



Meals on Wheels Rockhampton

More
than just
a meal

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Meals on Wheels Rockhampton Inc.

www.rockhamptonmealsonwheels.com

National Meals on Wheels Day

In August, we celebrated National Meals on Wheels Day and signed a new declaration in order to create a more perfect service for the Community. Thank you to all our dedicated volunteers and staff that put in a great effort to ensure our service continues to grow.

Pictured: Jane Marshall and Joan McCamley



Daily Newspapers

Each day the Morning Bulletin kindly donates newspapers to our service. Unfortunately, there is no guarantee on the exact number of newspapers we will receive each day. We try and provide newspapers to our clients on request, however, please be aware that we cannot guarantee that a newspaper will be available to you every day.

Sengs' Winning Garden

We are very fortunate to have a stunning garden at our service that is lovingly cared for by our Kitchen Assistant Seng. At the recent Rockhampton Garden Competition, our beautiful Garden won the encouragement Prize. Well done Seng! Thank you for your hard work making our gardens and grounds look so colourful and inviting.





Birthday Cards for Clients

Thank you to South Rockhampton Senior Girl Guides who created and donated Birthday Cards to Meals on Wheels. These brightly coloured cards were part of a service project for the girls and cards will be given to Clients on their Birthdays.

Important Information : Storing your Meal



If you receive a hot meal it is recommended that you eat the meal immediately as per production date. Food delivered and left sitting at room temperature for 2 hours or more can lead to growth of Bacteria, which could result in Food Poisoning.

*Frozen Meals must be stored in the Freezer. Once thawed you must not re-freeze the meals.

*Use Meals within 24 hours of removing from the Freezer.

*When reheating meals they must be heated thoroughly in the centre of the meal. Beware of steam when removing the lid/seal from container.

* The Foil Containers are designed to be reheated in the microwave.



New Summer Menu

Our new Summer Menu will commence on **Monday 21st October**. All Consumers will receive a copy of the new menu for your reference. Your Current delivery days will stay the same and your meal choices will not change unless you notify us.

Contact the office on 4928 0540 for further information or to make changes to your meal selection.

What do you call an Alligator in a vest? *An Investigator.*