

**ARMIDALE / URALLA MEALS  
On WHEELS INC.**

P O Box 1608  
ARMIDALE NSW 2350

Phone: (02) 67728970

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**Office Hours of Business:**

Monday to Thursday

9am to 3pm

Friday

9am—2pm

Closed on Public Holidays

In addition to weekends, our office will be  
closed on the following dates:

25th & 26th December

2nd & 3rd January

26th & 27th January



**P O Box 1608  
Armidale**

**Phone: 6772 8970**

**Email :**

[info@aumow.org.au](mailto:info@aumow.org.au)

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ISSUE:**

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Coordinators  
desk...**

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**Monster**

**Garage Sale**

**9am—12 noon**

**Saturday 12th**

**November**

**Come & grab a  
bargain**

**Have a bite to eat**

**Try our Chef's  
wonderful pies.**



# Armidale/Uralla Meals on Wheels

## Spring/Summer NEWSLETTER

OCTOBER 2016

### Welcome to our Newsletter

#### Rescued Surplus Food Pantry Donations

REAP by Oz Harvest have been arranging donations of food for the most vulnerable in our community through an ALDI partnership, you may have seen the yellow signs in our pavilion. A number of volunteers have asked how they can assist. We welcome donations of non—perishable food items. Canned soups / pkt noodles / canned fruits /cereals are great examples of the types of foods that recipients are grateful for. Just drop them into the office.

This is another wonderful initiative that we are proud to be involved in.



Meals on Wheels  
Christmas afternoon tea  
Thursday 8th December  
2pm

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Save the Date.

Our delicious Christmas  
afternoon tea is a chance  
for us to thank our  
volunteers, socialize with  
each other and  
celebrate  
Christmas.

Please let us know  
if you can make it,  
we would love to  
see you.

#### To All Volunteers

**Rosters are being organised for 2017,  
please let us know if you require any  
changes to your roster.**

Due to clients dietary requirements it is important that the clients get a meal that is specified for their needs, please do not give out another clients meal—if there is a mistake or issue with your meals in your bags, please call the office so we can rectify the error. Thanks

Please also remember to pop your return time next to your name in the diary on your return, this is a food safety requirement.

Remember— sometimes there is more than two bags to collect due to volumes (especially Fridays)

#### Holidays

**Please ensure you let us  
know if you are going to  
be away over the  
Christmas period so we  
can make the required  
adjustments to our rosters  
and meal requirements.**

**Much appreciated.**



# From the Coordinators' Desk....



Jo Heslin  
Coordinator

Greetings from our ever busy premises!!

I have returned to Australia after a wonderful family holiday in New Zealand to a blooming garden, it is lovely to see all the Spring blooms. The weeding & lawn mowing begins!

Melissa & the team did a wonderful job in my absence, the operation ticked along like clock work. I must publically thank them for their hard work.

As we begin to plan for the Christmas period and 2017, I reflect on the year we have had. The AGM has been held and there was a very successful financial year highlighted with a profit and yet another increases in our meal numbers. Our clients are close to 93 % satisfied and our catering requests increase.

We are very fortunate to have the wonderful premises at the Showgrounds, this was a very good move indeed. It's a great environment and a win win partnership for both parties. We have also had a visit from the Honorable Barnaby Joyce—it was great to show him around.

As this will be the last Newsletter for 2016, I would like to thank everyone, especially the staff & volunteers, involved with our wonderful service for a successful year. May you all have a lovely Christmas.

Kind Regards, Jo Heslin



Recent AGM  
Dessert

DONATIONS Required for our GARAGE SALE & FREEZER ROOM FUNDRAISER- Furniture & Bric a Brac in good condition gratefully accepted.

Donations of goods can be dropped off on Friday 11th November 9am -1pm.

## Client Notices

**Meal Cancellations :** please ensure you cancel your meal before 9.30am on the day of delivery. Meals cancelled after this time will need to be charged to you as preparation & cooking would have commenced. Under some circumstances we can freeze your meal & send it with the next delivery, please check with the office when you cancel.

**Service Free Days (no meal delivery):**

Please see next page for December & January service free days.

RIP: Gail Smith / Beryl Peter/ Ken Apolony



## News .....

Christmas & January closures/ no service days

are as follows:

Monday 25th December

Tuesday 26th December

Monday 2nd January

Tuesday 3rd January

Thursday 26th January

Friday 27th January

Our Summer Menu is coming

Lamb Cutlets & Mint Jelly (Gourmet choice)

Ham & Egg Salad

Bacon & Egg Pie

Quiche Lorraine

Soups & sandwiches will remain along with a salad twice a week

We are also adding a 3rd week of choice to our menu from

1st November and a Gourmet meal once per week @ \$11.



### Dietary Requirements

There are some traditional meals that contain vegetables so if you have an allergen or a dislike please be aware that ingredients will be kept traditional.

**Some examples:**

Cottage Pie (has peas & carrots)

Irish Stew (has potatoes & vegetables)

Beef Caserole has vegetables

Beef Stroganoff has mushrooms & garlic

Please call the office for more information.

## Our Committee news.....

Recently nominated Committee

Rick Mills—President

Bob Franklin—Vice President

Jill Bennett—2nd Vice President

Jon Spilsbury—Treasurer

Ruth Blanch—Secretary

Committee Members : John Hamel/ Meg Nicols

Martin Hazell/ Bev Pitt/ Maryanne Munsie

(Uralla) / Dee Hillard (Uralla)

### Meals on Wheels Pies

Our Chef's famous pies are coming.

The AGM luncheon showcased her pies and now orders are available for fortnightly Friday collection. Enquiries & Orders at the office.

1st orders to be collected 11th November & fortnightly thereafter.

The pies will be frozen. They will come with cooking instructions .

### Friday Pie menu list

Lamb & Rosemary

Chicken & Leek

Plain Mince

BBQ Beef & Bacon

Potato Top

There is an individual & family size available.

**Special Prices: for Nov & Dec**

Individual pies \$5

Lamb & Rosemary \$7

Family Pies (serve 4-6) \$18

Lamb & Rosemary \$25

