Starch	Dessert
Option 1	Battered Fish w tartare Sauce ☐	Wedges ☐	Jellied Fruit & Custard ☐
Option 2	Vegetable Bake GF ☐	None ☐	Jellied Fruit Only ☐

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WEEK 4

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

Monday	Main	Starch	Dessert
Option 1	Beef Sausages & Onion Gravy GF ☐	Potato Gems ☐	Orange Cake & Custard ☐
Option 2	Vegie Pasta Bake ☐	None ☐	Orange Cake Only ☐

Tuesday	Main	Starch	Dessert
Option 1	Honey Mustard Chicken GF ☐	Rice ☐	Apple & Cinnamon Cake & Yoghurt ☐
Option 2	Garlic Prawns ☐	None ☐	Apple & Cinnamon Cake Only ☐

Wednesday	Main	Starch	Dessert
Option 1	Pickled Pork & White Sauce GF ☐	Steamed Potato ☐	Baked Custard & Tinned Fruit ☐
Option 2	Turkey & Gravy GF ☐	None ☐	Tinned Fruit Only ☐

Thursday	Main	Starch	Dessert
Option 1	Roast Beef & Gravy GF ☐	Roast Potato ☐	Blueberry Crumble Cake & Cream ☐
Option 2	Spinach, Feta & Sun-dried Tomato Quiche ☐	None ☐	Blueberry Crumble Cake Only ☐

Friday	Main	Starch	Dessert
Option 1	Fish & Creamy Lemon Sauce GF ☐	Rice ☐	Chocolate Pudding & Custard ☐
Option 2	Curry Lamb GF ☐	None ☐	Chocolate Pudding Only ☐

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