



Client Newsletter



You will be pleased to hear that we have just about finalised our new menu which will be available to order from after July 1.



Chicken biryani · Chicken chorizo stew · Tandoori chicken

We took into account all of the valuable feedback you have given us over recent months, as well as comments you made in the recent client surveys, which we very much appreciate.

One of the major changes is that we are removing Flagstaff as one of our providers & we are introducing a new supplier: Gourmet Meals. We have taste tested a lot of their meals & are very happy with them.



Thai green chicken curry · Pork sausage · Pork steak Diane

After a lot of trouble sourcing vegetarian & vegan meal options, we are very pleased to announce that Gourmet Meals have an exciting variety available. In addition, the proportion of Gluten Free options on our menu will increase significantly. We encourage you all to sample the vegetarian, vegan & Gluten Free meals, even if that is not necessarily your usual choice - they are definitely worth it!



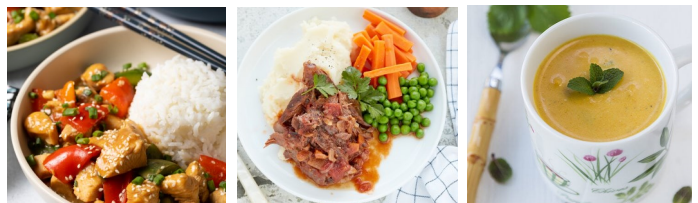
Beef kebab · Barramundi w/lemon butter · Curry prawns

I am personally very happy to announce the return of some of our old favourites that we had previously removed from the menu due to increased prices. You will see the return of the Braised Steak w/Onion Gravy, Barramundi w/Lemon Butter, Roast Turkey & the mini-sized Crumbed Fish w/Potato Bake. In order to accommodate these items we have introduced a two-tiered pricing structure. There is a small price increase across the board, plus premium prices for those main meals, mini meals & desserts that our suppliers charge more for. You told us you would be happy to pay more for these & we listened!



Brown rice patties · Coconut dahl · Mushroom risotto

The menu changeover period is always a little tricky as we phase out discontinued items & introduce the new ones. We appreciate your patience & understanding as we iron out any teething problems. And please do not hesitate to let us know what you think as you try out our new meals. I feel confident that you will be impressed with the range that will be on offer!



Chinese chicken · Slow cooked beef · Thai sweet potato soup

To the right we have a little sample of some of the new items that will be coming. Not long to go!

Lauren, Meals & Operations Manager



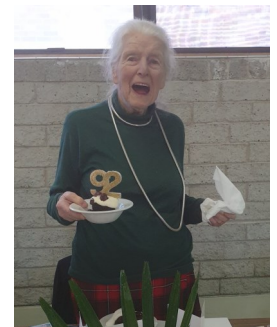
Watch this space for our new desserts & exciting offerings Fresh from our Café!

Please note that our service will be closed on Monday June 12 due to the King's Birthday public holiday. While this will not affect our meal delivery service, it will mean that our office will be closed & that any social support or Cook+Connect classes will not be running that day.

We held our Annual Volunteer Thank You lunch last month at Springwood Country Club. Amongst those that we celebrated were Doreen Kinsella & Deirdrie Madden, who have given 40 & 30 years respectively.



Clockwise from above: Shirley celebrated her 100th birthday at our Blaxland restaurant, Irene came along to our Springwood restaurant at the tender age of 101!, and Jessica celebrated her 92nd birthday at our Katoomba restaurant.



Meals on Wheels is celebrating it's 70th birthday this year.



Last month's answers

- Tadpole: **POLLIWOG**
- Before anyone else: **FIRST**
- Hotel areas: **LOBBIES**
- High fashion house: **HERMES**
- Like some remedies: **HOMEOPATHIC**
- Hats and helmets: **HEADGEAR**
- Stumbles: **FALTERS**

All you need to do is solve the 7 clues by matching together the tiles on the right to make *7 Little Words!* Remember you can only use each tile once.

Good luck!

PUZZLER! Clues...

CEL	ONE	SEL	ERS
ESS	HIR	ST	STA
OBS	FFR	IVE	RI
LPH	DU	ECT	OOM
ING	NGL	ERS	IKE

- Excessive in nature (9 letters)
- Employers (6 letters)
- Circular (8 letters)
- Particle removers (7 letters)
- Mobile, to an American (9 letters)
- Teachers' refuge (9 letters)
- Making a choice (9 letters)

Answers in next month's newsletter!



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Supporting our community

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