



New Menu Items Now Available!

Value Meals: \$5

Kransky Sausage	110-21
Roast Beef	110-09
Roast Lamb	110-22
Chicken and Chips	110-23
Beef Rissoles	110-24

Small Meals: \$5.45

Chicken & Mushroom Pie	111-17
Chicken Pesto Pasta (S)	112-02
Crumbed Fish (S) (LF)	111-58

Main Meals: \$6.95

Lamb Rissole with Mash, Vegetables and Gravy	102-02
Lamb Casserole with Sweet Potato Mash and Vegetables	102-17
Lamb Schnitzel with Roast Potatoes, Vegetables and Gravy	102-01

Premium Meals: \$7.65

Crumbed Lamb Patties with Gravy	102-30
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Desserts: \$3

Chocolate Gateaux Cake	114-04
Wine Trifle with Cream (S) (LS)	114-05
Baked Rice Pudding (S) (LS) (GF)	115-12

Premium Desserts: \$3.50

Tiramisu (S) (LS)	114-07
Vanilla Slice	114-01
Baked Cheesecake	114-16

(S) Soft

(LS) Low Salt

(GF) Gluten Free

(LF) Lactose Free

Enjoying these meals and want them to stay in the menu? Let us know what you think!
Call 4357 8444, email admin@ccmow.com.au, or let your Client Service Officer know.



March Update

Contactless Meal Delivery

We are now offering contactless meal delivery. We are taking action to keep our clients and volunteers safe in the light of COVID-19. Deliveries will still occur in the mornings and you will need to be at home. We will indicate that the meals are on your doorstep by knocking on your door. This will need to be enforced for clients who are under quarantine, however this option is open to everyone. Please let your CSO know if you require contactless delivery by calling 4357 8444 or by indicating this in the 'Preferred Delivery Date' section if ordering online.

Changes to Delivery Charges for Private Clients

As of 1st April 2020 there will be a change to meal delivery charges. This will affect our Private clients only. In the past the delivery charge has been a flat rate of \$10. The new delivery charge will now be calculated at \$2 per meal.

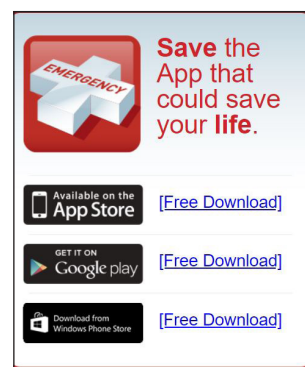
Useful Emergency Apps for your Phone

The **Emergency+** app is a free app developed by Australia's emergency services and their Government and industry partners.

The app uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide critical location details required to mobilise emergency services.

The Red Cross has put together the **Get Prepared** App that helps you connect with your key support people, accomplish simple tasks to make you and your loved ones safer, and protect the things that matter most to you.

If you don't have a phone that can download an app, we also have a paper based Get Prepared document that can assist you in times of emergencies. Just ask your Client Service Officer for a copy.



Woolworths rolls out generous donation to Meals on Wheels Central Coast

We have received a generous donation from Woolworths in the form of a shipment of toilet paper. We will be distributing the packs of 4 to clients over the next couple of weeks and we hope this assists in some way. There is a limit of **one pack per client**.

We will start rolling this out from the week of 16 March and the pack of toilet paper will be sent with your regular meal delivery.

COVID-19 Update

In light of the emergence of coronavirus (COVID-19) in Australia, we want to reassure Meals on Wheels Central Coast clients and families that we are preparing for any potential risks ahead.

The Department of Health is providing regular updates and we are acting on these. At this stage, the key messages from the Department are to minimise infection-related risk (as we do every day); and to prepare for the potential risk ahead.

Like all healthcare providers, MOWCC are required to have comprehensive policies and processes in place to minimise the risk of infection to clients, volunteers and staff. Resources are in place to ensure the safe sustainability of our meal services, in the event of a wider outbreak in our community.

Finally, we note the situation is changing and accordingly, we may need to make changes in future to minimise risk to clients, volunteers and staff. In the meantime, if you have any questions, please contact us on 02 4357 8444.