



Meals on Wheels Rockhampton

More
than just
a meal



Meals on Wheels Rockhampton Inc.

Issue 1—January 2020

www.rockhamptonmealsonwheels.com



CANCELLATION OF MEALS

Please note that due to an increase in the number of late CANCELLATIONS, we have had to implement a cancellation cut of time of **9:00 am** on the day of delivery. Should you wish to cancel your meal please make sure you call the **Office** on **4928 0540** before **9:00am** or you will be charged for the meal. Office hours are **7:30am to 2:30pm - Monday to Friday**, however if you call outside of these hours you



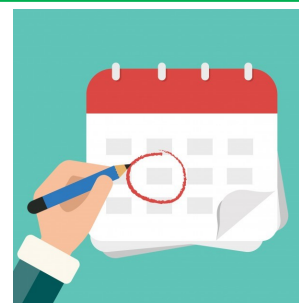
can leave a message on the answering machine.

TELEPHONE
4928 0540



2020 PUBLIC HOLIDAYS

Good Friday: 10th April / **Easter Monday :** 13th April /
Labour Day: 4th May / **Show Day:** 11th June / **Queens**
Birthday: 5th Oct / **Christmas :** 25th Dec / **Boxing Day:** 26th
Dec 2020



HEATING FROZEN MEALS

Reheating Instructions for Frozen Meals

Our Foil containers are **Microwave Safe**, however Frozen Meals **MUST BE DEFROSTED** prior to heating

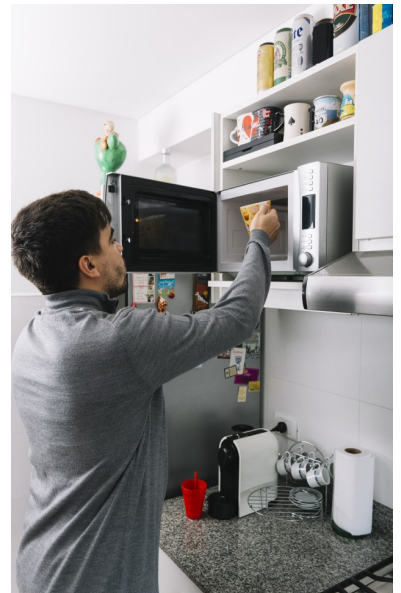
Please note that reheating times are an approximate only and depend on oven/ microwave type and size

Microwave:

1. Do not remove Lid
2. Allow to thaw on defrost cycle for 5 minutes
3. Heat on high for 3-5 minutes until hot

Conventional Oven:

1. Do not remove Lid
2. Allow to thaw in refrigerator for 24 hours
3. Preheat Oven to 180C
4. Heat for 20-25 Minutes, until hot.



Our Gardens have certainly been appreciating this recent wet weather. It is certainly nice to see Green Grass .

