

October 2022



# Client Newsletter



## NEW ARRIVALS

### Ben's Café

Good food,  
making a difference

Country style chicken pie, Beef & red wine pie, Creamy pasta salad, (bottom row) Berry friand, Chocolate chip muffin & Lemon coconut slice. All prepared fresh from our café & delivered for you to enjoy!

We hope you have had a chance to look & order from our new menu. There are lots of exciting new items, including the following new offerings from our café: (top row)



Thank you for your patience as we change over our menu. As you know, we ran out of some discontinued items sooner than we would have liked & we thank you for your understanding when we needed to substitute alternative items.

There will be some leftover items from our old menu. If you are after anything in particular, please handwrite these items on your menu or give us a call in the office on 4759 2811. We will do our best to meet these requests!

## MAMMA MIA!

Blue Mountain Musical Society is thrilled to be staging *Mamma Mia!* in October 2022 at the Blue Mountains Theatre.

*Mamma Mia* is a musical incorporating 22 of the hit songs of ABBA. It is a light-hearted feelgood show that follows the steps of Sophie & her single mother Donna as they begin an emotional journey. Sophie is about to marry & discovers that she has three potential fathers. Unbeknown to Donna, she invites all three to her wedding on the Greek Island where they live. Loaded with humour, colour & dance this show will have audiences dancing in their seats!

The show is running at the Blue Mountains Theatre from 22 October to 6 November. Concession tickets are \$45 each & can be booked directly with the Theatre - call 02 4723 5050.

## Community Care Guide 2022

The 2022 edition of the Community Care Guide is now available. This booklet is a guide to community care services for older people, people with disabilities & their carers in the Blue Mountains. It covers a variety of areas including home care, social support, food services, transport, respite care & more.



We have a small stock of these guides available for distribution from our office. If you would like a copy please let Lauren or Lisa know.

Just a reminder that we need to deliver meals to a person or they must be placed straight into a freezer. Under Food Safety Laws when delivering to 'vulnerable people', our service is unable to leave meal deliveries unattended. This means that if you are going out, food cannot be placed in cooler bags.



If for some reason you are unable to be home for your scheduled meal delivery, please try to make arrangements to have a neighbour or friend receive your meals. Please call the office if you have an unavoidable engagement & we will do our best to work around it!



After 13 years at Blue Mountains Food Services, in many different roles, we are sad to announce that Mary Clements has left the organisation. As sad as we are to see Mary go, we are very excited for her as she enters this next phase - retirement. Mary has wasted no time filling in her days - she is already in Europe, currently on a river cruise. Good luck with everything Mary - we miss you already!

## Last month's answers

- Agreements: **DEALS**
- Protect: **SAFEGUARD**
- Zn, to a chemist: **ZINC**
- Prepared cappuccino milk: **FROTHED**
- Toad-in-the-hole ingredient: **SAUSAGES**
- It keeps a roof overhead: **TRUSS**
- Melodrama: **BATHOS**

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...

CUMB	REF	SHO	SUC
IZO	NA	AR	SON
ERE	ES	GER	NA
BRA	PU	LI	TA
IC	ING	RY	VER

- Building with many stories (7 letters)
- Phoenix's US state (7 letters)
- Colourful songbird (7 letters)
- Easily persuaded person (8 letters)
- Yielding (10 letters)
- Relating to sound waves (5 letters)
- Sports officials (8 letters)

Answers in next month's newsletter!



**Blue Mountains Food Services**  
*Supporting our community*

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