



Meals on Wheels

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.
- **Tamworth delivery is between 8:15am and 10:00am. Kootingal/Moonbi 10.00am and 11.00am**
- The 2-week rotating menu changes every 6 months, Summer and Winter.
- For a delivery service eligible clients must be registered with My Aged Care – 1800 200 422 or NDIS.

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

\$8.00 for a main	\$4.50 for a mini meal	\$2.50 for a dessert
\$4.50 for a Pie/Sausage Roll	\$2.00 for soups	\$3.50 for a sandwich
\$2.00 for an "UP & GO" Protein drink (250ml)	\$2.00 fresh fruit	

Orange/Apple juice cups are complimentary when your order 2 meals on one day. (\$.50 value) Also available for purchase.

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

Accounts – Weekly or Monthly , Payment Options Include :

Cash/Cheque – To the volunteer delivery driver.

In person (MOW Office) – cash/credit card.

Over the phone 6765 8999 – Eftpos VISA/MASTERCARD.

Bank deposit.

Direct Debt – Monthly from either your bank account or credit card.

Centrepay – Fortnightly payments from your pension.

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.

Meal Cost Flyer 24/10/2023