



Meals on Wheels
Blacktown

More
than just
a meal

Client Newsletter

February 2023



From the Manager

What can be said about February? After New Year's Day and all the promise that January can bring, it is hard to find a good February opener. Of course, we could talk about Valentine's Day, but probably a more interesting day is *International Mother Tongue Day*. This is a day to celebrate the diversity of languages; not the common languages used by organisations and the media, but the regional languages that we speak at home.

The day was borne out of protests that occurred in Pakistan when the then-government declared Urdu their sole official language, despite the many regional mother tongues. The protests turned violent on the 21 February 1952 and that day is now celebrated to commemorate the fallen protesters.

We all know that Western Sydney is an incredibly diverse place, full of diverse languages and cultures. So sure, Valentine's Day might be around



the corner, but take a moment on the 21 February to appreciate all the languages spoken around us.

Dates for your diary

22 Feb Mt Annan Botanic Gardens Social Day outing



Changes to Social Day prices

As you will have seen in a recent letter sent to clients, we have increased some prices which will change as of 1 February. The changes are:

Bus Outings	\$5
Social Day lunch	\$8
Bingo	\$2 (no change)

Changes to the menu

Due to decrease in demand for the following items, we have removed them from menu: yellow pork coconut curry, spiced pork and potato casserole, vegetarian pasta bake, beef and potato hot pot, pork stir-fry, chicken chorizo stew, teriyaki chicken, baked beans with sausages, bubble 'n' squeak, savoury muffin and juice, tropical fruit juice. The revised menu has been attached with this newsletter.



Covid-19 Update

The Department of Health and Aged Care have shared the latest advice for providers in the Aged Care sector. Here is an excerpt from the announcement:

“Aged care providers need to remain alert and prepared for a potential outbreak of COVID-19. We encourage providers to continue to stay alert and remember the key steps to keep yourself and others safe and maintain COVID-19 safe behaviours:

- do regular rapid antigen tests (RAT) to screen for infection
- wear a mask if indoors to help slow infection
- wash your hands frequently
- stay up to date with vaccinations
- stay home if unwell or COVID-19 positive.

All aged care workers and visitors should not attend work, and should stay at home, if they have respiratory symptoms to help prevent the spread, even if they receive a negative RAT result.

Workers who test positive for COVID-19 should not attend the workplace for at least 7 days, including those who provide close personal care to older people in their homes or the community.”

Introducing BMOW's Management Committee

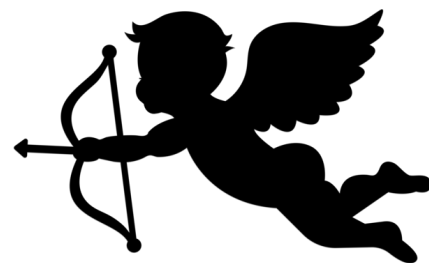
This month, we introduce the President of the Committee, Anna Redman. Here's what Anna had to say about taking on the top job:

“I joined Meals on Wheels as a volunteer driver just over 5 years ago, after retiring as a manager within the transport and logistics industry. At the time, I was also caring for my elderly father at home, which I believe brings a unique perspective around the care requirements of our aging population. I enjoy engaging with our clients, and as a long-standing member of the committee, I have also been grateful for the opportunity to use my relevant career experience in guiding our staffing team. I am honoured to serve as your committee President and am looking forward to continuing to support the organisation in meeting our obligations and serving our elderly community.”



February Word Puzzle — Find-A-Word

This month we have a Valentine's Day themed Find-A-Word. Hidden among the grid of jumbled letters, can you find all of the words in our



W V O D C H I T I H S X O W V J E D U Y
M D B S E Y M G N E S L A X U P V R C X
Y E X T E X T G R Z X N I R M G I X L T
O K P A N U F N N T O T Q O R F G T V V
C F W D L N N B P D N G Z W B O C V X X
R Q R Y A N Z D L T Z C A N D Y W U V M
V H T T S J G M E R T D N U P Z E D Q H
Q Y E U E H A N M M H Z O W H L K O P D
F A R W T G Q T P Z Z V B E Y Z S V X H
H I B Y A Q C H F I Z Y T D P Z A O N U
I V N O L O E I O Y N R N P F Z A W R W
Z J K X O L H V O K J I R J R D B D W Q
V Q I Q C F Z H B M E J D E R S E H K H
K V D J O A S Y H Z H O D W W K E C C U
I P U X H Y K G D V W T O E S Z W C J G
S I O P C T N W R Y R D E L S C V J W C
S M G O R Q A S A A O T J L B D W J F G
E Q W E X B Z Q C Q H D I E M C H J T K
S D T Q J P B T D E C Q Y R R A M W D A
O H T J X W Q W A S J S E Y T E V S S W
R U G Z P R R R T N T K H Y U G D C Z A
P H X J L Z T A M P G U O Z Z D B V D L
S G X Y G Q Q Y R A U R B E F K K Q O V
P N O K P C R B W J N R M U A O Y J U C
K Y K X J U H K X F V V X F Q K U Y H D
Q R V M X V T E J J W P N F L O W E R S
M R Z G Z D V R B M F R D B L B A X X B
T W G A L O Z V U K W Y C E P R P T Z S
Y Q P I L I U V D R P W U N T S H V S X
S L V G B L B I T W O H E G Z U P E L Y
F H C W D F K N Q H T R N E N N W A J S
G O D D A S E S U A W J R K S H C E S X
D Q X O P V Y V Q P J Q N U B U D O M P
E V R L V U T K J P R M D N N G V I R X
V M N N I P O U P Y K N Q P T B F V S S

ARROW
CANDY
CARD
CHOCOLATE
FEBRUARY
FLOWERS
GIVE
HAPPY
HEART
HUG
JEWELLERY
KISS
LOVE
MARRY
ROSES
SWEETHEART



Last month's answers

Strawberry
Spinach
Orange
Tangerine
Lettuce
Cherry
Pineapple
Mushroom
Apricot

If you have any enquiries or questions regarding meal delivery, ordering, menu choice, payments — please give us a call at the office



Gribble Place BLACKTOWN

Ph: 9622 6183

Office hours: 8am to 4pm Monday to Friday

Email: clients@blacktownmow.com.au

*Healthy meals delivered to your door by our friendly volunteers.
We cater to most dietary needs. Texture modified meals available.*

PREMIUM MAIN MEALS \$8

Beef curry
Chicken coq au vin
Salmon pasta bake
Lamb & mint rissoles
Roast turkey
Salmon fish cakes
Chicken scallopini
Curried prawns
Lamb chop & gravy
Veal parmigiana
Lamb & fruit curry

VEGETARIAN MAIN MEALS \$7

Spinach & ricotta cannelloni
Risotto w/ mushroom
Macaroni cheese
Vegetable & potato yellow curry
Vegetable cottage pie

BEEF MAIN MEALS \$7

Roast beef
Bangers & mash
Beef casserole
Swedish meatballs
Beef stroganoff
Meatloaf & gravy
Rissoles & gravy
Savoury mince
Spaghetti bolognese
Steak & mushroom pie
Corned silverside w/ parsley sauce
Veal schnitzel

PORK MAIN MEALS \$7

Roast pork
Pork meatballs w/ creamy sauce
Honey soy glazed pork
Pork sausage & lentil stew
Quiche Lorraine
Bacon & potato slice

SEAFOOD MAIN MEALS \$7

Baked fish w/ lemon cream sauce
Crumbed fish
Tuna patties
Fish & chips
Sweet soy ginger fish
Fish cake parsley sauce

CHICKEN MAIN MEALS \$7

Roast chicken
Apricot chicken w/ rice
Chicken casserole
Chicken chow mein
Chicken & mush potato top pie
Chicken schnitzel w/ gravy
Lemon chicken
Mango chicken
Tandoori chicken

LAMB MAIN MEALS \$7

Roast lamb
Irish lamb stew
Lamb curry
Shepherd's pie

MINI MEALS \$5.50

Roast beef
Roast lamb
Roast pork
Beef & bacon casserole
Sweet & sour pork
Chicken & asparagus mornay
Chicken scallopini & bacon
Crumbed fish
Curried chicken w/ rice
Spaghetti bolognese
Macaroni cheese
Sausages & gravy
Corned silverside
Fish cake w/ chunky tomato
Steak & mushroom pie
Tuna pasta bake
Beef rissole

SOUPS \$3.20

Cream of tomato
Beef & barley
Chicken & vegetable
Pea & ham
Potato & leek
Pumpkin
Cream of mushroom

DRINKS

Apple juice 350ml	\$2.00
Orange juice 350ml	\$2.00
Iced chocolate 500ml	\$2.50
Iced coffee 500ml	\$2.50
Iced strawberry 500ml	\$2.50

SNACKS \$3

Muffins
Café style banana bread

PREMIUM DESSERTS \$3.80

Vanilla slice
Apple pie & cream
Tropical pavlova
Strawberry swirl cheesecake
Chocolate lava pudding

DESSERTS \$3.20

Peaches w/ custard
Sticky date pudding
Chocolate gateaux
Wine trifle & cream
Golden syrup pudding w/ custard
Chocolate mousse
Bread & butter pudding
Tiramisu
Blackforest cheesecake
Butterscotch pudding
Lemon pudding w/ custard
Jelly w/ peaches & custard