



Meals on Wheels

President: Mr. Michael Hall

Secretary: Mrs. Patricia Balcombe

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

Meals on Wheels deliver fresh chilled meals or frozen each weekday.

Delivery Times: Tamworth between 8:15am and 10:00am.

Kootingal/Moonbi 10.00am and 11.00am

- All fresh 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.
- The 2-week rotating menu changes every 6 months, Summer and Winter.
- Orange/Apple juice cups (110ml) are complimentary when your order 2 meal items. They are delivered in bulk once per week.
- For a delivery service eligible clients must be registered with My Aged Care – 1800 200 422 or the NDIS.
- There are no deliveries on weekends or public holidays. Frozen meals are delivered during the weekday runs to cover weekends and public holidays.

Client Contribution effective 20th April 2026

Meal	CHSP	NDIS / SAH Client + (Pkge)	Direct Sales (unsubsidised)
Main	\$8.00	\$6.00 + (\$12)	\$10.00
Mini	\$5.00	\$3.00 + (\$ 7)	\$ 6.00
Dessert	\$2.50	\$2.00 + (\$ 3)	\$ 3.50
Sandwich	\$3.50	\$2.00 + (\$ 3)	\$ 4.00
Soup	\$2.00	\$2.00 + (\$ 3)	\$ 3.00
Pie/Sausage Roll	\$4.50	\$2.00 + (\$ 5)	\$ 5.00
Up & Go	\$2.00	\$2.00 + (\$ 1)	\$ 3.00

Accounts – Weekly or Monthly, can be printed or e-mailed.

Payment Options Include:

- Cash/Cheque – To the volunteer delivery driver.
- In person (MOW Office) – cash / cheque / credit card / debit card.
- Over the phone 6765 8999 – Eftpos VISA/MASTERCARD.
- Bank deposit. Our account details are on our invoices.
- Direct Debit – 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 **between 8:00am and 3:00pm at 328 Goonoo Goonoo Rd South Tamworth, weekdays.**

More than just a meal.