

August-September 2025



Client Newsletter



Some of our new menu additions, from left: Beef goulash, Steak Diane and Pork & red wine ragu.



Below from left: Sweet & sour pork, Baked fish w/cream sauce and BBQ chicken.



Our new menu is just about here & we are very excited to share some details with you ahead of its launch on September 1!

The first major change is that we have reduced our supplier range to three - Central West Food Services (Bathurst), Fairfield Food Services & Gourmet Meals (Queensland). Unfortunately with the uncertainty surrounding The Good Meal Co's production, we have left them off the menu at this time.

But... we have some new & exciting meal options available that we hope will make up for the loss of some of your Good Meal Co favourites.

There will also be some exciting new offerings direct from Bens Café which you can enjoy fresh on the day of your delivery.

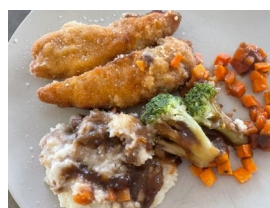
As always, in line with supplier price increases, there is a price rise, but we have kept this as low as we could by choosing the most cost-effective options from each supplier. We have also eliminated all but two items priced at a premium level.

Keep a look out for your new menu in the coming weeks...

Below from left: Coconut dahl, Pumpkin, spinach & feta frittata and Veggie pesto pasta.



Below from left: Chicken tenders (mini), Tomato soup & juices - Apple 375ml, Orange 375ml & Tropical breakfast 2L.



Right: Butterscotch pudding & peaches w/jelly.

And these are only a fraction of the new items that we will be introducing!



We wish to advise that we have had to make the difficult decision to increase the price of our community restaurant lunches to \$15 from September 1, 2025, after having had no price increases for a number of years. A staff member will come to each of our restaurants during the course of the next month to communicate the reasons behind this decision & to hear any feedback that you may have.

Upcoming restaurant events

- Tuesday August 12: U3A presentation at Blaxland
- Wednesday August 20: Indian Feast at Buckland

World Smile & Carer Inclusion Days

- Wednesday September 10: Lawson, featuring Community Singing with Karen Lynne
- Friday October 3: Buckland
- Tuesday October 7: Blaxland
- Wednesday October 8: Blackheath
- Thursday October 9: Springwood
- Friday October 10: Katoomba

NOTICE

Please note that our service will be closed on **Monday August 18** for a **Staff Development Day**.

We will also be closed on **Monday October 6** for the **Labour Day Public Holiday**.

All community restaurants, social support, cooking classes & our cafes will not be running on these days & our office will be closed.

Happy 90th birthday Leslyie!



Look out for the new signage on our van as we are out & about delivering meals!



Last puzzler answers

- Zesty burger topping: **ONIONS**
- Hitting the delete key: **ERASING**
- Smoked herring: **KIPPERS**
- Baby bug: **LARVA**
- Most thoughtful: **KINDEST**
- Antarctica's hemisphere: **SOUTHERN**
- Desk mates: **CHAIRS**

All you need to do is solve the 7 clues by matching together the tiles on the right to make 7 Little Words!

But...

you can only use each tile once.

Good luck!

PUZZLER!

TA	AD	NED	MAT
LE	LL	VE	ES
LHE	TI	LOU	NG
UND	STI	ED	IS
CHI	PO	ES	WA

Clues...

- Taking a bite (7 letters)
- Unflappable (11 letters)
- Sterling unit (5 letters)
- Laid-back (5 letters)
- Makes an educated guess (9 letters)
- Braille or Pasteur (5 letters)
- Lessened (5 letters)

Answers in the next newsletter!



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Food that connects our community

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