ARMIDALE / URALLA MEALS On WHEELS INC.

P O Box 1608 ARMIDALE NSW 2350

Phone: (02) 67728970

E-mail: info@aumow.org.au

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





Spring/Summer NEWSLETTER

Armidale/Uralla Meals on Wheels

Welcome to our Newsletter

OCTOBER 2016

Email :

Armidale

P O Box 1608

info@aumow.org.au

Phone: 6772 8970

INSIDE THIS ISSUE:

From the Coordinators desk...

Committee News

Client Notices

Meals on Wheels

Monster

Garage Sale

9am-12 noon

Saturday 12th November

Come & grab a bargain

Have a bite to eat

Try our Chef's wonderful pies.



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

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

recipients are grateful for. Just drop

them into the office.



Meals on Wheels Christmas afternoon tea Thursday 8th December

2pm **********

Save the Date.



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

Christmas.

More than just a meal if you we we

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.



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Jo Heslin Coordinator

From the Coordinators' Desk....

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

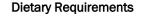
Lamb Cutlets & Mint Jelly (Gourmet choice)

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.



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.

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





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.

Ist orders to be collected 11th November & fortnightly thereafter.

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