

# NDIS MENU

## 2024-2025



Meals on Wheels  
Central Coast



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## About Meals on Wheels Central Coast

There is so much more to a meal than just what's on a plate.

This is something we deeply understand at Meals on Wheels Central Coast. We provide nutritious meals at a great price and leverage the power of a meal to gather people together.

With over 145 meal options and a range of social support programs and services we are dedicated to helping you live a flourishing life.

We cater to anyone over 65, regardless of their ability to cook. We're the perfect alternative to take away, a nutritious meal kept in the freezer for when you need it and there is no minimum order frequency required to access our service. We also provide meals for people and their carers under 65 who have meals included in their NDIS Plan.

As a community non-profit organisation, Meals on Wheels Central Coast is managed by a team of paid staff and overseen by a volunteer led governance committee. We have over 180 Volunteers who help us deliver thousands of meals each week, making us one of the largest Meals on Wheels services in New South Wales!



## Being a NDIS Client Means:

- You only pay 30% of meal costs
- Your NDIS Plan will cover the remaining 70% of your meal costs
- For more information please refer to page 22

## Meals on Wheels Central Coast Outlets

### MEAL ORDER TIMES

8am to 1pm, Mon to Fri

**Tuggerah:**  
02 4357 8402

**Charmhaven:**  
02 4357 8417

**Green Point:**  
02 4363 7111

**Woy Woy:**  
02 4341 6699

ORDER DAY	NEXT AVAILABLE DELIVERY DAY
Monday	Thursday
Tuesday	Friday
Wednesday	Monday
Thursday	Tuesday
Friday	Wednesday

The order cut off time is 1pm. We do not deliver on weekends, public holidays or between Christmas and New Year. We ensure our clients have enough meals to cover them for the days we don't deliver.

## Menu Key & Allergens

- LF** Low Fat   **GF** Gluten Free   **DF** Dairy Free   **V** Vegetarian  
**LS** Low Salt   **S** Soft   **La** Lactose Free   **O** Onion  
**G** Garlic   **SU** Sulphites   **MCS** May Contain Sulphites  
**MCP** May Contain Peanuts



HEAD OFFICE (8AM TO 4PM)  
**02 4357 8444**  
**www.ccmow.com.au**

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# Soups: 200g



**\$1.55**



**350-01** O LF GF

## Creamy Chicken & Vegetable Soup

A delicious creamy chicken & vegetable soup



**350-03** O DF LF GF

## Ham & Pea Soup

Thick pea soup flavoured with ham



**350-02** O LF LS GF

## Pumpkin Soup

A delicious, rich cream of pumpkin soup



**350-04** O G DF

## Minestrone Soup

A hearty Italian vegetable soup made with a tomato-based beef stock, potato, beans and pasta



**350-05** O DF GF

## Chicken & Corn Soup

A creamy chicken and corn soup



**350-06** O DF LF

## Chicken Noodle Soup

A delicious chicken and noodle soup



**350-07** O G GF

## Creamy Tomato Soup

A delicious, creamy tomato soup



**350-08** O G DF LF GF

## Beef & Vegetable Soup

A hearty soup made with chunky fall apart beef and healthy vegetables



**350-09** O G GF

## Corn & Bacon Chowder

A creamy soup, with corn and bacon



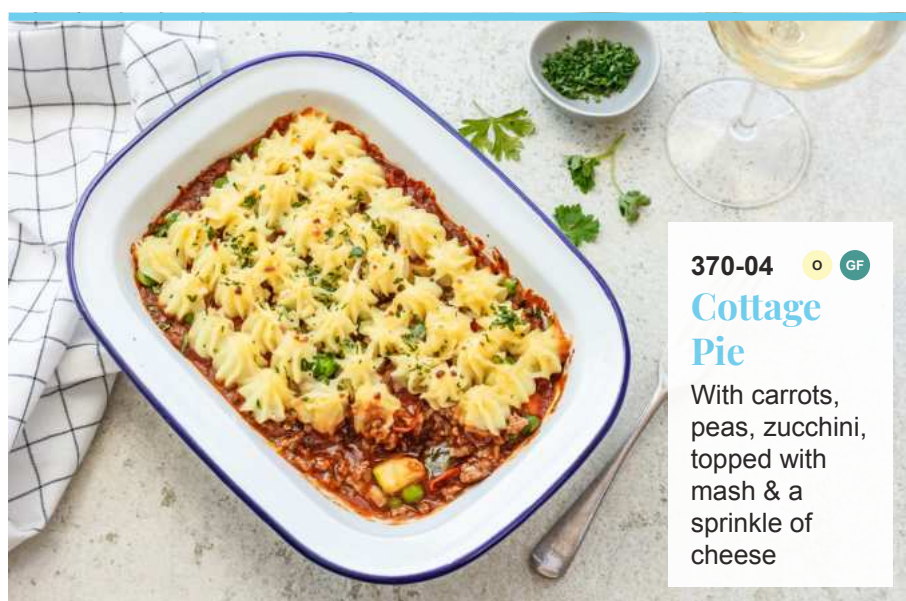
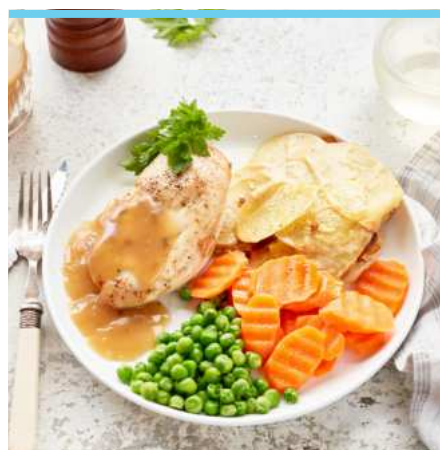
**350-10** O LF GF

## Potato & Leek Soup

A creamy potato and leek soup

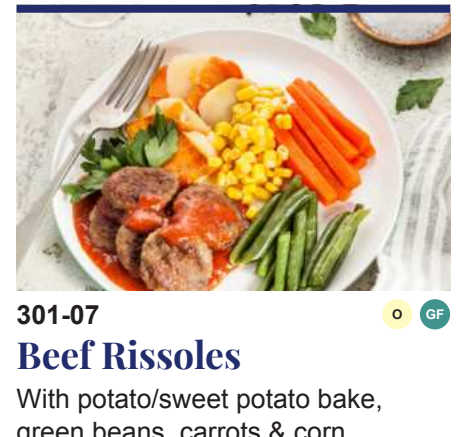
All meals in our menu are sourced from Australian suppliers. Images may differ from the actual products.





Vegetables that accompany meals may change seasonally.









301-09

O G GF

## Beef Stroganoff

With mashed potatoes, cauliflower, broccoli & carrots



301-10

O DF GF

## Beef Casserole

With mashed potatoes, baked pumpkin & peas



301-11

O G GF

## Creamy Rissoles

With mashed potatoes, beans, broccoli & carrots



302-01

DF GF

## Lamb Roast

With mint gravy, roast potatoes, baked pumpkin, broccoli & cauliflower



302-02

O DF GF

## Lamb Casserole

With mashed potatoes, broccoli & cauliflower



303-01

O SU DF GF

## Pork Sausage

With onion gravy, mashed potatoes, carrots & peas



303-02

GF

## Pork Roast

In an apple gravy with pumpkin mash, cauliflower & broccoli



303-03

LF GF

## Pork Steak Diane

With cream potatoes, cauliflower & cabbage



304-01

O GF

## Chicken Mushroom

With roast potatoes & green beans



304-02

O DF GF LF

## Sweet & Sour Chicken

With steamed rice & mixed vegetables



304-03

O G GF

## Chicken Curry

With basmati rice, green beans, broccoli & capsicum



304-04

GF

## Roast Chicken Breast

With cream potatoes, carrots & peas



# Main meals: 350g-380g



**\$3.95**



**304-05**

O DF GF

## Chicken Casserole

With roast potatoes, broccoli & pumpkin



**304-06**

O G DF GF

## Honey Soy Chicken\*

With stir fried rice & vegetables



**304-07**

O GF

## Chicken Breast Mango

With roast potatoes, pumpkin, carrots & green beans



**305-01**

O G LF GF

## Curry Prawns

In a mild curry sauce, with a medley of Asian greens & rice



**305-02**

O G GF

## Barramundi Lemon Butter

With basmati rice, broccoli, cauliflower & carrots



**305-03**

O G

## Whiting & Wedges

With carrots, corn, peas & tartare sauce



**380-01**

O G DF LF GF V

## Brown Rice Vegetable Patties

With a potato & sweet potato stack & green beans



**380-02**

O G GF V

## Mushroom Casserole

With mashed potatoes & spinach



**380-03**

O DF V

## Spaghetti Vegenaise

With a vegan version of a bolognese sauce



**380-04**

O G DF GF V

## Coconut Dahl

With red lentil, basmati rice, spinach and mango chutney



**380-05**

O V

## Vegetarian Parmesan

With roast potatoes, carrots, cauliflower & broccoli



**380-06**

O V DF

## Creamy Meatballs

Vegan balls in a mustard sauce, with mash, beans & broccoli

\*The Honey Soy Chicken 304-06 serving size is 340g

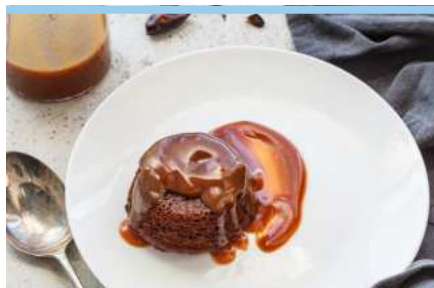
All meals in our menu are sourced from Australian suppliers.



# Desserts: 120g-200g



**360-01** **Bread & Butter Pudding**  
Baked with custard & topped with toasted almonds



**360-02** **Sticky Date Pudding**  
With finely chopped dates, topped with sticky caramel sauce



**360-03** **Fruit Pavlova**  
With mango, kiwi, strawberries & topped with a passionfruit coulis



**360-04** **Double Chocolate Pudding**  
A rich luscious chocolate pudding



**360-05** **Lemon Cheesecake**  
A delicious tangy cheesecake



**360-06** **Tiramisu**  
Chocolate sponge soaked in espresso syrup layered with orange cheesecake



**360-07** **Berry Crumble with Custard**  
Mixed berries & golden baked crumble



**360-08** **Vanilla Tea Cake & Custard**  
Traditional tea cake with a creamy custard



**360-09** **Rice Pudding**  
A good old fashioned rice pudding infused with vanilla & cinnamon



**360-10** **Puree Chocolate Mousse**  
With dollops of cream. Suitable for puree clients



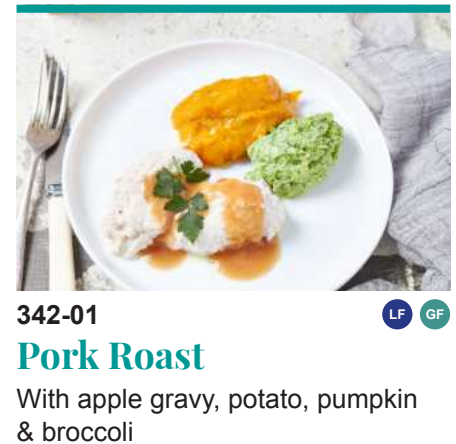
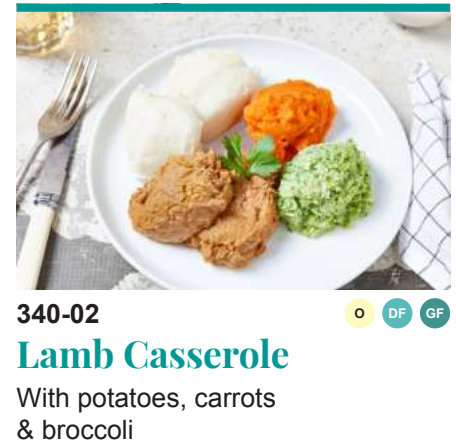
**360-11** **Apple Crumble**  
Juicy stewed apples with golden baked butter crumble



**360-12** **Puree Lemon Cheesecake Mousse**  
With a smooth and silky texture. Suitable for puree clients

Images may differ from the actual products. Vegetables that accompany meals may change seasonally.







# Small meals: 280g-300g



**\$3.35**



333-03

O G GF

## Beef Stroganoff

With basmati rice & vegetables



333-04

O SU DF GF

## Curried Sausages

With mashed potatoes, carrots, peas & corn

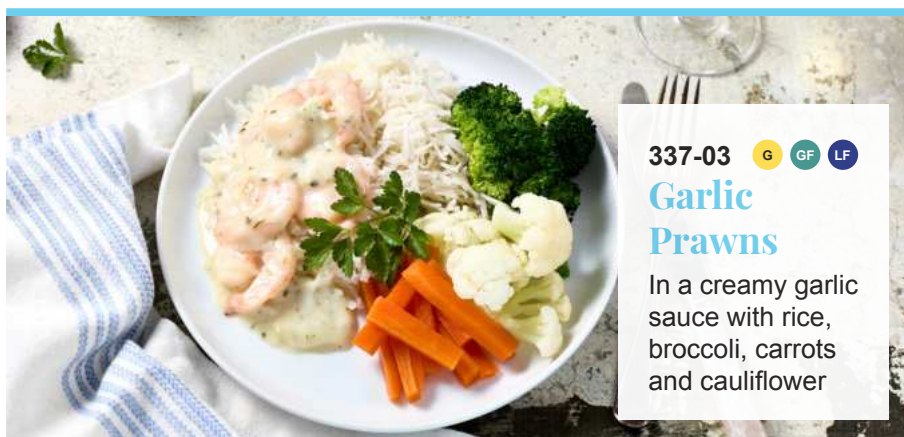


333-05

O GF

## Cottage Pie

With mashed potatoes & topped with cheese



337-03

G GF LF

## Garlic Prawns

In a creamy garlic sauce with rice, broccoli, carrots and cauliflower



333-07

O DF LF GF

## Slow Cooked Beef

With peas, carrots & mashed potatoes

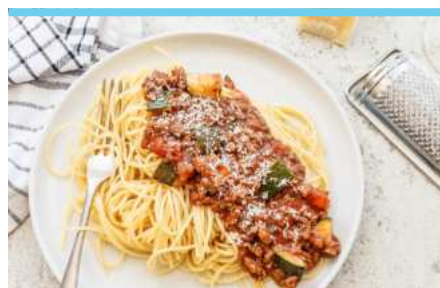


333-08

O G DF GF

## Steak & Kidney

With peas, carrots and potato mash



333-01

O LF

## Spaghetti Bolognese

With zucchini, eggplant & leek



333-02

O DF GF

## Beef Casserole

With cauliflower, broccoli, green beans and mash



333-09

O GF

## Beef Rissoles

With potato bake, green beans, carrots & corn



# Small meals: 280g-300g



**\$3.35**



**333-10** O GF

## Corned Beef

In a white sauce with mashed potatoes, cauliflower & broccoli



**334-01** O DF GF

## Lamb Casserole

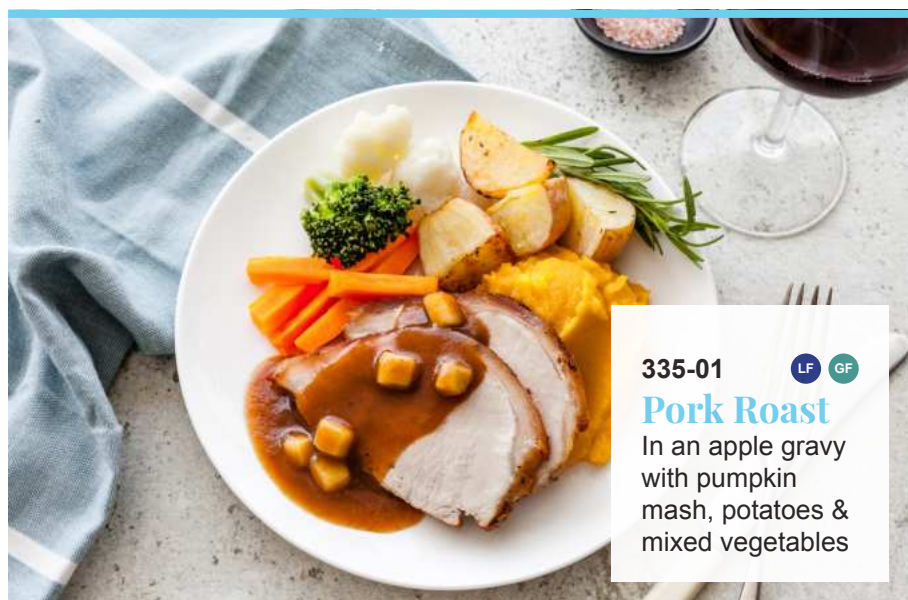
With mashed potatoes & garden vegetables



**334-02** DF LF GF

## Lamb Roast

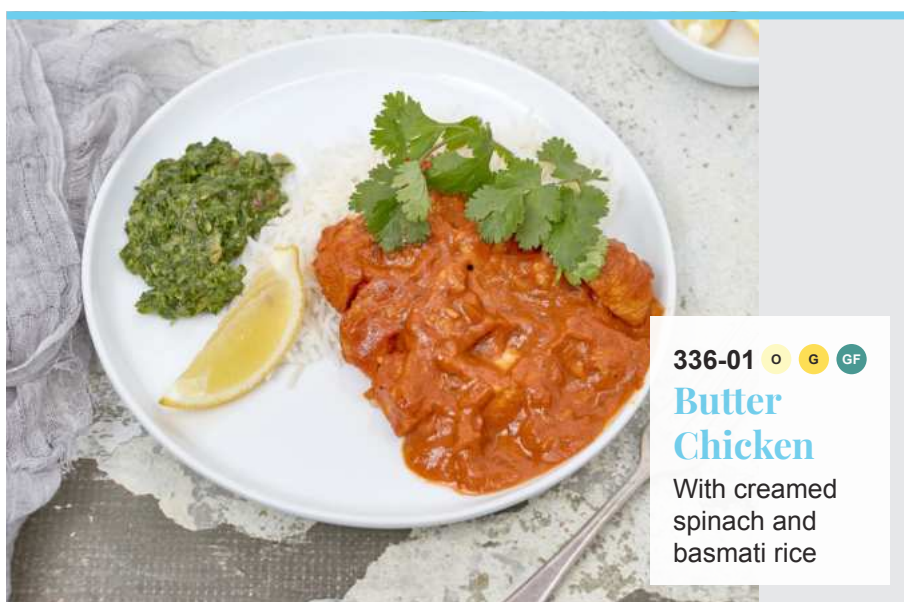
With mint gravy, mixed vegetable & mashed potatoes



**335-01** LF GF

## Pork Roast

In an apple gravy with pumpkin mash, potatoes & mixed vegetables



**336-01** O G GF

## Butter Chicken

With creamed spinach and basmati rice



**336-02** O DF LF GF

## Sweet & Sour Chicken

With steamed rice & mixed vegetables

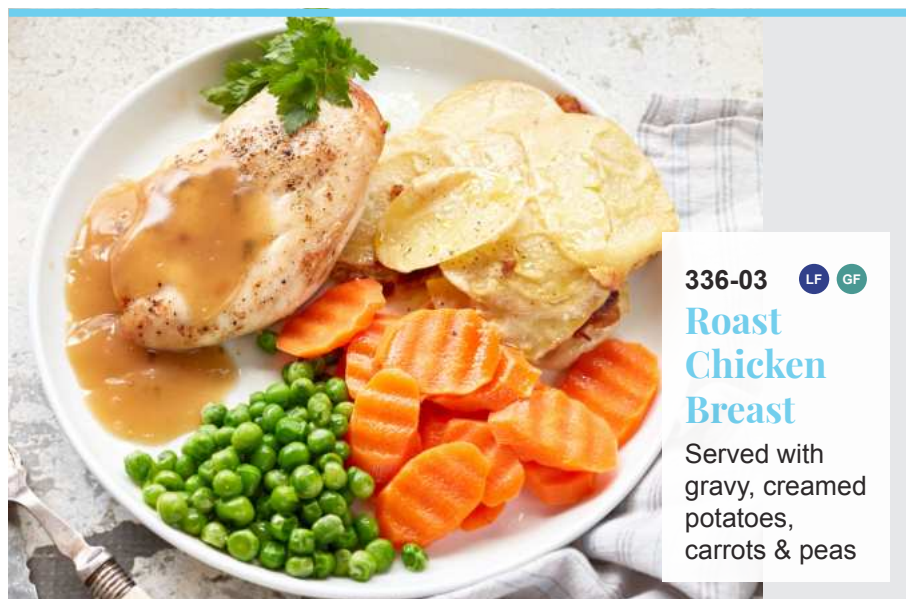
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# Small meals: 280g-300g



**\$3.35**



**336-03**

LF GF

## Roast Chicken Breast

Served with  
gravy, creamed  
potatoes,  
carrots & peas

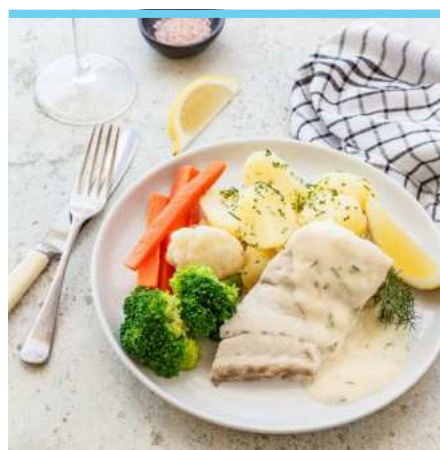


**336-04**

O G DF GF

## Honey Soy Chicken\*

On a bed of tasty stir  
fried rice

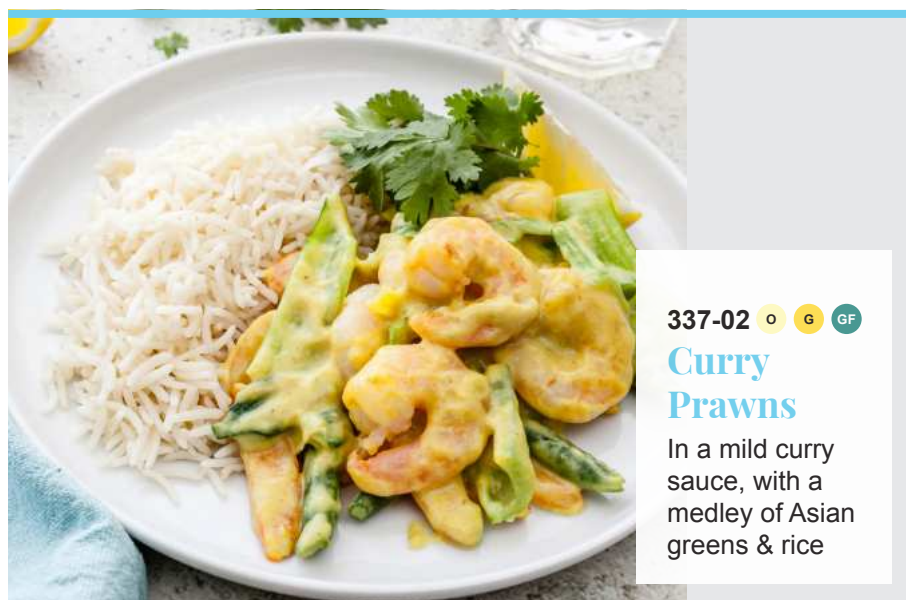


**337-01**

O G GF

## Barramundi Fillet

With lemon butter sauce, garden  
vegetables & potatoes

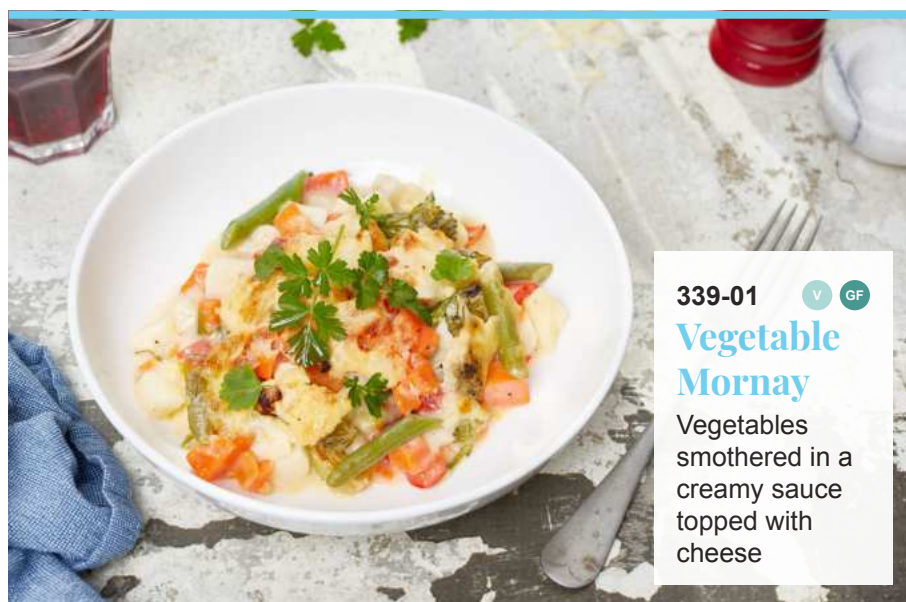


**337-02**

O G GF

## Curry Prawns

In a mild curry  
sauce, with a  
medley of Asian  
greens & rice



**339-01**

V GF

## Vegetable Mornay

Vegetables  
smothered in a  
creamy sauce  
topped with  
cheese



**338-02**

O GF

## Mince Potato Bake

With kale, zucchini, cauliflower,  
capsicum, carrots & peas

Vegetables that accompany meals may change seasonally.

\*The Honey Soy Chicken 336-04 serving size is 260g



# Small meals: 200g



\$3.35

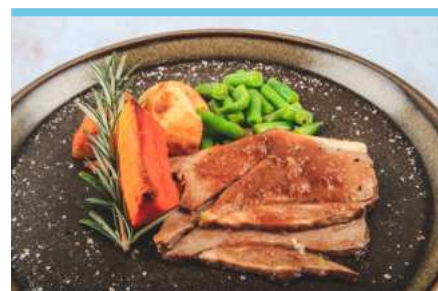


111-02



## Roast Beef

Roast beef with potato, mixed vegetables & gravy



111-03



## Roast Lamb

Roast lamb with roast potato & mixed vegetables



111-04



## Roast Pork

Roast pork, gravy, roast potato & vegetables



111-05



## Chicken & Asparagus Mornay

Chicken and asparagus mornay with mixed vegetables



111-08



## Spinach & Fetta Omelette

Spinach & fetta omelette, served with vegetables



111-10



## Corned Silverside & Parsley Sauce

Silverside, parsley sauce, & mixed vegetables



111-27



## Sweet & Sour Pork

Chinese sweet & sour pork with rice



111-56



## Sausages with Gravy

Homestyle Aussie sausage with mash, seasonal vegetables & onion gravy



111-58



## Crumbed Fish Fillet

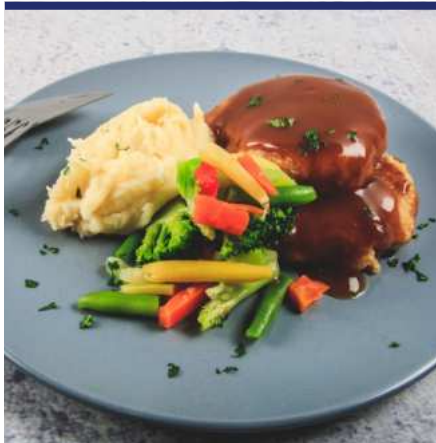
Crumbed fish fillet, fries & vegetables



# Main meals: 360g



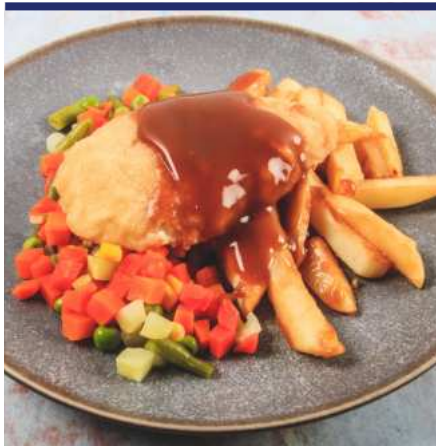
**\$3.95**



**100-03** O G SU  
**Rissole & Onion Gravy**  
 Beef rissole with mixed vegetables & gravy



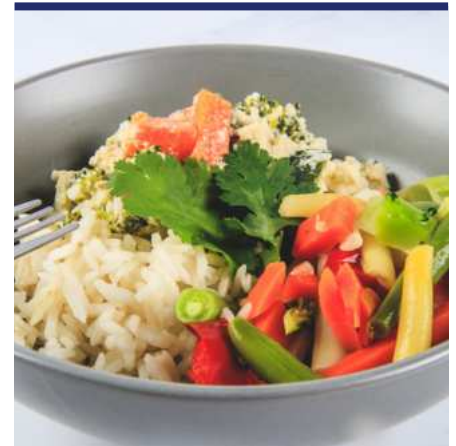
**101-01** O SU LF LS  
**Chicken & Asparagus Mornay**  
 Chicken and asparagus mornay with mixed vegetables



**101-05** O G La  
**Chicken Schnitzel**  
 Chicken Schnitzel served with fries & seasonal vegetables



**100-56** O G SU LF  
**Meatloaf & Gravy**  
 Meatloaf with gravy, served with vegetables



**105-24** O G SU S LF GF V  
**Vegetable Curry**  
 Vegetable curry, served with rice & vegetables



**105-34** O G LS V LF  
**Vegetable Pasta Bake**  
 Vegetable pasta baked in a rich tomato sauce, served with vegetables



**101-41** O G SU LF LS La  
**Hawaiian Chicken**  
 Hawaiian chicken, served with rice & vegetables



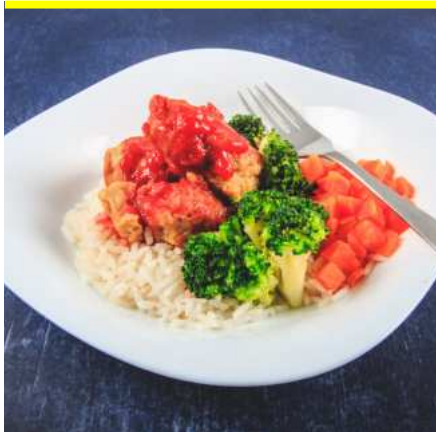
**104-08** SU S  
**Fish Cake with Parsley Sauce**  
 Fish cake with parsley sauce, served with fries & vegetables



# Main meals: 360g



**\$3.95**



**103-29** O LF La

## Sweet & Sour Pork with Rice

Chinese sweet and sour pork served with jasmine rice & vegetables



**101-39** O SU S GF

## Chicken Scallopini

Chicken scallopini, served with vegetables



**100-30** O G

## Meatballs in Tomato Sauce

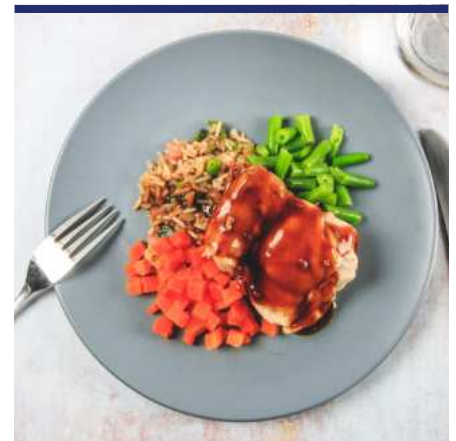
Meatballs in tomato sauce, served with vegetables



**105-33** O G SU  
V LS LF GF S

## Vegetarian Cottage Pie

Mixed vegetables topped with mashed potato, served with vegetables



**101-40** O G MCP GF

## Honey Soy Chicken\*

Honey soy chicken with fried rice & vegetables



**110-45** O G SU LF

## Steak & Kidney Pie

Steak and kidney pie, served with mashed potato & vegetables



**100-54** O G SU S LF

## Savoury Beef Mince

Savoury beef mince, served with vegetables



**105-42** LS V S

## Macaroni Cheese

Elbow pasta with a cheese sauce, served with carrots & peas

\*The Honey Soy Chicken 101-40 serving size is 370g.



# Desserts: 70g-150g



**\$1.55**



**114-01** **Vanilla Slice**  
Creamy vanilla slice with delicate pastry

MCP MCS



**114-28**

## Carrot Cake

Carrot cake with cream cheese frosting, pecans & walnuts

SU MCP V



**114-30**

## Banana Cake

Traditional banana cake with creamy icing

MCS MCP



**114-16** **Baked Cheesecake**  
Creamy baked cheesecake

SU MCP LS



**114-34**

## Creamed Rice & Apricots

Creamed rice topped with juicy apricots

GF LS



**114-31**

## Stewed Apple & Custard

Apple stewed with a cinnamon custard

SU S LF LS GF



**114-32**

## Peaches & Custard

Juicy peaches with creamy custard

LF LS GF



**114-35**

## Apple Pie & Cream

Juicy apple baked in a sweet pastry crust, served with cream

MCS MCP S



**115-18**

## Apricot Pie & Cream

Apricots baked in a sweet crumbly pastry, served with cream

MCS MCP LS



# Main meals: 260g-320g



**\$1.95 / \$2.55**



110-01    260g **\$1.95**

## Beef Lasagne

Beef lasagne topped with bechamel sauce



110-03    260g **\$1.95**

## Cottage Pie

Minced beef & vegetables topped with mashed potato



110-05    260g **\$1.95**

## Chicken Fettuccine

Chicken pieces with fettuccine & a creamy sauce



110-06    260g **\$1.95**

## Spaghetti & Meatballs

Spaghetti in a napolitana sauce, with beef meatballs



110-08    320g **\$2.55**

## Roast Chicken

Roast chicken served with roast vegetables & gravy



110-10    320g **\$2.55**

## Chicken Parmigiana

Chicken Parmigiana served with potato wedges & vegetables



110-11    320g **\$2.55**

## Chicken Kiev

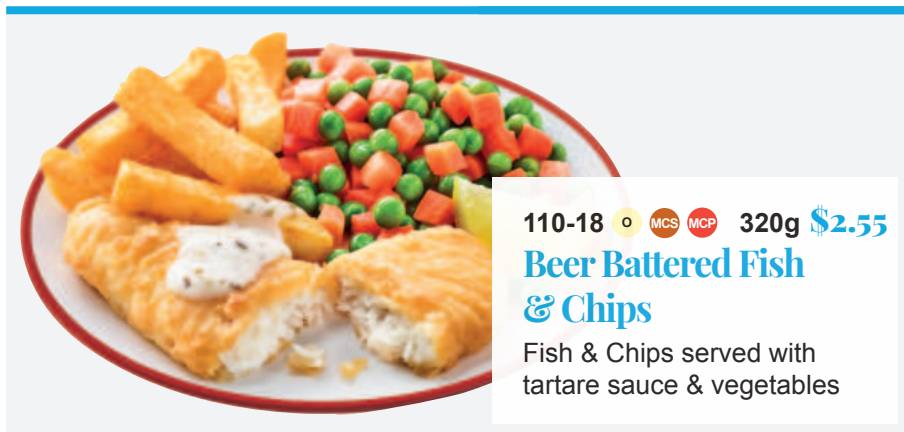
Chicken Kiev served with mashed potato & vegetables



110-13    320g **\$2.55**

## Slow Cooked Lamb

Lamb chunks served with mashed potato & vegetables



110-18    320g **\$2.55**

## Beer Battered Fish & Chips

Fish & Chips served with tartare sauce & vegetables



## Ice-cream: 50g

EWB **\$0.90**



115-14

### Vanilla Ice Cream Cup

A creamy vanilla low-fat ice confection in a serve for one

MCP LF GF



115-16

### Strawberry Ice Cream Cup

A creamy strawberry flavoured ice cream in a serve for one

MCP GF

## Fruit cups: 120g

**\$1.35**



115-21

### Fruit Salad

SPC ProVital Fruit Salad provides a one fruit serve of delicious peach, pear and pineapple

LF La LS S DF V



115-22

### Two Fruits

SPC ProVital Two Fruits are a one fruit serve of delicious pear and peach

LF La LS S DF V

## Muffins: 120g

**\$1.80**



114-11

### Blueberry Muffin

A delectable treat with a burst of juicy, tangy blueberries nestled within a moist and fluffy baked delight

SU MCP V



114-12

### Choc Chip Muffin

An indulgent delight featuring velvety chocolate chips embedded within a scrumptiously moist muffin

SU MCP V



## Pies: 160g

**\$1.55**



700-46

O SU MCP

**Gourmet Chicken Pie**

700-48

O G SU MCP

**Beef, Cheese & Bacon Pie**

700-50

O G SU MCP

**Beef Mince Pie**

## Sausage Rolls: 110g

**\$1.55**



700-58

O G MCP

**Sausage Roll**

**VILI'S**

*Taste the difference.*

## Pet food



### Furry Friends Pet Food Range\*

Available in three sizes in 100% pet grade mince:

900-01	125g Chicken	\$1.10
900-02	125g Beef	\$1.60
900-07	250g Chicken	\$1.90
900-08	250g Beef	\$2.50
900-13	500g Chicken	\$2.50
900-14	500g Beef	\$3.90

\* Please note that our pet food is stored separately to our human food, and is delivered in separate bags.



# Meal Heating Guide



## Option 1

Microwave (800-1000 watts)

### Soups

- Do not remove or pierce the film
- Cook on high for up to 4 minutes
- Allow the soup to stand for 2 minutes before removing the film

### Mini / Small Meals

- Do not remove or pierce the film
- Cook on high for 5 - 5½ minutes
- Allow the meal to stand for 2 minutes before removing the film

### Main Meals

- Do not remove or pierce the film
- Cook on high for 6 - 7½ minutes
- Allow the meal to stand for 2 minutes before removing the film



## Option 2

Microwave (1000-1200 watts)

### Soups

- Do not remove or pierce the film
- Cook on high for 3-4 minutes
- Allow the soup to stand for 2 minutes before removing the film

### Mini / Small Meals

- Do not remove or pierce the film
- Cook on high for 4½ - 5 minutes
- Allow the meal to stand for 2 minutes before removing the film

### Main Meals

- Do not remove or pierce the film
- Cook on high for 6-7 minutes
- Allow the meal to stand for 2 minutes before removing the film



## Option 3

Oven

### Soups

- Do not remove or pierce the film
- Preheat the oven to 170° C (fan forced)
- Cook for 15-20 minutes
- Allow the soup to stand for 2 minutes before removing the film

### Mini / Small Meals

- Do not remove or pierce the film
- Cook on high for 20 minutes
- Allow the meal to stand for 2 minutes before removing the film

### Main Meals

- Do not remove or pierce the film
- Preheat oven to 170° C (fan forced)
- Cook for 30 minutes
- Allow the meal to stand for 2 minutes before removing the film



## Other information

**Caution:** Tray and contents may be very hot.

**Storage:** Store at -18° C.

**Storage:** If contents become thawed, use within 24 hours. Do not refreeze.

**Handy tip:** After heating your meal, feel the bottom centre of the meal tray. If it's hot, let it rest for 2-3 minutes before opening. But if you still feel cold spots, add 30 seconds at a time until the bottom is hot, then rest for 2-3 minutes. Be careful not to overheat the meals, as it can make the meal tougher.





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## General Information

### NDIS Clients

If you are under the age of 65\*, you will need to have meals included in your NDIS Plan. Please contact the NDIS on **1800 800 110**. Alternatively, you can visit the NDIS website at **[www.ndis.gov.au](http://www.ndis.gov.au)**.

A charge is made against a client's NDIS plan for the preparation and delivery of their meal. **The client is still responsible for the cost of the actual meal ingredients as per the prices set out in this menu.**

All prospective NDIS clients must sign our Service Agreement, and our Client Services Officer will undertake an in home assessment. There are however, no binding contracts.

\* Under the age of 50 for Aboriginal and Torres Strait Islanders.

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## Understanding our menu

Our meals are conveniently coded for easy ordering. An example of the item code is 333-09 for Small Beef Rissoles.

### Placing an order

To place your first order, contact your Client Service Officer who will set you up in our system. Once you are registered with us, you will receive some order forms. Order forms can be forwarded to us via email at **[sales@ccmow.com.au](mailto:sales@ccmow.com.au)** or by handing to a Meals on Wheels Central Coast volunteer.

Alternatively, you can place an order over the phone by calling your Client Service Officer (refer to page 3 for phone numbers), or through our website at **[www.ccmow.com.au](http://www.ccmow.com.au)**. To register for online ordering, please contact your Client Service Officer.

The order cut off time is 1pm. It takes three business days to process and deliver your order. Please refer to page 3 for meal order times.

### Recurring orders

You can create a recurring order by advising us of the number of meals you would like to receive each week over your preferred number of weeks (i.e. four meals a week over three weeks). This order is then regenerated over your preferred number of weeks (i.e. every three weeks) to run in the same pattern. For more information, please contact your Client Service Officer. You are welcome to change your meals, the number of meals and the frequency of recurrence at any time.



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## Paying for your meals

Meal orders are to be paid fortnightly. There are no binding contracts. One Direct Connect trading as Meals on Wheels Central Coast encourages our clients to use Direct Debit, with payments for your meals deducted automatically from your bank account each fortnight. Direct Debit is the simplest and most convenient way to make sure your account is paid in full and on time. To update your bank details, please contact our Accounts team on **02 4357 8413** or email

**accounts@ccmow.com.au**.

Meals on Wheels Central Coast also accepts payment by cheque posted to:

One Direct Connect Limited  
Attn: Accounts  
PO Box 5260  
Chittaway Bay NSW 2261

Alternatively, you can pay by Electronic Funds Transfer (EFT)/Direct Deposit:

**Acct Name:** One Direct Connect Limited  
**BSB:** 012-621  
**Acct No:** 284-243-986

Please ensure you put your client number as a reference if paying via EFT or Direct Deposit.

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## Delivery Policy

Meals are only delivered to registered clients on the Central Coast from Monday to Friday. You are required to be home to accept a delivery on a day previously agreed to by you and Meals on Wheels Central Coast. Generally, we require a minimum of three business days' notice for a delivery request.

Meals on Wheels Central Coast cannot give or adhere to a request for a specific delivery time. Meals on Wheels Central Coast accepts no liability for the loss or deterioration of any goods once they have been delivered. We will not be held liable for any financial or physical damages of any kind. Meals on Wheels Central Coast will not replace or provide a refund for any meals ordered by the client by mistake.

Clients must notify Meals on Wheels Central Coast if they have received an incorrect meal or are missing a meal within 24 hours of delivery by phone on 02 4357 8444. Missing meal items will be delivered to the client on an alternative day agreed to by the client and Meals on Wheels Central Coast.

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## Service Terms

When you become a client of Meals on Wheels Central Coast, you will be required to provide contact information (such as name, contact number and delivery address), emergency contact information and you may be required to provide financial information for billing purposes. If we have trouble processing or delivering an order, we will use this information to contact you.

If you are not home or contactable at the agreed time of delivery and/or we suspect that there may be a health or medical issue in need of attention, we may contact your emergency contact person, local hospitals and/or emergency services. This is to ensure your health and wellbeing.

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## Privacy Policy

Meals on Wheels Central Coast only collects personal information that is necessary for our work. We do not disclose the personal information of our clients or volunteers to third parties, unless we are provided with consent by our clients to do so, or if we are required to do so by law. Unless consent has been provided, we do not publish personal information in publications or on our website and social media. Meals on Wheels Central Coast actively seeks to ensure that all personal information we collect is protected from misuse, unauthorised access, modification or disclosure.

We will only use your information for the purpose of evaluating and improving our service on the Central Coast and to provide statistics about our clients to the Federal and State governments to help plan and improve services across the region. This information, however, is anonymous and will not affect your entitlement to services. Any statistical information about clients which is made public will not identify individuals. Individuals may request copies of personal information held by Meals on Wheels Central Coast and request the correction of any inaccuracies.

*These terms are subject to change without notice. For the most up-to-date terms of service, please contact Meals on Wheels Central Coast directly.*

*Meals on Wheels Central Coast is funded by the Australian Government Department of Health. Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.*





## Meals on Wheels Central Coast

HEAD OFFICE

02 4357 8444

EMAIL

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PO Box 5260

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