

More  
than just  
a meal

# MENU

2023-2024



Meals on Wheels  
Central Coast





---

## About Meals on Wheels Central Coast

There is so much more to a meal than just what's on a plate.

This is something we deeply understand at Meals on Wheels Central Coast. We provide nutritious meals at a great price and leverage the power of a meal to gather people together.

With over 150 meal options and a range of social support programs and services we are dedicated to helping you live a flourishing life.

We cater to anyone over 65, regardless of their ability to cook. We're the perfect alternative to take away, a nutritious meal kept in the freezer for when you need it and there is no minimum order frequency required to access our service. We also provide meals for people and their carers under 65 who have meals included in their NDIS Plan.

As a community non-profit organisation, Meals on Wheels Central Coast is managed by a team of paid staff and overseen by a volunteer led governance committee. We have over 160 Volunteers who help us deliver thousands of meals each week, making us one of the largest Meals on Wheels services in New South Wales!

---

## Our programs and services

- **Meal Delivery** – supports our clients to live independently by providing an extensive menu of delicious, nutritious and affordable meals delivered free to their home by our dedicated volunteers
- **Community Restaurant** – provides a fantastic weekly social outing for our clients, offering morning tea, hot lunch, dessert and beverages, along with fun-filled social activities
- **Social Support** – promotes social interaction in a 1:1 or group setting, enhancing mental, emotional and physical well-being
- **Assisted Shopping Program** – gives our clients a chance to shop at their local stores on weekdays with the help of one of our wonderful volunteers
- **Furry Friends** – provides pre-packaged pet food with high-quality ingredients that is balanced, nutritious and convenient

# Meals on Wheels Central Coast Outlets

## MEAL ORDER TIMES

8am to 1pm, Mon to Fri

Tuggerah: 02 4357 8402    Budgewoi: 02 4357 8417    Green Point: 02 4363 7111    Woy Woy: 02 4341 6699

ORDER DAY	NEXT AVAILABLE DELIVERY DAY
Monday	Thursday
Tuesday	Friday
Wednesday	Monday
Thursday	Tuesday
Friday	Wednesday

We do not deliver on weekends, public holidays or between Christmas and New Year. We ensure our clients have enough meals to cover them for the days we don't deliver.

## Menu Key

**LF** Low Fat    **GF** Gluten Free    **DF** Dairy Free    **V** Vegetarian  
**LS** Low Salt    **LGI** Low GI    **S** Soft    **La** Lactose Free



HEAD OFFICE (8AM TO 4PM)

**02 4357 8444**

**www.ccmow.com.au**

## Table of contents

### PAGE

3	About Meals on Wheels Central Coast	
4	Meals on Wheels Soups	\$3.50
5	Meals on Wheels Mini Meals	\$5.75
6	Meals on Wheels Main Meals	\$7.50
9	Meals on Wheels Desserts	\$3.50
10	Meals on Wheels Puree	\$7.50
11	Gourmet Meals Small Meals	\$5.95
13	Flagstaff Small Meals	\$5.95
14	Flagstaff Main Meals	\$7.95
16	Flagstaff Desserts	\$4.00
17	Fairfield Main Meals	\$7.95
19	Patties Value Meals	FROM \$3.50
20	Nouvo Chef Modified Meals	\$7.50
20	Vili's Pies & Sausage Rolls	FROM \$3.50
21	EWB Snacks	FROM \$1.25
21	Furry Friends Pet Food	FROM \$1.05
22	General Information	
22	Understanding our Menu	
23	Paying for Your Meals	



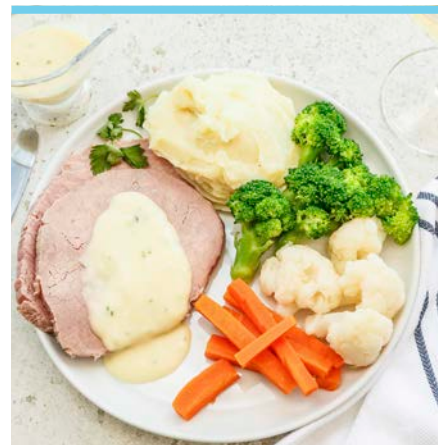






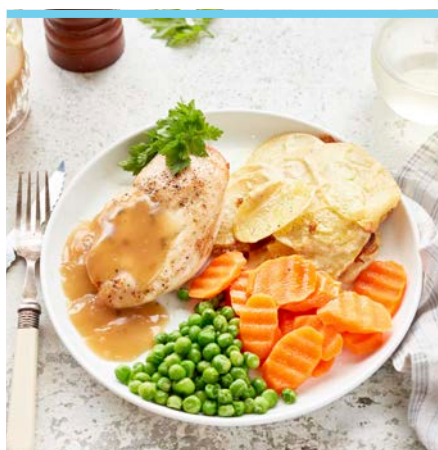
**370-01** GF  
**Garlic Prawns**

In a creamy garlic sauce with rice, broccoli, carrots and cauliflower



**370-02** GF  
**Corned Beef**

With a creamy mustard sauce, mashed potatoes, carrots, cauliflower & broccoli



**370-05** LF GF DF  
**Roast Chicken Breast**

With creamed potatoes served with carrots & peas



**370-03** LF GF  
**Pork Roast Apple Sauce**

Served with potatoes, pumpkin & broccoli



**370-04** GF  
**Cottage Pie**

With carrots, peas, zucchini, topped with mash & a sprinkle of cheese



**370-06** DF GF  
**Steak & Bacon Casserole**

With mashed potatoes, carrot, cauliflower, broccoli & green beans



# Main meals



**\$7.50**



301-01

## Roast Beef

With mashed potatoes, roasted pumpkin & peas

DF

GF



301-05

## Cottage Pie

With mashed potatoes, topped with cheese

GF



301-06

## BBQ Sausage

With pan fried potatoes, broccoli & baked beans

DF

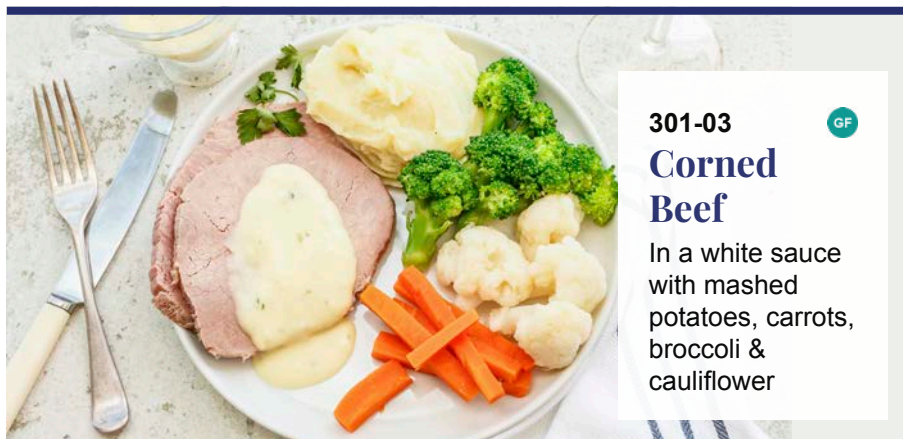
GF



301-02

## Spaghetti Bolognese

With zucchini, carrots, eggplant & leek



301-03

## Corned Beef

In a white sauce with mashed potatoes, carrots, broccoli & cauliflower

GF



301-07

## Beef Rissoles

With potato/sweet potato bake, green beans, carrots & corn

GF



301-08

## Beef Pot Roast

With mashed potatoes, carrots & peas

DF

LF

GF



301-04

## Curried Sausages

With mashed potatoes, carrots, peas and corn

GF



# Main meals



**\$7.50**



**301-09**

## Beef Stroganoff

With mashed potatoes, cauliflower, broccoli & carrots

GF



**301-10**

## Beef Casserole

With mashed potatoes, baked pumpkin & peas

DF

GF



**301-11**

## Creamy Rissoles

With mashed potatoes, beans, broccoli & carrots

GF



**302-01**

## Lamb Roast

With mint gravy, roast potatoes, baked pumpkin, broccoli & cauliflower

DF

GF



**302-02**

## Lamb Casserole

With mashed potatoes, broccoli & cauliflower

DF

GF



**303-01**

## Pork Sausage

With onion gravy, mashed potatoes, carrots & peas

DF

GF

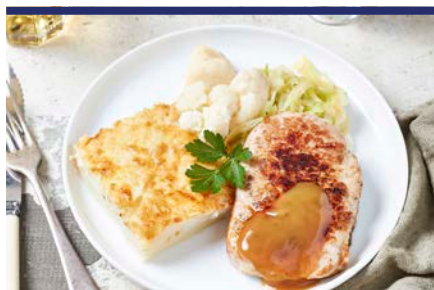


**303-02**

## Pork Roast

In an apple gravy with pumpkin mash, cauliflower & broccoli

GF



**303-03**

## Pork Steak Diane

With cream potatoes, cauliflower & cabbage

LF

GF



**304-01**

## Chicken Mushroom

With roast potatoes & green beans

GF



**304-02**

## Sweet & Sour Chicken

With steamed rice & mixed vegetables

DF

GF

LF



**304-03**

## Chicken Curry

With basmati rice, green beans, broccoli & capsicum

GF



**304-04**

## Roast Chicken Breast

With cream potatoes, carrots & peas

GF



# Main meals



**\$7.50**



**304-05**

## Chicken Casserole

With roast potatoes, broccoli & pumpkin

DF GF



**304-06**

## Honey Soy Chicken

With stir fried rice & vegetables

DF GF



**304-07**

## Chicken Breast Mango

With roast potatoes, pumpkin, carrots & green beans

GF



**305-01**

## Curry Prawns

In a mild curry sauce, with a medley of Asian greens & rice

LF GF



**305-02**

## Barramundi Lemon Butter

With basmati rice, broccoli, cauliflower & carrots

GF



**305-03**

## Whiting & Wedges

With carrots, corn, peas & tartare sauce



**380-01**

## Brown Rice Vegetable Patties

With a potato & sweet potato stack & green beans

DF LF GF V



**380-02**

## Mushroom Casserole

With mashed potatoes & spinach

GF V



**380-03**

## Spaghetti Veganaise

With a vegan version of a bolognaise sauce

DF V



**380-04**

## Coconut Dahl

With red lentil, basmati rice, spinach and mango chutney

DF GF V



**380-05**

## Vegetarian Parmesan

With roast potatoes, carrots, cauliflower & broccoli

V



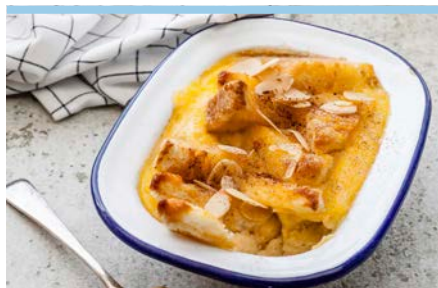
**380-06**

## Creamy Meatballs

Vegan balls in a mustard sauce, with mash, beans & broccoli

V DF



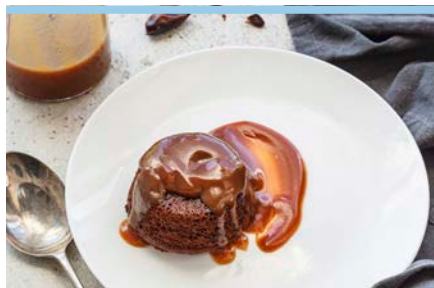


360-01

LS

## Bread & Butter Pudding

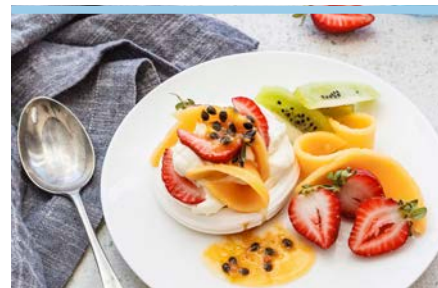
Baked with custard & topped with toasted almonds



360-02

## Sticky Date Pudding

With finely chopped dates, topped with sticky caramel sauce



360-03

LS

GF

## Fruit Pavlova

With mango, kiwi, strawberries & topped with a passionfruit coulis



360-04

LS

## Double Chocolate Pudding

A rich luscious chocolate pudding



360-05

LS

GF

## Lemon Cheesecake

A delicious tangy cheesecake



360-06

GF

## Tiramisu

Chocolate sponge soaked in espresso syrup layered with orange cheesecake



360-07

LS

GF

## Berry Crumble with Custard

Mixed berries & golden baked crumble



360-08

## Vanilla Tea Cake & Custard

Traditional tea cake with a creamy custard



360-09

LF

LS

GF

## Rice Pudding

A good old fashioned rice pudding infused with vanilla & cinnamon



360-10

LS

## Puree Chocolate Mousse

With dollops of cream. Suitable for puree clients



360-11

LS

GF

## Apple Crumble

Juicy stewed apples with golden baked butter crumble



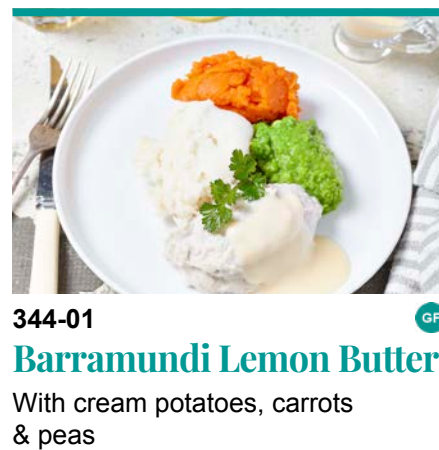
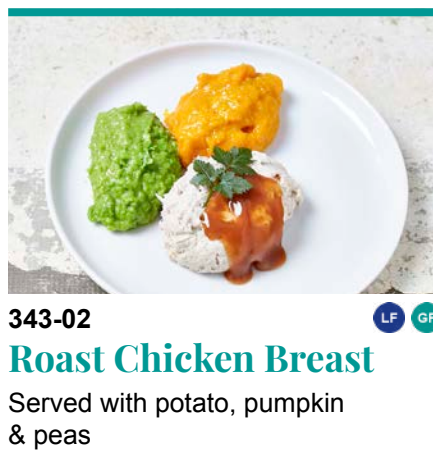
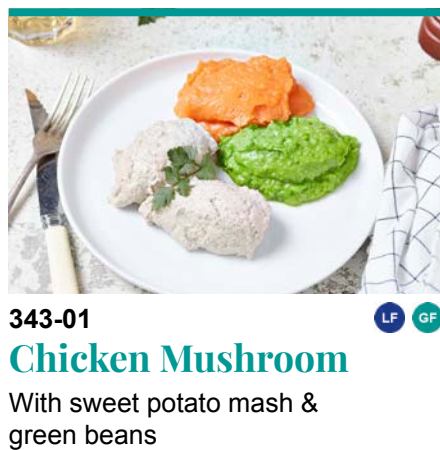
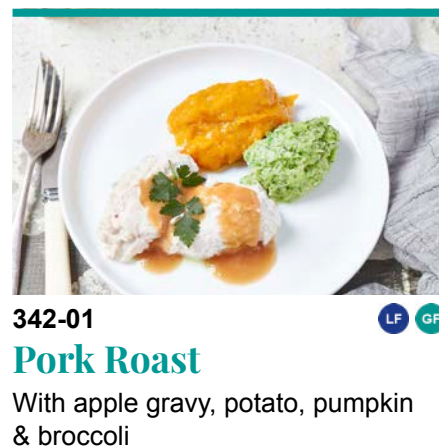
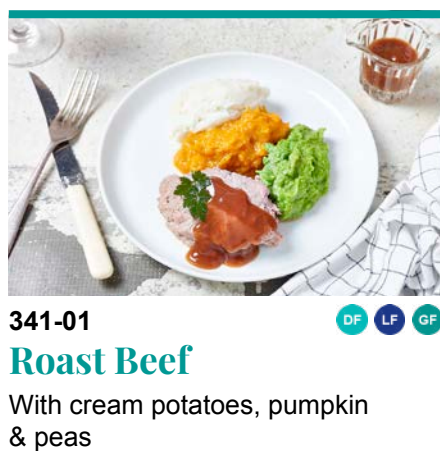
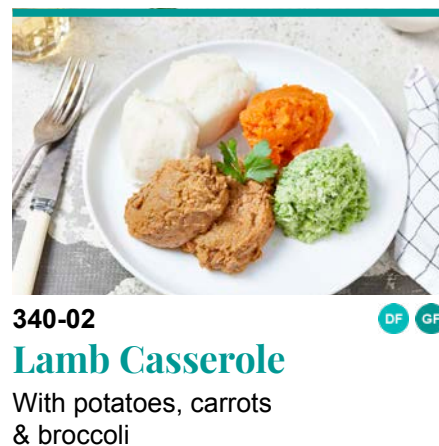
360-12

GF

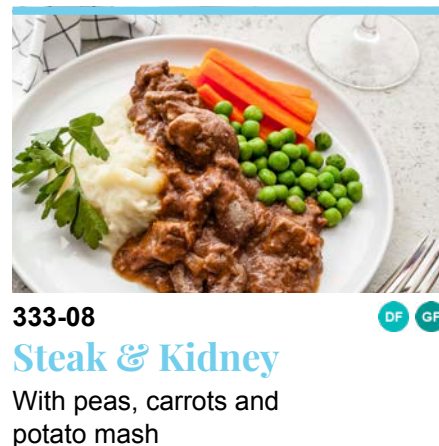
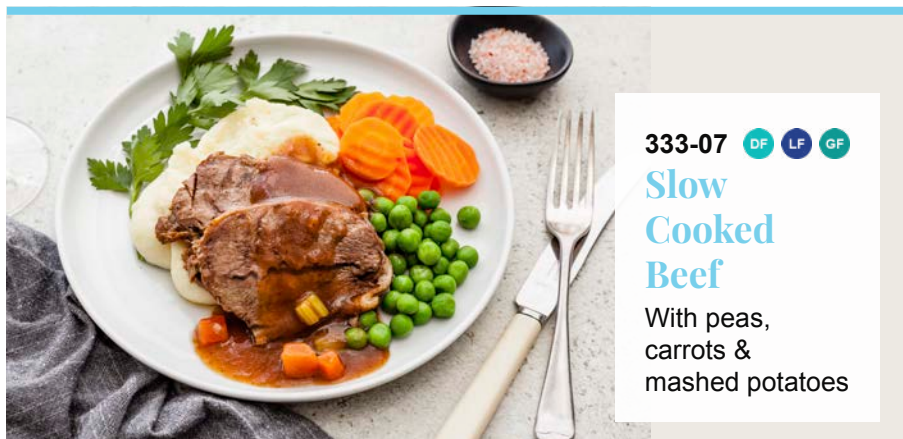
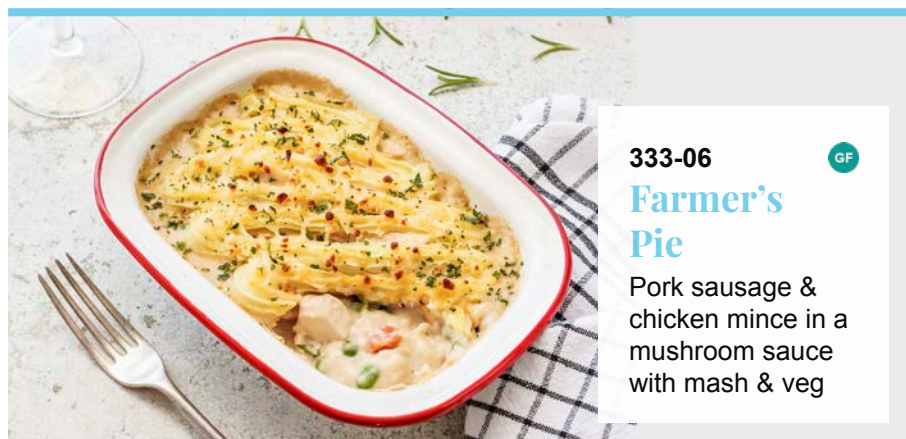
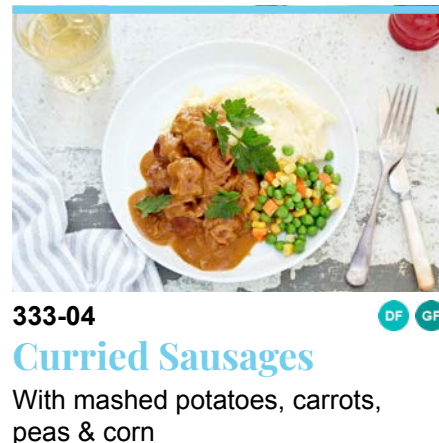
## Puree Lemon Cheesecake Mousse

With a smooth and silky texture. Suitable for puree clients











# Small meals



**\$5.95**

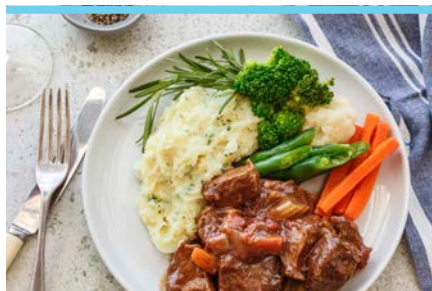


**333-10**

GF

## Corned Beef

In a white sauce with mashed potatoes, cauliflower & broccoli



**334-01**

DF

GF

## Lamb Casserole

With mashed potatoes & garden vegetables



**334-02**

DF

LF

GF

## Lamb Roast

With mint gravy, mixed vegetable & mashed potatoes



**335-01**

LF

GF

## Pork Roast

In an apple gravy with pumpkin mash, potatoes & mixed vegetables



**336-01**

GF

## Butter Chicken

With creamed spinach and basmati rice



**336-02**

DF

LF

GF

## Sweet & Sour Chicken

With steamed rice & mixed vegetables



**336-03**

LF

GF

## Roast Chicken Breast

Served with gravy, creamed potatoes, carrots & peas



**336-04**

DF

GF

## Honey Soy Chicken

On a bed of tasty stir fried rice



**337-01**

GF

## Barramundi Fillet

With lemon butter sauce, garden vegetables & potatoes



**337-02**

GF

## Curry Prawns

In a mild curry sauce, with a medley of Asian greens & rice



**338-01**

V

GF

## Vegetable Bake

Mixed garden vegetables baked with egg, milk and cheese



**338-02**

GF

## Mince Potato Bake

With kale, zucchini, cauliflower, capsicum, carrots & peas



# Small meals



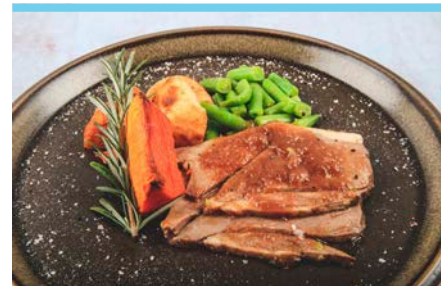
**\$5.95**



**111-02** LS GF La

## Roast Beef

Roast beef with potato, mixed vegetables & gravy



**111-03** LS GF La

## Roast Lamb

Roast lamb with roast potato & mixed vegetables



**111-04** LS GF La

## Roast Pork

Roast pork, gravy, roast potato & vegetables



**111-05** LS

## Chicken & Asparagus Mornay

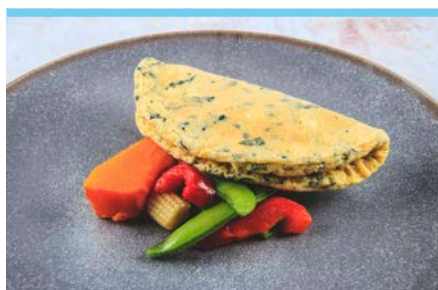
Chicken and asparagus mornay with mixed vegetables



**111-06** GF

## Chicken Wing

Marinated chicken wing served with fried rice



**111-08** S GF V

## Spinach & Fetta Omelette

Spinach & fetta omelette, served with vegetables



**111-10** LF GF

## Corned Silverside & Parsley Sauce

Silverside, parsley sauce, & mixed vegetables



**111-27** La

## Sweet & Sour Pork

Chinese sweet & sour pork with rice



**111-56** GF

## Sausages with Gravy

Homestyle Aussie sausage with mash, seasonal vegetables & onion gravy



**111-58** La S

## Crumbed Fish Fillet

Crumbed fish fillet, fries & vegetables



# Main meals



**\$7.95**

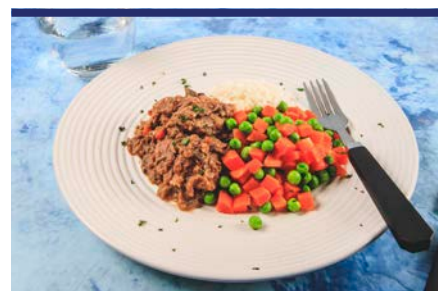


**100-01**



## Beef & Bacon Casserole

Beef & bacon casserole with mixed vegetables



**100-43**



## Beef Stroganoff

Beef with a creamy mushroom sauce, served with vegetables



**100-42**



## Corned Silverside & Parsley Sauce

Silverside with parsley sauce, served with vegetables



**100-03**

## Rissole & Onion Gravy

Beef rissole with mixed vegetables & gravy



**100-53**



## Cottage Pie

Minced beef topped with mashed potato, served with vegetables

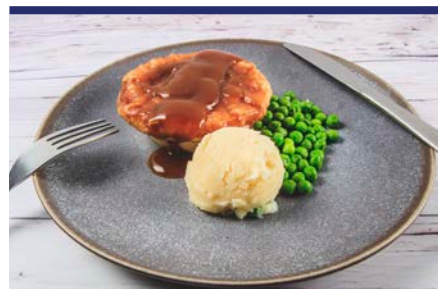


**100-41**



## Veal Parmigiana

Veal with napoletana sauce, mashed potato & vegetables



**100-52**

## Beef Pie

Beef pie and gravy with mashed potatoes & vegetables

All meals in our menu are sourced from Australian suppliers. Images may differ from the actual products. Vegetables that accompany meals may change seasonally.



# Main meals



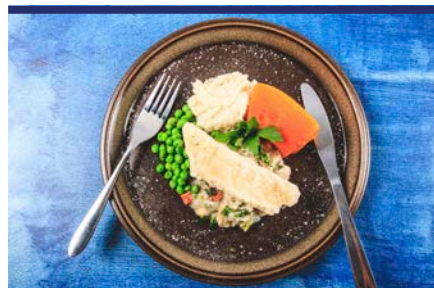
**\$7.95**



**101-01** LF LS

## Chicken & Asparagus Mornay

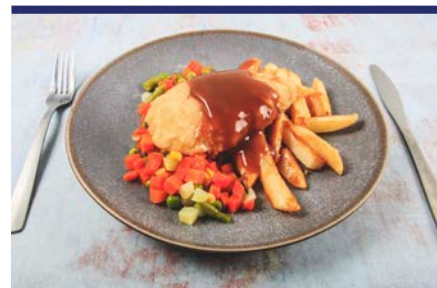
Chicken and asparagus mornay with mixed vegetables



**101-02** S LF LS

## Chicken & Vegetable Pie

Chicken pie, served with mixed vegetables



**101-05** La

## Chicken Schnitzel

Chicken Schnitzel served with fries & seasonal vegetables



**101-40** GF

## Honey Soy Chicken

Honey soy chicken with fried rice & vegetables



**102-15** LF La S

## Mongolian Lamb with Rice

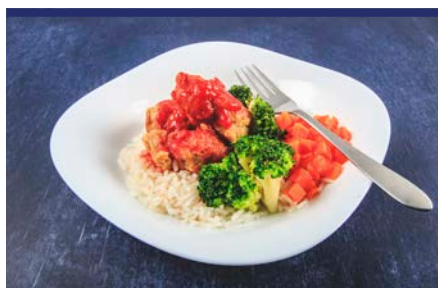
Marinated lamb served with rice & mixed vegetables



**102-16** LS GF La

## Lamb Chop with Gravy

Lamb chop served with gravy & mixed vegetables



**103-29** LF La

## Sweet & Sour Pork with Rice

Chinese sweet and sour pork served with jasmine rice & vegetables



**105-33** V LS LF GF S

## Vegetarian Cottage Pie

Mixed vegetables topped with mashed potato, served with vegetables



**105-34** V LF S

## Vegetable Pasta Bake

Vegetable pasta baked in a rich tomato sauce, served with vegetables



**105-42** V S

## Macaroni Cheese

Elbow pasta with a cheese sauce, served with carrots & peas



**107-01** GF S

## Ham & Cheese Omelette

Ham and cheese omelette, served with rice & vegetables



**110-45**

## Steak & Kidney Pie

Steak and kidney pie, served with mashed potato & vegetables





114-01

## Vanilla Slice

LS

Creamy vanilla slice with delicate pastry



114-05

## Trifle with Custard

LS

Delicious, layered cake with custard



114-28

## Carrot Cake

V

Carrot cake with cream cheese frosting, pecans & walnuts



114-16

## Baked Cheesecake

Creamy baked cheesecake



114-30

## Banana Cake

Traditional banana cake with creamy icing



114-31

## Stewed Apple & Custard

S LF LS GF

Apple stewed with a cinnamon custard



114-32

## Peaches & Custard

LF LS GF

Juicy peaches with creamy custard



114-34

## Creamed Rice & Apricots

GF LS

Creamed rice topped with juicy apricots



114-35

## Apple Pie & Cream

Juicy apple baked in a sweet pastry crust, served with cream



115-18

## Apricot Pie & Cream

LS

Apricots baked in a sweet crumbly pastry, served with cream



# Main meals



**\$7.95**



100-50

GF

## Beef Goulash & Mash

Beef cooked in a tomato & onion sauce, with vegetables



101-43

GF

## Lemon Chicken

Lemon chicken with mashed potato & vegetables



101-44

DF

## Chicken Chow Mein

Crunchy noodles with chicken & Chinese vegetables



100-54

GF

## Savoury Mince

Minced beef cooked with an assortment of vegetables



102-18

GF

DF

## Lamb & Cauliflower Casserole

Slow cooked lamb & cauliflower casserole with rice & vegetables



100-56

## Meatloaf & Gravy

Meatloaf with gravy, served with vegetables



102-19

GF

## Irish Lamb Stew

Lamb stew served with potato & vegetables



# Main meals



**\$7.95**



## 102-20 Lamb Curry

A spicy lamb curry with rice and vegetables



102-24

## Roast Lamb & Gravy

Roast lamb with gravy, roast potato & vegetables

GF



102-25

## Quiche Lorraine

Quiche with cheese and ham, served with vegetables



102-26

## Spinach Pie

Spinach & cheese encased in a flaky filo pastry with vegetables

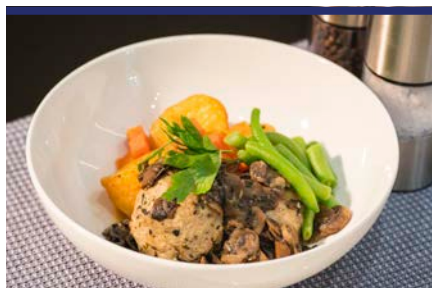


102-27

## Bacon & Potato Slice

Layers of potato, veggies & bacon, served with vegetables

GF



103-25

## Pork Meatballs & Mushroom Sauce

Pork meatballs with mushroom sauce & vegetables

GF



103-27

## Roast Pork & Gravy

Roast pork, gravy & vegetables

GF



104-24

## Crumbed Fish

Crumbed fish with wedges & vegetables

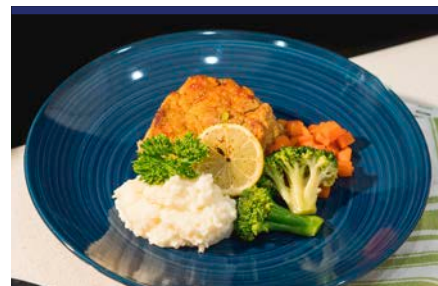


104-25

## Sweet & Sour Fish with Rice

Sweet and sour fish served with rice and vegetables

GF



104-27

## Tuna Patties

Tuna patties with sweet chilli sauce, mashed potato & veg

All meals in our menu are sourced from Australian suppliers. Images may differ from the actual products. Vegetables that accompany meals may change seasonally.



# Value meals



**\$3.50 / \$5.50**



**110-01** **\$3.50**  
**Beef Lasagne\*\***

Beef lasagne topped with bechamel sauce



**110-03** **\$3.50**  
**Cottage Pie\*\***

Minced beef & vegetables topped with mashed potato



**110-04** **\$3.50**  
**Vegetable Lasagne\*\***

Vegetable lasagne topped with bechamel sauce



**110-05** **\$3.50**  
**Chicken Fettuccine\*\***

Chicken pieces with fettuccine & a creamy sauce



**110-06** **\$3.50**  
**Spaghetti & Meatballs\*\***

Spaghetti in a napolitana sauce, with beef meatballs



**110-08** **\$5.50**  
**Roast Chicken**

Roast chicken served with roast vegetables & gravy



**110-10** **\$5.50**  
**Chicken Parmigiana**

Chicken Parmigiana served with potato wedges & vegetables



**110-11** **\$5.50**  
**Chicken Kiev**

Chicken Kiev served with mashed potato & vegetables



**110-12** **\$5.50**  
**BBQ Mixed Grill**

Beef patty, sausages with sauce, potatoes & vegetables



**110-13** **\$5.50**  
**Slow Cooked Lamb**

Lamb chunks served with mashed potato & vegetables



**110-18** **\$5.50**  
**Beer Battered Fish & Chips**

Fish & Chips served with tartare sauce & vegetables



**110-24** **\$5.50**  
**Beef Risssoles**

Beef risssoles with onion gravy, mash, peas & carrots

\*\*This meal packaging should not be used in an oven



# Nouvo Chef

Modified Meals & Seasonal Vegetables\*\*

## \$7.50



\*\*This meal packaging should not be used in an oven

Minced Meals	
109-29	Chicken
109-30	Beef
109-31	Pork
109-32	Seafood
109-33	Lamb

# Pies

## \$4.50



700-46	Gourmet Chicken Pie
700-48	Beef, Cheese & Bacon Pie
700-50	Beef Mince Pie

# Sausage Rolls

## \$3.50



700-58

Sausage Roll



Taste the difference.



# Snacks EWH

**\$1.25 / \$2.00 / \$3.00**



115-14 **LF GF** **\$1.25**

## Vanilla Ice Cream Cup

A creamy vanilla low-fat ice confection in a serve for one



115-16 **GF** **\$1.25**

## Strawberry Ice Cream Cup

A creamy strawberry flavoured ice cream in a serve for one



115-21 **LF La LS S DF V** **\$2.00**

## Fruit Salad

SPC ProVital Fruit Salad provides a one fruit serve of delicious peach, pear and pineapple



115-22 **LF La LS S DF V** **\$2.00**

## Two Fruits

SPC ProVital Two Fruits are a one fruit serve of delicious pear and peach



114-11 **\$3.00**

## Blueberry Muffin

A delectable treat with a burst of juicy, tangy blueberries nestled within a moist and fluffy baked delight



114-12 **\$3.00**

## Choc Chip Muffin

An indulgent delight featuring velvety chocolate chips embedded within a scrumptiously moist muffin

# Pet food



## Furry Friends Pet Food Range

Available in three sizes in 100% pet grade mince:

900-01	125g Chicken	\$1.05
900-02	125g Beef	\$1.50
900-07	250g Chicken	\$1.80
900-08	250g Beef	\$2.40
900-13	500g Chicken	\$2.40
900-14	500g Beef	\$3.70

Please note that our pet food is stored separately to our human food, and is delivered in separate bags.





---

## General Information

### CHSP

To order from our menu, you must first be registered as a client of Meals on Wheels Central Coast. If you are 65 years or over\* please contact My Aged Care on **1800 200 422** or visit the My Aged Care website and request a referral to our service: **[www.myagedcare.gov.au](http://www.myagedcare.gov.au)**. Alternatively we can assist you with this process.

### HCP

We can also provide the best cost effective meal solution through your Home Care Package (HCP). Talk to your Home Care Package Provider about commencing your meal deliveries with us.

### NDIS

If you are under the age of 65\*\*, you will need to have meals included in your NDIS Plan. Please contact the NDIS on **1800 800 110**. Alternatively, you can visit the NDIS website at **[www.ndis.gov.au](http://www.ndis.gov.au)**. Please call us on 4357 8444 to request a NDIS Menu.

### Private Client

If you do not wish to go through My Aged Care, Home Care Package provider or NDIS, and would like to become a Private Client, please contact our Client Service Officers on 02 4357 8444.

\* 50 years or over for Aboriginal and Torres Strait Islanders

\*\* Under the age of 50 for Aboriginal and Torres Strait Islanders

---

## Understanding our menu

Our meals are conveniently coded for easy ordering. An example of the item code is 333-09 for Small Beef Rissoles.

### Placing an order

To place your first order, contact your Client Service Officer who will set you up in our system. Once you are registered with us, you will receive some order forms. Order forms can be forwarded to us via email at **[sales@ccmow.com.au](mailto:sales@ccmow.com.au)** or by handing to a Meals on Wheels Central Coast volunteer.

Alternatively, you can place an order over the phone by calling your Client Service Officer (refer to page 3 for phone numbers), or through our website at **[www.ccmow.com.au](http://www.ccmow.com.au)**. To register for online ordering, please contact your Client Service Officer.

All orders need to be placed by 1pm to be processed for delivery three business days later.

### Recurring orders

You can create a recurring order by advising us of the number of meals you would like to receive each week over your preferred number of weeks (i.e. four meals a week over three weeks). This order is then regenerated over your preferred number of weeks (i.e. every three weeks) to run in the same pattern. For more information, please contact your Client Service Officer. You are welcome to change your meals, the number of meals and the frequency of recurrence at any time.



---

## Paying for your meals

Meal orders are to be paid fortnightly. There are no binding contracts. One Direct Connect trading as Meals on Wheels Central Coast encourages our clients to use Direct Debit, with payments for your meals deducted automatically from your bank account each fortnight. Direct Debit is the simplest and most convenient way to make sure your account is paid in full and on time. To update your bank details, please contact our Accounts team on **02 4357 8413** or email

**accounts@ccmow.com.au**.

Meals on Wheels Central Coast also accepts payment by cheque posted to:

One Direct Connect Limited  
Attn: Accounts  
PO Box 5260  
Chittaway Bay NSW 2261

Alternatively, you can pay by Electronic Funds Transfer (EFT)/Direct Deposit:

**Acct Name:** One Direct Connect Limited  
**BSB:** 012-621  
**Acct No:** 284-243-986

Please ensure you put your client number as a reference if paying via EFT or Direct Deposit.

---

## Delivery Policy

Meals are only delivered to registered clients on the Central Coast from Monday to Friday. You are required to be home to accept a delivery on a day previously agreed to by you and Meals on Wheels Central Coast. Generally, we require a minimum of three business days' notice for a delivery request.

Meals on Wheels Central Coast cannot give or adhere to a request for a specific delivery time. Meals on Wheels Central Coast accepts no liability for the loss or deterioration of any goods once they have been delivered. We will not be held liable for any financial or physical damages of any kind. Meals on Wheels Central Coast will not replace or provide a refund for any meals ordered by the client by mistake.

Clients must notify Meals on Wheels Central Coast if they have received an incorrect meal or are missing a meal within 24 hours of delivery by phone on 02 4357 8444. Missing meal items will be delivered to the client on an alternative day agreed to by the client and Meals on Wheels Central Coast.

---

## Service Terms

When you become a client of Meals on Wheels Central Coast, you will be required to provide contact information (such as name, contact number and delivery address), emergency contact information and you may be required to provide financial information for billing purposes. If we have trouble processing or delivering an order, we will use this information to contact you.

If you are not home or contactable at the agreed time of delivery and/or we suspect that there may be a health or medical issue in need of attention, we may contact your emergency contact person, local hospitals and/or emergency services. This is to ensure your health and wellbeing.

---

## Privacy Policy

Meals on Wheels Central Coast only collects personal information that is necessary for our work. We do not disclose the personal information of our clients or volunteers to third parties, unless we are provided with consent by our clients to do so, or if we are required to do so by law. Unless consent has been provided, we do not publish personal information in publications or on our website and social media. Meals on Wheels Central Coast actively seeks to ensure that all personal information we collect is protected from misuse, unauthorised access, modification or disclosure.

We will only use your information for the purpose of evaluating and improving our service on the Central Coast and to provide statistics about our clients to the Federal and State governments to help plan and improve services across the region. This information, however, is anonymous and will not affect your entitlement to services. Any statistical information about clients which is made public will not identify individuals. Individuals may request copies of personal information held by Meals on Wheels Central Coast and request the correction of any inaccuracies.

*These terms are subject to change without notice. For the most up-to-date terms of service, please contact Meals on Wheels Central Coast directly.*

*Meals on Wheels Central Coast is funded by the Australian Government Department of Health. Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.*





## Meals on Wheels Central Coast

HEAD OFFICE  
02 4357 8444

EMAIL  
[sales@ccmow.com.au](mailto:sales@ccmow.com.au)

PO Box 5260  
Chittaway Bay, NSW 2261

[www.ccmow.com.au](http://www.ccmow.com.au)