



Meals on Wheels
Blacktown

More
than just
a meal



Client Newsletter

October 2022

Announcements

Let's Get Social!

Monthly bus trips are back

Our monthly bus trips are back on—our next outing is booked for **Wednesday 23rd November**. We are going to Café at Lewers at the Penrith Regional Gallery.



Social day restaurants

Social Day restaurants are every Monday and Tuesday. Enjoy morning tea, a two-course lunch and a game of Bingo.

Transport is available:

- Mondays pick up Blacktown
- Tuesday pick up My Druitt.

If you haven't attended one of our Social Days before and are interested in coming along, give us a call on 9622 6183



Single-use plastic bans

From the 1st November, the NSW government is banning single-use plastic items, such as plastic straws, stirrers, cutlery, plates, bowls and cotton buds. This step is just the first in a number of moves by the NSW government to reduce plastic litter.

Rest assured that the plastic bags that we use at Blacktown MOW are approved by the Environmental Protection Agency.

For more information, go to nsw.gov.au/media-releases/new-campaign-launches-ahead-of-plastic-ban

We won an award

Blacktown MOW received an *Innovation Award 2022* for the work assisting the community through the Covid-19 hard lockdown period late last year.



New Menu

We have completed our yearly menu review and have our new menu is out! The first meals from the new menu will be delivered ***Tuesday 1st November***.

We have added some new items—like three new breakfasts—and brought back the popular curry prawns. Have a look at the new menu on the next page, let us know your likes and dislikes or you can change your order every week by calling the office.

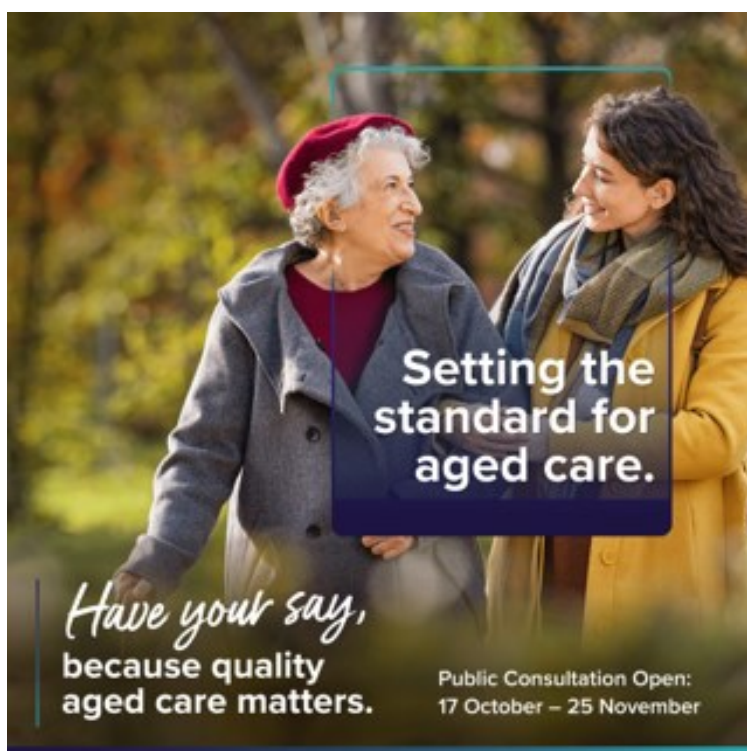
Reminder: please be at home between 10 am and 12 pm for deliveries. If you are not going to be home at this time, please phone the office and let us know. Also remember to place your orders at least 2 business days prior to your delivery day, thank you.



Have your say on the new Aged Care Quality Standards

In response to the *Royal Commission into Aged Care Quality and Safety*, the government is reviewing their Aged Care Quality Standards. These standards “provide a shared understanding of what is expected in aged care”.

The government is looking for feedback on their revised standards from all members of the Aged Care community. You can have your say by completing an online survey about the standards.



*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
Yellow pork coconut curry
Spiced pork & potato casserole
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
Vegetarian pasta bake
Macaroni cheese
Vegetable & potato yellow curry
Vegetable cottage pie

BEEF MAIN MEALS \$7

Roast beef
Bangers & mash
Beef casserole
Beef & potato hotpot
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
Pork stir-fry
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 chorizo stew
Chicken chow mein
Chicken & mush potato top pie
Chicken schnitzel w/ gravy
Lemon chicken
Mango chicken
Tandoori chicken
Teriyaki 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

BREAKFAST

Baked beans w/ sausage	\$5.50
Bubble n squeak	\$5.50
Savoury muffin + juice	\$5.00

DRINKS

Apple juice 350ml	\$2.00
Orange juice 350ml	\$2.00
Tropical 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

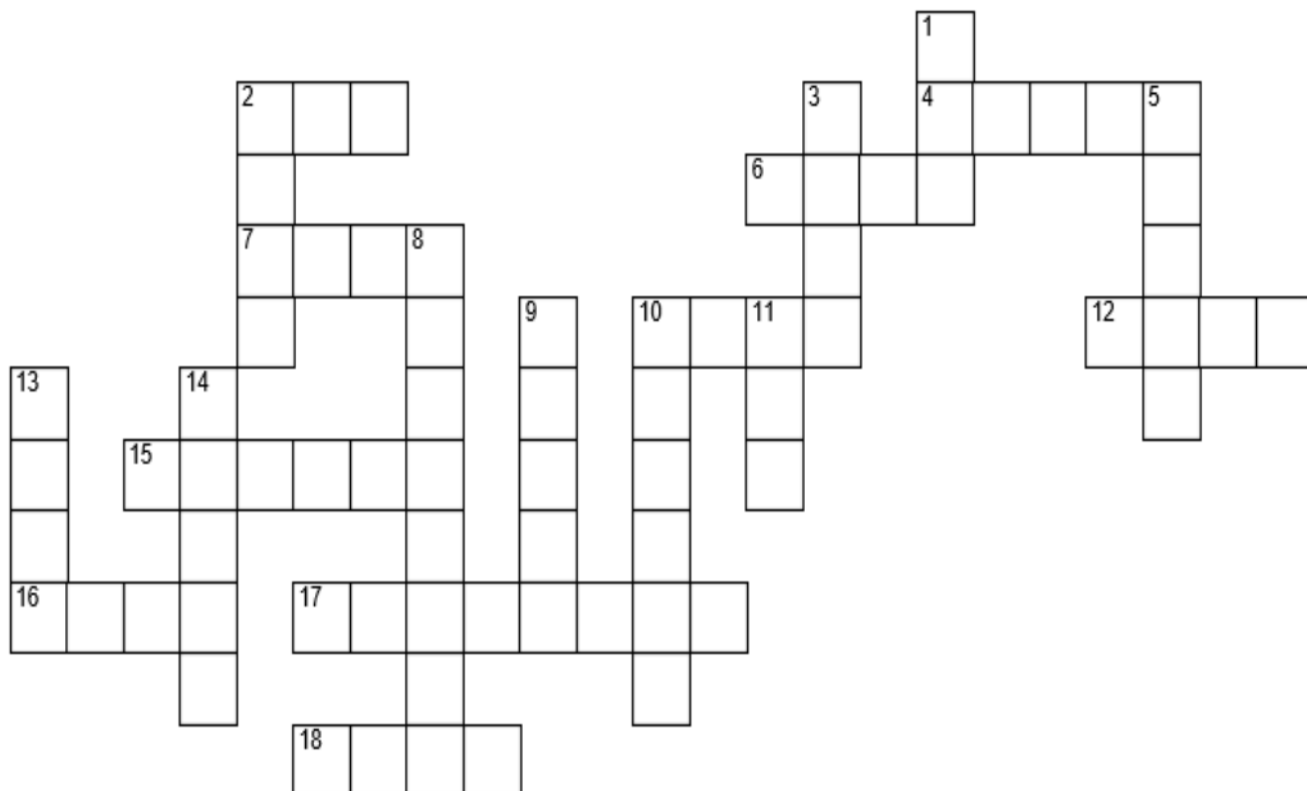
DESSERTS \$3.20

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

Phone: 02 9622 6183

Email: info@blacktownmow.com.au

Crossword Puzzle



Clues

Down

1. Look out for number ____
2. Pull a ____ one
3. The cheque's in the ____
5. A penny ____, is a penny earned
8. Burning the ____ oil
9. Put your ____ into it
10. Kick the ____
11. He's pulling your ____
13. Money to ____
14. Better late than ____

Across

2. If it ain't broke, don't ____ it
4. Dress to the ____
6. Don't tempt ____
7. Sink or ____
10. Keep your eye on the ____
12. Two ____ in a Pod
15. He's in seventh ____
16. He went the whole ____ yards
17. Birds of a feather, flock ____
18. Don't let the bed bugs ____

Answers in the next newsletter

If you have any enquiries or questions regarding meal delivery, ordering, menu choice, payments—please give us a call at the office 9622 6183



Gribble Place BLACKTOWN

Ph: 9622 6183

Office hours: 8am to 4pm Monday to Friday

Email: clients@blacktownmow.com.au

Do you have any feedback, compliments, or complaints? Contact the office to speak to staff or the Manager.

Feedback is always welcome!